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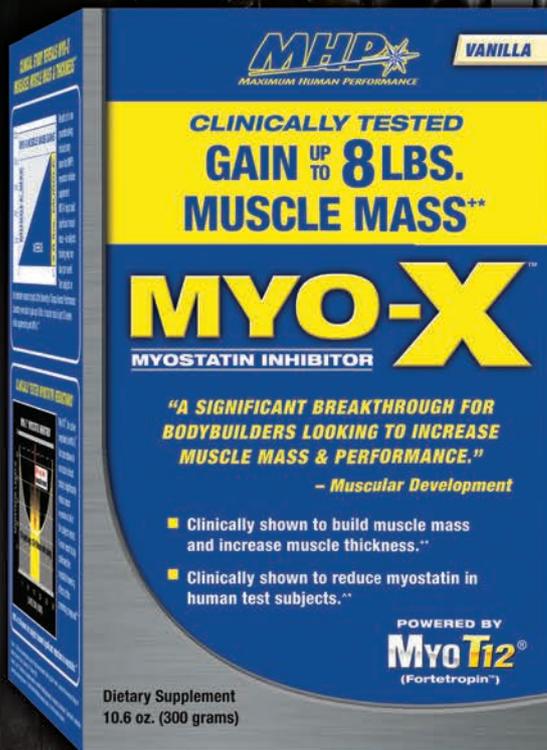
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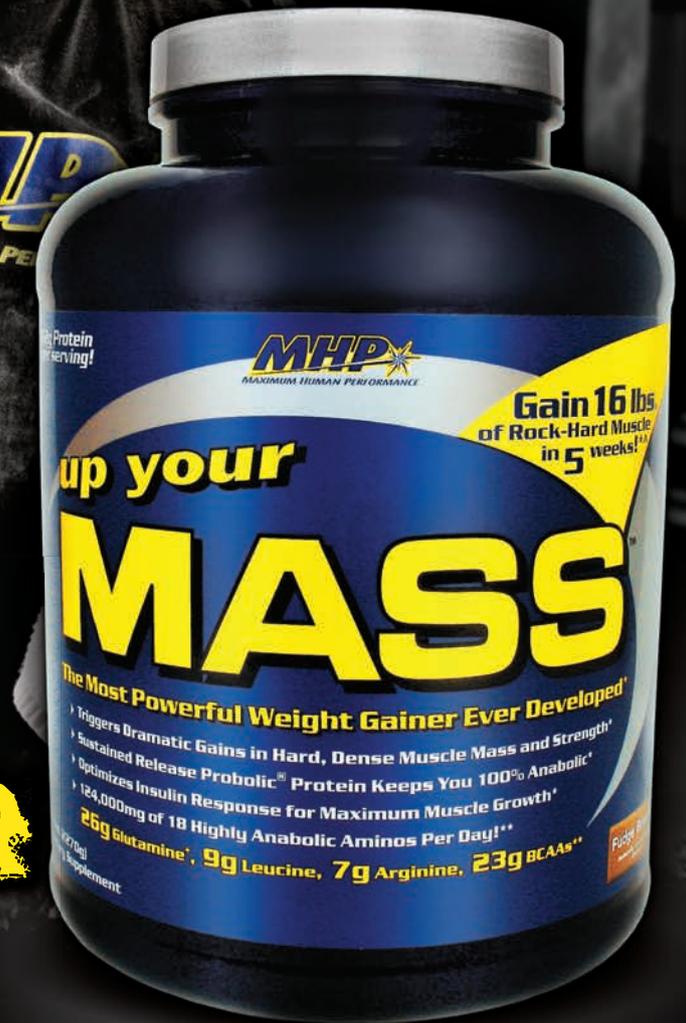


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Chris Duffin Warrior

Chris Duffin is one of the world's best squatters (881 lbs at 220). However, what you may not know is that for a portion of his childhood, he was homeless and he raised his brothers and sisters while still in his teens. Jeff "Robot" Irion goes behind the massive muscles and huge lifts to find out what makes Chris Duffin the "Kabuki Warrior".



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Pocket Hercules

Some lifters seem like they are designed for a particular lift while others have to work hard to overcome their

physical disadvantages. One lifter who works hard to maximize his potential is Eric Head. In a short time, he has made a name for himself as a world class bench and now he has his sights set on conquering the other lifts, as well. John Greaves catches up with Eric to find out how he plans to do just that.



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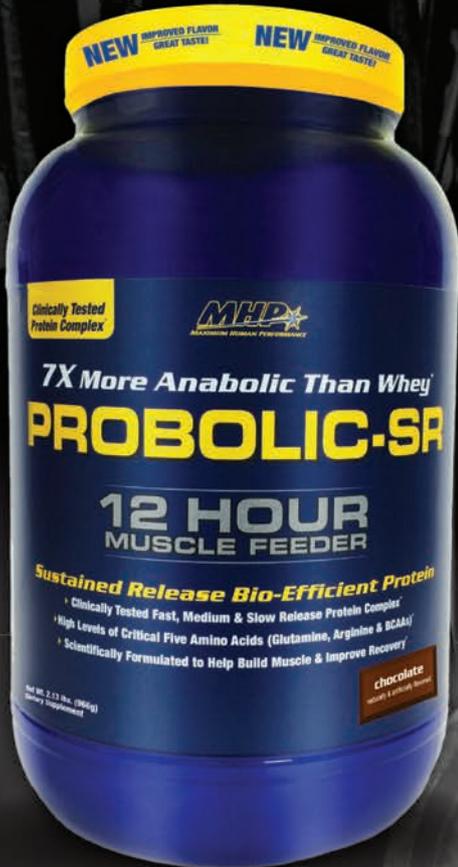
Stan Efferding

Mark Bell talks body fat, nutrition and how to get stronger with the world's strongest bodybuilder, Stan Efferding.

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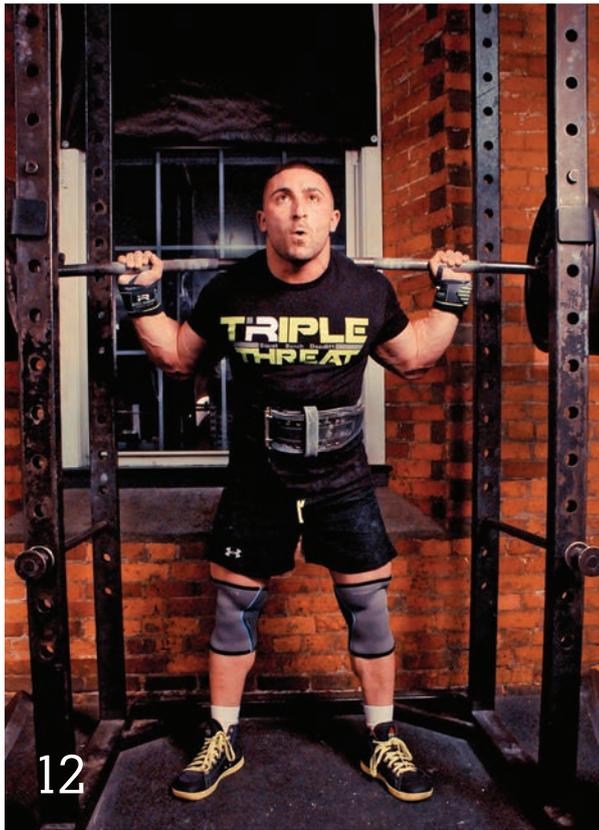


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+ Effect of Protein Blend vs. Whey Protein Ingestion on Muscle Protein Synthesis Following Resistance Exercise. Dr. Rasmussen, et al., 2012.

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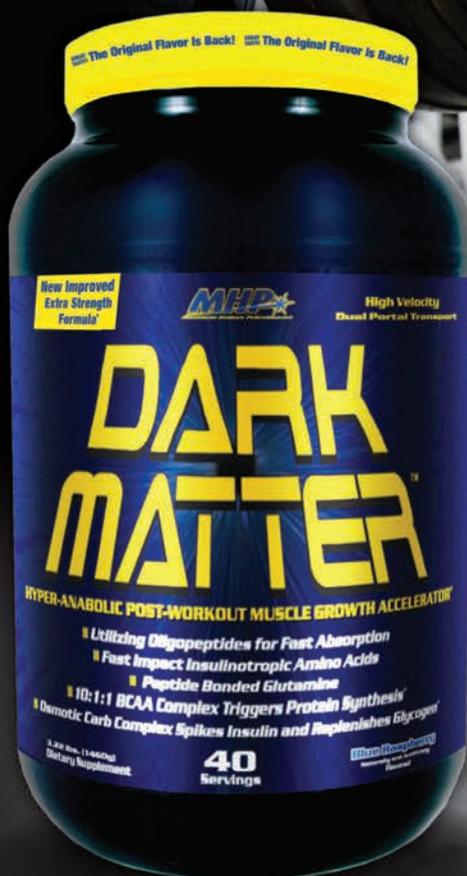
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ANTHONY HOBAICA

BY R.L. MURRAY

Last November, while I was competing in a WNPF [World Natural Powerlifting Federation] meet in Rochester, New York, I could not help but notice an amazing 181lb lifter who easily cruised to a 1575 raw total - with a 430lb bench! Just as impressive, Anthony Hobaica and his training partners were four of the humblest, nicest lifters at the meet.

It turned out that Anthony and my long-time friend, Dr. Dave Kingwater, had been training together for months. Dave informed me this was merely a "tune-up meet" for Anthony in preparation for RUM [Raw Unity Meet] VIII. Early in February, Anthony lifted at the RUM invitational and posted an incredible 1692 total. Following this performance, I had the opportunity to chat with him and get some insights into his lifting history, training routine and the special group with whom he trains.

Anthony, could you give us a little background information: How old are you, where do you live and what do you do for a living?

I am 28 years old from Utica, NY and I teach High School Social Studies during the day and moonlight as a bartender. I have a two-year old son named Niko. My undergraduate degree is from Division III football powerhouse Hobart College (History/Education) and I just finished my Masters



in December in Educational Leadership and Administration from Utica College.

I compete both Raw and Raw with wraps in the 181/82kg class. I am currently ranked 3rd in the 181 Raw without wraps class, with a 1692 total at 177.6 bodyweight (18lbs off the #1 spot - 1710lbs) and ranked 9th in Current World standings (441lbs from #1 spot - 1736).

How long have you been strength training and how long have you been competing?

I began strength training at age 14. Originally, it was because I had aspirations of playing football beyond high school but I quickly saw the correlation to powerlifting in many of the strength

movements. At age 15, I entered my first bench press meet, won the teen division and from that point on, I have been hooked. I have over 30 three-lift meets under my belt, ranging from local/state level to various Worlds events and invite only contests.

Give us a little insight as to the progression of your lifts: How much have your lifts gone up over the past few years and what are your current best lifts in competition?

From age 16 to 23, my gains were fast and steady. Coupling my powerlifting with the rigor of a college football training program, I saw 20 to 50 lb gains almost yearly in each lift.

After my win at RUM III in the 181 weight class (second in the lightweight overall by formula to the legendary Tony Conyers: lifts of 567/402/622

for a 1592 total at twenty-two years old), I suffered a torn ACL, MCL, and complete meniscus and I needed a complete left-knee reconstruction. Rehab went well by a medical standpoint but my lifts (especially squat and dead) really did not come back for over two full training years.

I was invited back to RUM VII and this is where I ate my largest piece of humble pie as a lifter. Under-conditioned and unprepared (mentally and physically), I bombed out of the squat and the entire meet but I was allowed to bench and deadlift. I returned home to New York and took some time to think about my lifting future. "Do I hang it up or do

I train harder than ever to overcome my mental and physical adversity?" I sat down with my longtime friend and powerlifting ambassador, Dr. David Kingwater, and we decided to form a team (currently composed of four lifters: Dr. Kingwater, Mark Chieco, Patrick Fraccola, and myself) to really turn the corner with our training by using and manipulating a variety of resources and techniques. We started in the spring of 2014 and the rest is history. From RUM VII to RUM VIII my numbers have exploded:

* At RUM VII, I missed a 567 opening squat, then posted a 611 at RUM VIII.

* At RUM VII, I only hit my opening bench at 424, then benched 457 at RUM VIII.

* At RUM VII, I missed a 608 pull, then hit a 651 dead at the end of 2014 in a USPA [United States Powerlifting Association] meet for a current total of 1692.

Would you mind telling us more about your injury – did you get hurt lifting and what were some details of your rehab?

My knee injury actually took place during my senior football season [college]. I played running back and on a clean tackle at the legs, I heard two "pops." I was under the knife within the week and my college playing days were over. Rehab was pretty rigorous. Between the physical therapist, the team's training staff and our strength/conditioning coach, I was working roughly three hours daily. I made great strides to "normal people's" standard but it was like building a brand new knee – I had infant stability and explosion.

You made some dramatic improvements from RUM VII to VIII. You noted that you were "unprepared (mentally and physically)" for RUM VII. Could you give us some insights as to what changes you made in order to assist with the mental aspect of the game?



I know it may sound funny but I do not think I was far off physically at RUM VII – my strength was there but I was just not "feeling weights" like I do now. During my prep for RUM VII, I allowed myself to get distracted often – I would miss workouts, skip morning cardio, etc.

The accountability of my new team has definitely been the difference. I have done a much better job of "putting myself in the moment" – visualizing lifts, blocking out negativity, clearing my mind during training sessions and embracing every opportunity to get better.

You mentioned your training partners – chiropractor Dr. Dave Kingwater, Mark Chieco, and Patrick Fraccola. I know from personal experience that Dave Kingwater is an incredible guy, who selflessly puts his efforts into making others better (aside from being a darn good bencher himself). He is a great inspiration and he has a wealth of knowledge. Mark travelled to RUM VIII and competed with you, posting a big bench. Pat is also a very impressive up and coming young lifter. Maybe you could tell us more about your training dynamics together.

This group is the perfect complement to each other. We have the knowledge and platform experience of Kinger, the sheer raw talent of Mark Chieco and the rising star that Pat Fraccola is becoming. We are a very humble bunch; everyone has an equal say and at this point, we are pretty in sync with each other. We rally behind the guy who is "feeling it" on any given day – it's their turn to get better, so it's the team's job to support that guy.

When I started competing, two guys took me under their wings: Ed Dibari and Joe Rosato – both lethal lifters in their prime time. I was their Fraccola – young, resilient and a sponge for their knowledge. In this group, I have taken on a new role; I am now the mentor and Patrick is the student. This also plays a role in my success – he counts on me to be there, to be "on" and to bring the intensity on a consistent basis. I am absolutely certain that this kid is destined for greatness in all facets of his life. I know it is my turn to "pay it forward" with him, giving him as much discipline, intensity and



knowledge as I possibly can – just like Ed and Joe did for me.

Anthony, could you give us some insight as to what type of a training routine your team follows (Cube, periodization, 5/3/1, or Westside – or maybe something of your own)?

Our strength training is rooted in a combination of periodization and 5/3/1 principles and incorporates some CrossFit ideals to maximize our conditioning. The basic premise of our training begins with a “core” lift each day followed by a series of “auxiliaries” to complement the core-movement and the goals for the particular workout. Similar to Cube training, there will be days and weeks dedicated to rep work and explosion, as well. [We use] constant muscular confusion to maximize gains.

Alright, what is with this CrossFit stuff for a Powerlifter?

Most powerlifters spend so much time hitting triples and singles that they forget to condition the lungs and the body for the rigor of a three lift meet. Our CrossFit box has a ton of equipment that traditional gyms do not have such as prowlers, yokes, ropes, tires, etc., in which we dedicate whole workouts to maximizing explosion, repetition and time under tension. This helps lifters find their threshold or fatiguing point. Adding these “shockers” into our training directly impacts our conditioning on meet day. Mark Cheico was really the buffer here – he CrossFits regularly during a training week and helped us formulate a relationship with John at CrossFit Mohawk Valley.

With your program, do you utilize any special equipment such as chains and bands?

We train with Dr. Kingwater, so that means OLD SCHOOL! We love board presses, negatives and box squats. However, Frac and I have gotten him to come around to more band work. Chains are not a part of our regiment at this time.

Do you have a favorite lift or one that you consider to be your strongest?

My favorite lift is the one I am doing at that particular time. I am a firm believer that in order to be the best, one must embrace their weakest attribute. My deadlift has been the most inconsistent, therefore my goal for 2015 is to own it and make that a strength.

What is your pre-meet bodyweight and could you give us some insight into your eating program?

My heaviest playing weight in college was 205. Since then, I have never been able to get any higher than 194-195 as a “living-weight”. Currently, I walk around at about 188-190.

Similar to my strength training, “muscular-confusion” is my goal. Instead of always trying to eat “clean” or for a calorie count, I try to regulate each day so they look similar. The reason for this is that once my body becomes used to a meal at a certain time or a set amount of liquid, I like to spike it with carb rotations, cheat meals, etc. – different nutrients to shock my system. I have had some of my best training sessions on “fat-days” or with hardly any carbs simply from the shock.

Tell us about your experience at RUM 8. Were you pleased with your lifts – did you meet your goals?

RUM VIII was my “welcome back” party to the national platform. It is a beyond humbling experience to share the platform with literally some of the greatest powerlifters on earth. The experience of competing on that level is the real reward.

I was very pleased with my squat and bench, going 3 for 3 in both and still having some in the tank for both events. My deadlift was honestly just misplayed. Looking at my hands after warm-up, I was pretty torn up – I probably only had a pull or two in me before ripping a callus. I stuck to my written game plan (which was 622 [to get in the meet], 650ish, and 672 [which would have broken the world total]). I hit 622 with ease, but my hand started to tear. On my 656 [lift], it ripped pretty good right at my knee level before lock out. If I had

raised my opener to 644 (for 1 good pull), I would have totaled 1714 and had a new USA record. I never play the “should’ve, would’ve, could’ve” game – I didn’t, so I will be back.

My experience was awesome, but I’m never truly pleased. The grind, the warm up room, all of that talent in one room – I am more hungry than ever!

What does the future hold in store for you? Have any short-range or long-range goals been set?

There is plenty on deck for the 2015 year:

* April 18th: Jim Phraner’s USPA 3 lift meet, where I will compete raw/ no wraps, with the intent of overtaking the top 181 rank in the USA.

* May 7th (tentatively): Niagara Falls – Adam Ferchen’s USPA three lift meet, where I will compete raw classic and attempt to set a strong total in wraps

* August: Mountain View, CA for Dan Green’s USPA Boss of Bosses

* November (tentatively): USPA Worlds

* December: Big Gunz Ironman in Utica, NY in memory of our friend Tom Brown.

Anthony, as we conclude, are there any people you would like to mention or thank?

* My Sponsor: Jim Spencer – Nutrishop New Hartford.

* My Gym Owners: Al Calogero (Fitness Mill) and John Bartholomeo (CrossFit_Mohawk Valley).

* Training Partners (The Alliance): Dr. David Kingwater (Kingwater Chiropractic), Mark Chieco and Patrick Fraccola.

* Special shout outs to Matt Vasco of E-Squared training for his training expertise and diet/meal regiment and Ed Dibari and Joe Rosato – my first training partners for the tutelage and discipline they instilled on me. Also, a special thank you to my mother, father and sister Danae for their constant love and support throughout my journey.

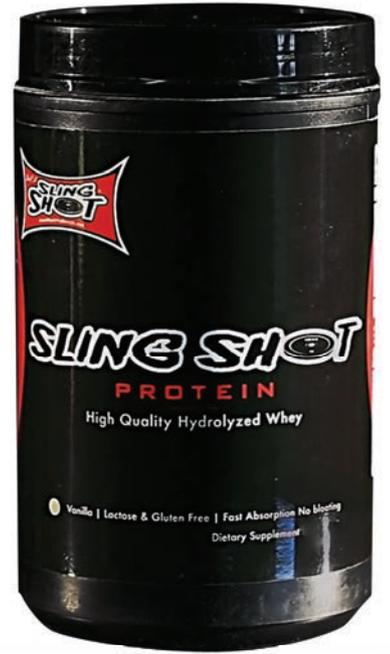
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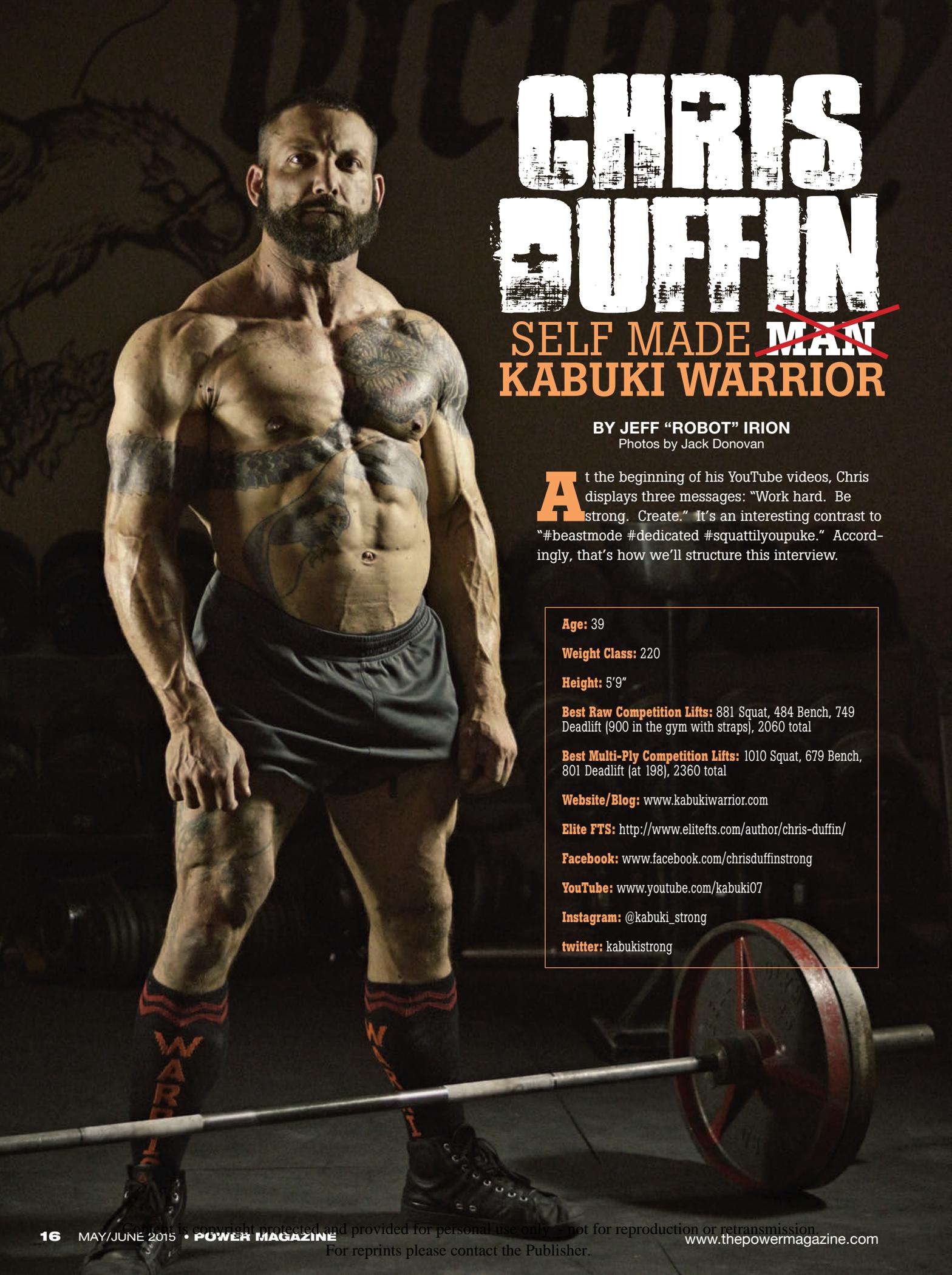
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CHRIS DUFFIN

SELF MADE ~~MAN~~ KABUKI WARRIOR

BY JEFF "ROBOT" IRION

Photos by Jack Donovan

At the beginning of his YouTube videos, Chris displays three messages: "Work hard. Be strong. Create." It's an interesting contrast to "#beastmode #dedicated #squattilyoupuke." Accordingly, that's how we'll structure this interview.

Age: 39

Weight Class: 220

Height: 5'9"

Best Raw Competition Lifts: 881 Squat, 484 Bench, 749 Deadlift (900 in the gym with straps), 2060 total

Best Multi-Ply Competition Lifts: 1010 Squat, 679 Bench, 801 Deadlift (at 198), 2360 total

Website/Blog: www.kabukiwarrior.com

Elite FTS: <http://www.elitefts.com/author/chris-duffin/>

Facebook: www.facebook.com/chrisduffinstrong

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WORK HARD

Let's start at the beginning. Tell us about your childhood.

By the time I graduated high school, I had spent probably half of my life being homeless with my family. My parents were very intelligent but they just didn't fit in, nor did they want to participate much in society as a whole. We lived in the mountains of Northern California, camping out during the summers and living in dilapidated or condemned houses during the school year. At one point, we were living next to a rattlesnake den and had logs strapped up in the trees for our beds to protect us during the night. There was foraging for mushrooms and poaching of animals throughout my upbringing to feed the family. We lived in Northern CA until we were found and taken by the state. My parents ended up getting us back after gaining some stability in Oregon. However, things quickly devolved back into bad habits, but not as bad this time. We ended up spending a lot of time in the mountains of eastern Oregon doing mining and living off of the land over the summers. During high school, we finally had a stable place to live in with running water and electricity. Albeit, the house was condemned and burnt down by the fire department after we moved out, so it wasn't exactly great. Yet, at the time, it was a consistent, solid mobile home. We had a roof above our heads.

You got involved in sports back in high school. What sports did you play? Were you naturally athletic or did you simply outwork other kids?

I got into wrestling because I was strong and thought I would be good at it, but I sucked pretty bad. In fact, I lost 25 straight matches during my first year and finally won two at the end of the year. I also got involved in track and field and I was pretty fair at everything but didn't understand specificity. So I could place well in anything from the 100 m to 3000 m and also did all of the throwing events. I trained for everything and would place at districts but never got to state level. During my sophomore year, I got involved in cross country in

order to get in shape for wrestling despite being the largest runner in the state, as far as I could tell. One thing I learned from wrestling was that tenacity pays off. I stuck with it and even though my technique was horrid, I would never give up. By my senior year, I won every match at districts and every match up to the final one at state without having a single offensive point scored against me. I also ended up defeating three people who had beaten me earlier in the year. I lost my final match against the three time state champ but it was because of my own head. I've never been naturally athletic,

although I was naturally stronger than most. Ultimately, my success came as the result of my ability to analyze and learn.

You were a straight-A student in high school, valedictorian, a good athlete, and you even volunteered with Habitat for Humanity despite being homeless for a good portion of your youth. But your family didn't have the financial means to send you to college, and somehow you weren't selected for a scholarship by Oregon State University. What was your next move?

I applied for lots of scholarships but didn't get enough to support me. But I did write an essay on my upbringing that ended up on the front page of the paper and was then picked up by the wire service around the northwest.

Donations came in and

I ended up with a full ride academic scholarship to Oregon Institute of Technology in Klamath Falls. After leaving home, things got worse with my parents' alcoholism and their stability so I ended up taking custody of my three sisters, one by one, starting my junior year of college. This wasn't as bad as it sounds, as school was incredibly easy for me. I actually rarely went and I was working full-time as a production manager of a local manufacturing company by then. During my senior year of school, all I really had left was my senior project and responsibilities as the Society of Manufacturing Engineers chapter president.

You went to college full-time, worked full-time, raised your younger siblings, graduated early, and at 21 years old, you bought your first house and opened your first business.



That's extremely impressive! From what I understand, you've had a pretty successful career since then. What was your degree in? Can you describe what you do for work and give us a general overview of your career?

My first degree was in Manufacturing Engineering and I was ahead of schedule, making it so that I could also get a dual major in Mechanical Engineering my senior year. But with everything stacking up and after realizing that I wasn't going to actually be an engineer, I dropped my last term of 11 credits and never finished the dual major. I moved to Portland the next year so that I could begin working on my MBA [Master of Business Administration] while continuing my career in management/leadership. I did indeed buy my first house at 21 years of age while working and finishing school. I was also running a paintball rental business with a small retail outlet, as well. I was a competitive paintball player at the time, and I seem to get overly involved in anything I enjoy. My primary career has been in operations management for manufactur-

ing companies. I've worked in Doors & Windows, High Tech/Electronics, Automotive (gear train & fabrication), Aerospace, Custom Equipment/Hydraulics, and Automotive (electromechanical). The last 10 years, it's been a lot of company or division turnaround work and the last 7 years have been at the executive level as either a General Manager, Manufacturing Director, or Business Unit manager as part of the senior team of the company. My expertise is in operational efficiency, change management, and cultural transformations. I've learned a lot about how to manage and motivate people to achieve things they never thought possible and I've also put that to use as a coach.

Of course, in addition to all of this, you're also a world-class powerlifter. Do you think that squatting on public land as a child prepared you for squatting world records as an adult?

Haha! I never thought about that. But honestly, I think the early physical labor definitely played a role, from chopping and stacking wood, hauling water into remote areas, or hauling packs of rocks

up steep inclines. It definitely helped with my physical development and work ethic.

But on a serious note...you went from going to college full-time, working full-time, and raising your younger siblings to training for powerlifting and competing at a world-class level, working full-time, and being a husband and raising your own kids. It seems you've always had a lot on your plate. What is your secret to achieving success on so many fronts?

I get asked this a lot, and particularly by those closest to me who actually see a lot more of how much I try to move forward on a daily basis. The secret is simply being able to realize what adds value in your life and what propels you forward and then you need to differentiate that from what is "busy work" or doesn't add value. Eliminate, automate, or outsource anything that isn't moving you forward. This isn't always easy and I can tell you from my wife's perspective that sometimes I drop things that shouldn't be dropped. You also need to build a support structure. I help so

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many people regularly through career coaching, life coaching, finding jobs, and helping them be healthier and move better. I do this without it being a big drain on my time and when I need help, I ask for it. On the other hand, people respect my limited time and understand that I'm not the guy to call if you need help moving. That isn't the best use of me as a resource.

BE STRONG

**When did you start lifting weights?
When did you first get involved in powerlifting?**

When I moved to Portland in 2000 to pursue my MBA, I was also escaping the trap of heavy drinking I had fallen into. So I jumped into lifting hard and I did my first bench and deadlift competition. I had only learned what a deadlift was and what bench press shirts were a few weeks prior to the meet. I benched 440 and deadlifted 523. I'm not sure if using gear at this point did me any service as I had no clue what I was doing. Over the next few years, I moved into the 500's for bench and mid-600's for a deadlift with gear and then decided to get into full meets. I trained with whatever training partners I could get that would stick with me for a little while before I ran them into the ground. I did come to the realization that the right environment, equipment, and methodology was going to be the key to realizing my goals. In 2005, I put together a small garage gym with a power rack and a couple of other simple items and I also found some like-minded individuals that I had met at local meets. By 2009, I had over 20 people training out of my 24x24 ft. garage when my wife said it was time to move. Along with my main training partner and a great business mentor of mine, Rudy Kadlub, I opened up Elite Performance Center (EPC) in its first location in 2010 with a 4000 sq. ft. dungeon gym. Since that time, we have expanded to a fully equipped 9000 sq.ft. facility with every imaginable piece of powerlifting and strongman equipment. It also has tons of open space, wrestling mats, and a full complement of commercial gym equipment (minus the cardio room). The goal was to create a facility that draws in the talent and we all learn from each other. I have also partnered closely with some key clinicians and movement experts over the last



few years to further refine our approach at EPC.

As I understand it, you have an autonomic disorder that makes it so you can't feel joint pain, and it also makes you allergic to T-shirts. Is that correct?

Haha! Yes, that is essentially correct. I don't feel what's called "deep pain", such as bone breaks, joint problems, or tendon removal from bones. It also affects a bunch of other things such as sweating very little, poor body temperature regulation, and a host of other things that I deal with. So yes, my shirtlessness is a medical condition.

Out of curiosity, is it possible that not being able to feel joint pain is

actually an advantage for you in powerlifting?

Possibly. It has helped in the short-term, but not having that feedback loop has hurt me in the long-term with the destruction of parts of my body and not finding out until it was too late.

Given that you've set world records, you certainly don't have "bad genetics" for powerlifting. But at the same time, you don't seem like the most gifted lifter out there. You've been doing this for a long time, and you've been able to make continuous progress and compete at a world-class level because you've analyzed and optimized everything you can in order



to get stronger. Would you say that's an accurate statement?

I won't deny that I have decent genetics. Too many top athletes want to claim that it's all hard work when it simply has to be a combination of both. But as you've noted, it's taken me a long time of busting my ass to get to where I'm at. Mentally, one thing I've always focused on is that I want to move more weight than my competition, not just be stronger. By that, I mean figuring out how to improve technique and leverages, being better primed for performance when it matters, and overcoming injuries and obstacles faster. It is indeed a constant analytical process for me. It's the same way I approach everything in life, and it has allowed me to regularly outperform 'stronger' or more genetically gifted lifters than myself.

That's why Stan Efferding nicknamed you the mad scientist of power-

erlifting!

I think he hit it right on the head as to what I bring to the sport. Those around me know that I am a much better coach than an athlete. I have developed my performance as an athlete as a result of my analysis and coaching, not the other way around.

When it comes to your training, one of your unique methods is "Heavy-Speed Work." What is that and what are your reasons behind it?

I have lots of unique things in my training that have very specific goals. Heavy-Speed Work is indeed one of those. Heavy-Speed Work is close to max effort work but backed off just a bit. Traditional speed work is done so light that you don't have to be dialed in mentally or even physically with your setup before you lift. You can be sloppy quickly. With increasing the load close to maximal effort, you MUST setup like

it's a max attempt, focusing on all of your cues. However, you hit slightly submaximal reps, allowing you to do more sets, more mental and physical setups, and more first reps. It is not quite maximal or pushed to full failure so you NEVER teach your body to grind. Instead of hitting a max triple and grinding your third rep and only doing one heavy setup and two total 'good reps,' you may back the weight down 10-15 lbs and hit 5 doubles. That's nearly the same load but now you have 5 clean reps and 5 chances to practice your setup with a weight that will crush you if you don't. The science behind it is simply asking, "What kind of neuromuscular adaptation would you like to train for? Sloppy speed or the practice of integrating all of your cues and maximizing the number of setups and good clean reps at close to maximal load?" (Editor's note: for more on heavy-speed work, see Chris' article "My Unique Methods for a World Record Squat" on Elite FTS.)

"You NEVER teach your body to grind." But isn't it important to be able to grind out maximal lifts in competition? And don't you need to train to be able to do this?

I didn't say NEVER grind - I answered a question about a specific portion of my training. I think this is one failure of standard periodization schemes: people run through all of the different phases in a periodization program but in each phase, the focus is not clear and there are not clear transitions. I have Work Capacity & Speed Strength phases, Hypertrophy & Speed Strength, Heavy-Speed, and pure-strength testing/grinding phases. I move between these phases, while always trying to move the entire curve upwards, not just the pure strength. If you focus on the entire curve, you will realize further advances over 5-10 year blocks of time. In the short term, focusing on pure strength will allow you to see quick gains but you will plateau after a while unless you move everything upwards. In each focus area, you need to know what your goals are and what you're trying to improve.

In addition to your training methods, another key to your success has been applying clinical physical therapy research to the execution of the power lifts. You recently said, "I haven't gotten that much stronger [in



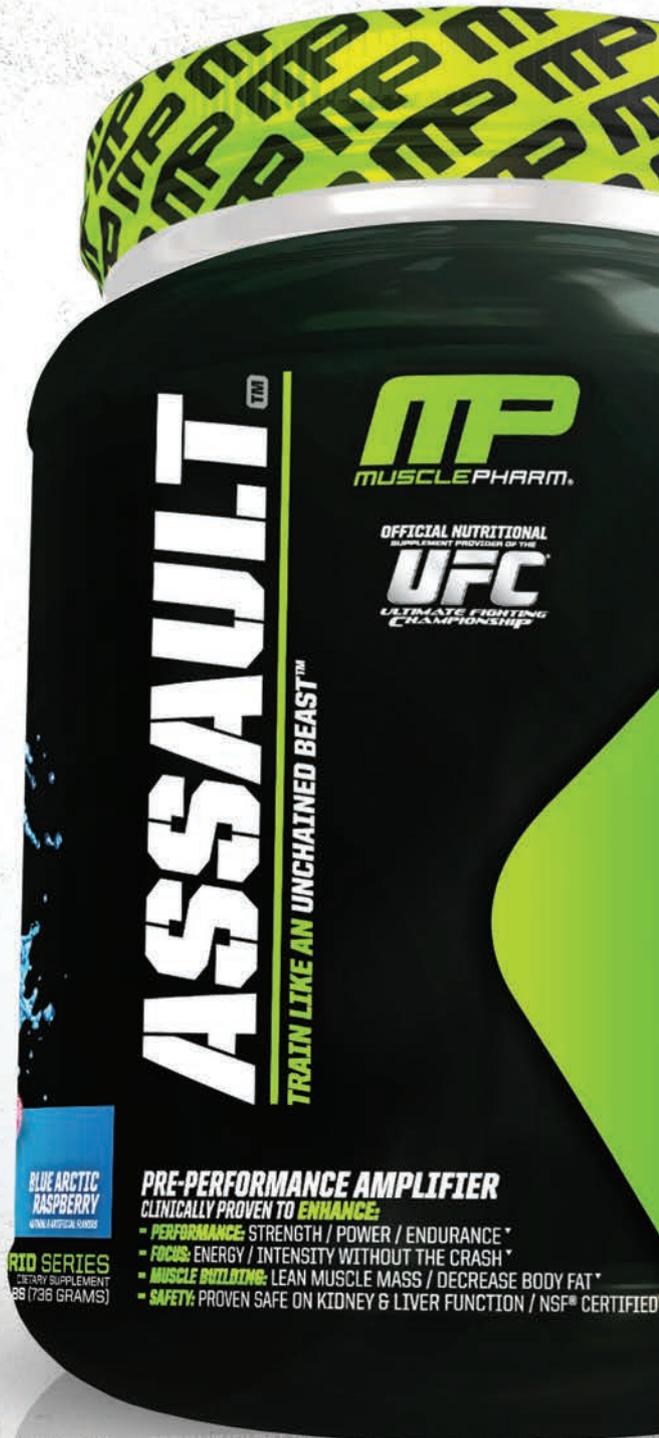
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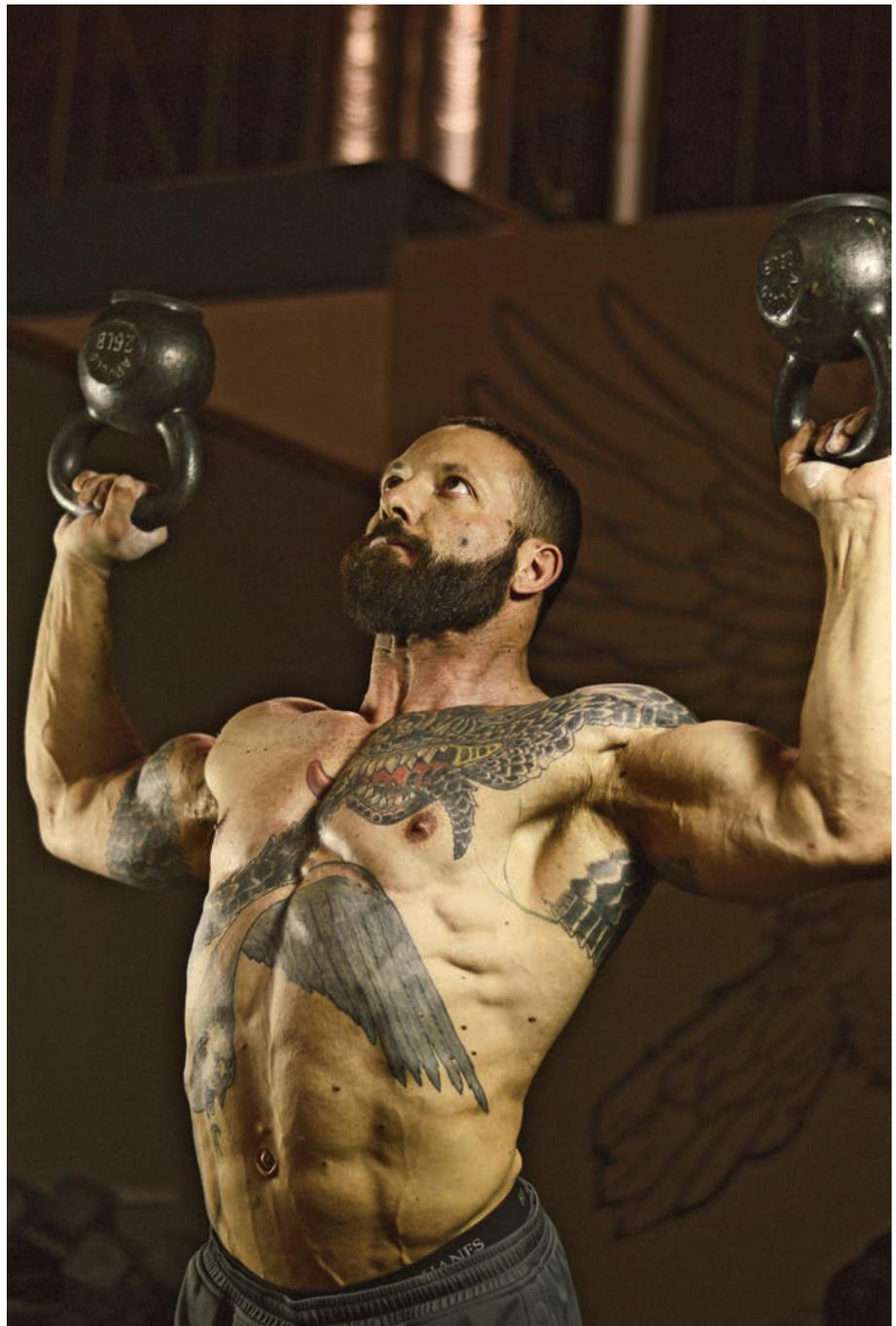
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the last few years]. I've been much more efficient at putting that power into the bar." Can you give us an overview of what this is all about?

I've been working on technique and cueing strategies for maximizing core stability. Core stability is one of those terms that gets overused by people that really don't understand it. In strength sports, we must transfer power to joints on each side of the core and if we have energy loss in a 'spongy' core, we lose power. Additionally, it puts us in worse positions for power transfer and increases injury risk. I use DNS (Dynamic Neuromuscular Stabilization) fundamentals in core stabilization, such as elimination of the open scissor of the diaphragm to pelvic floor relationship, as well as a number of coaching and cueing principles on breathing and stabilization. I've taken these principles further over the last few years in the course of my education and I've applied them in barbell training specific cues to achieve those goals.

Having applied this stuff successfully to your own lifting, you now coach others on it. You explained the difference between traditional coaching and what you've been doing as follows: "Everybody coaches the peripheral. They coach to what a squat and deadlift should look like and how you put your body into positions to be that way. Which is important...but what we coach is, what are the core things that need to be happening at the root." What does this mean? And how do you go about coaching the power lifts?

Yes, this is something I'm very passionate about. Most of the coaching cues that are commonly used or parroted are well-intended, but unless a lifter truly knows what they mean, they can be counterproductive. And many are merely cues on how a lifter should 'look' when lifting in regards to limb and joint positions. With a properly stabilized core and correct engagement of the primarily stabilizers and movers firing and working together on each side of the core, all those peripheral things just fall into place. A quick example is people coaching knee position on the squat. Knee position is an output of the glute and VMO [Vastus Medialis Oblique] firing and balancing during the squat, which also doesn't work properly



without appropriate oblique and core stabilization. If you only correct knee position, you may not have fixed the root issues and will not see a net improvement in performance or safety. Instead, I will teach breathing and core stabilization techniques, prime the glute-VMO balance, and integrate with rooting to the floor and standing drills. Then I will give them 5 basic cues relating to these activities, put a bar on their back, and have them sit back between their legs. With this approach, I'll have an untrained lifter doing perfect squats on their first few sets ever with 30 minutes

of prep work prior. Of the 150 lbs I've put on my squat in the last few years, 100 lbs of that was using this approach and 50 lbs was just getting stronger.

Along with lifters at EPC, you've also coached a number of world record holding powerlifters. From what you've said, you don't disclose the full list, but what names can you give us?

I've had a lot of top level people come to me for a long time, but I didn't mention names because these people usually have their own list of clientele. However, I feel it's time, so I've begun asking them if it's ok to list their

names and publish it. Since making that change a few months ago, here is who I've coached: Stan Efferding, Amit Sapir, Eric Spoto, Adrian Larsen, Ed Coan, and shortly, I'll be helping Ryan Kennelly with his back issues. Including myself, that's 7 all-time record holding athletes in the last 3 months.

Let's talk about a few of those guys. First up, Amit Sapir. What kind of things did you work on with Amit leading up to his 722 lbs raw without wraps WR [world record] squat at 198?

For Amit, we began the process of retooling his squat. With his Oly lifting background and his huge bodybuilder quad dominance, he simply wasn't able to hit depth, even with his hams sitting on his calves, due to how far his knees were diving forward and the size of his legs. He came to me just weeks before attempting to squat the WR. With 20 years of Oly squatting, we couldn't retool him completely in 3 days so I focused on doing just enough to allow him to be able to hit depth for his WR squat. I am currently helping him with a hamstring tear rehab and preparing him to retake his squat record in a few months.

Next up, Stan Efferding. Although he's now retired from competitive powerlifting, the Rhino is still an animal. He recently sought your help with his deadlift. What issues was he having and how did you address them?

Stan had to make some changes to his deadlift due to some hip impingement, but that resulted in some back pain that shut down some of his lifting. I took his new stance and taught him some patterns for additional glute engagement that he could take advantage of. Then we worked on lat engagement and some core bracing strategies to improve his setup and spinal stabilization, and to eliminate the back pain and shutdown. These were put into place with some cues for the lats and pressuring all the way out the back of his back.

We covered Amit, now let's talk about the other guy you've worked with who has lifted 722 lbs raw: world record bench presser, Eric Spoto. I understand that he had shoulder surgery not too long ago. What are you doing to assist his training and help him come back stronger than ever?

I began working with Eric shortly after his rotator cuff surgery. My goal was to

get him safely through his post-surgery period by using an intelligent training plan. Then, I began working on scapular stabilization and mobility. The biggest concern with Eric is that he is so large and strong that we don't want the same shearing of the tendon again due to the lack of space in his shoulder joints. If we can improve this, he will be able to continue to make progress without being deterred by another similar injury. I helped Eric with the training plan and

"WITH 20 YEARS OF OLY SQUATTING, WE COULDN'T RETOOL HIM COMPLETELY IN 3 DAYS SO I FOCUSED ON DOING JUST ENOUGH TO ALLOW HIM TO BE ABLE TO HIT DEPTH FOR HIS WR SQUAT. I AM CURRENTLY HELPING HIM WITH A HAMSTRING TEAR REHAB AND PREPARING HIM TO RETAKE HIS SQUAT RECORD IN A FEW MONTHS"

scapular stabilization drills until he hit the 10 week post-surgery mark. After some in-person assessment, I felt he was ready to incorporate the ShouldeRök™. The ShouldeRök™ is all about achieving distal mobility through proximal stability while strengthening the entire shoulder girdle. It should be a perfect fit for what he needs to accomplish.

Let's wrap up this section with a different sort of question. You recently dropped a lot of weight and got shredded. What kind of diet did you use to accomplish this?

Thanks for noticing. I wanted to do something different than the typical powerlifter. Something that even the lean powerlifter doesn't do. I hired Amit Sapir for my diet plan for accountability and the bodybuilding stage prep experience. It wasn't any particular brand of

diet, just managing overall macros based on the response of my body, as well as my activity levels in order to reach the desired goals. Fats were kept low but not too low, and carbs were managed based on training needs and strength. I was pleased with the results and my body has been more responsive to food since this experience. In the process, I also learned just how effective my intra-workout drink is for recovery from the high volume training that I ended up doing at the tail end of the cut.

CREATE

From training videos with commentary and instructional videos on your YouTube channel, to your articles on kabukiwarrior.com and Elite FTS, you put a lot of effort into putting out high-quality, informative content. Why?

I'm very passionate about pushing my own limits and capabilities but also just as passionate about helping others do the same. It is what has made me successful in my career in leadership. In the strength training field, I found such a lack of good content being created and just a plethora of bad content. I felt compelled to have a positive impact on reversing that. It hasn't been easy with my limited time, but it's something that I feel needs to be done. It has been very rewarding getting feedback from around the world daily from those that incorporate my methods.

In addition to all of the content that you put out for free, you've recently started selling some products and services. The first of these is the ShouldeRök™. What is it and what are the benefits of using it?

The ShouldeRök™ and the associated method that comes with it helps improve overall shoulder health. People often think of it as a mobility tool but it is actually doing a physiological reset based on Dynamic Neuromuscular Stabilization [DNS] cueing techniques in order to get the shoulder working in a more integrated fashion with the core. Many people don't realize that limited mobility is often a result of the body's regulation of movement to prevent injury if there is a perceived problem. You saw this in person when I improved Super Training member Dave Zyski's toe-touching mobility by 8" WITH a reduction in pain over the course of just a couple of minutes. I did this with zero stretching and



instead focused on stabilization, bracing drills, and shoulder- and hip-to-core integration work. The ShouldeRök™ uses these same concepts, but in addition to improving stabilization, it actually provides strengthening of all of the shoulder muscles and the muscles that support the shoulder girdle. The end result is improved shoulder strength, health, stability, and mobility, all while doing a highly efficient and fun warm-up to training. The ShouldeRök™ is of incredible value to strength athletes today.

How did you come up with the idea for the ShouldeRök™? What results have you seen so far in yourself and others?

I was looking for a more efficient way to integrate the DNS concepts that were having a positive impact on my improved movement and performance on the platform. Having experience with macebell swinging in the past, I knew it was a quick and effective warm-up. So, I tested meshing the DNS cueing concepts into the mace swing and then made a number of improvements in the product

itself to realize these goals. That was how the ShouldeRök™ was born. The results exceeded my expectations, and 8 years of shoulder pain disappeared in 30 days and has stayed gone for 2 years. The improved positioning on squats and pulls has allowed these lifts to soar with a reduction in the risk of back injuries. I've seen similar results at Elite Performance with my test subjects over the last few years. Now that the ShouldeRök™ has been in the field for a few months, I'm getting glowing results from customers who are realizing positive change that they never thought they would achieve. I'm very proud of this product and its approach and I feel that every strength athlete and every strength gym should have one and know how to use it appropriately.

A service that you recently launched is your Virtual Coaching Module. What is that?

It's a unique coaching model that allows me to build individual training plans in a way that auto-regulates the athlete based on their response to the training plan. I do

this with the training parameters I collect from a velocity measuring device. This is the system I have been refining in my own training and with some test athletes over the last few years. It also allows me to capture all of the data that I need to accurately direct and change the training program on a go forward basis, as I can see the athlete's recovery and response via an athlete portal. I'll also have my private/unlisted coaching videos linked in the app for clients. Basically it will be like a coach in the hand on their mobile device. The app will provide them with coaching, a training plan for the workout, and parameters for making decisions. It will capture data from their workouts, which I'll use to direct the next phases of their training plan.

What forms of data will you be collecting and analyzing from your athletes? And how exactly does this system work?

The data I will be looking at will be velocity data on key lifts. The athlete will also be using this velocity data to find target weights or to determine the

number of sets and reps based on the parameters I've set. With accessory movements, I'll be able to accurately see the actual work done, as far as sets and reps, to ensure that the training volumes are met as prescribed. I'll also see the rest time between sets, which is an important and sometimes overlooked component. I'm talking with both PUSH Band and Joel Jamieson of BioForce about the addition of an HRV module. When working with clients remotely, it's great to have real data to work with rather than just an email of how someone is feeling, since there is a ton of variability in feedback and perception from individual to individual. Clients will need a PUSH Band, which I provide, as well as a mobile device with iOS or Android. The generation of the training plan starts with a thorough questionnaire, followed up by a skype call. This also includes video review of all their lifts and past injury history to define a specific plan to address issues. Video reviews will be done at various points in the cycle, as well. Once the plan is generated, much of the feedback will be in the app itself where both my myself and the athlete can leave comments. When it comes to training, the client will have the training plan on the app which they will open for the day. Then they will open the exercise and have the option to view the coaching video or go straight to work. If I have comments, they will be available there, such as working up to a specific weight or velocity range and what parameters to follow for sets and reps. They will then enter the weight and when they are ready to lift, they will hit the button on the PUSH band on their arm before starting and then again when they are done. After the set, they can review velocity data. The timer also begins ticking for the next set. The generation of each week's plan is a manual process by myself, as it's based on the intensity, volume, and goals. There is no computer algorithm for this.

Included with your Virtual Coaching Module is the Duffin Movement Series. (It may also be purchased separately.) What can you tell us about it?

The Duffin Movement Series (DMS) is another piece that I've been working on for several years. It is the culmination of my interaction with top movement and rehab professionals/teachers and the refine-

ment of some specific methodologies and how they're cued and taught in strength sports. I don't know anyone else that is bridging the gap on these approaches between clinical practice and the strength training world at the level that I am. This is something I am very proud of and will likely be my life's work. Right now, it is a 6-8 hour video series, and we're currently finalizing the editing. A brief snapshot of some of the content was in the "how to squat" video I did at Super Training Gym. That video is now being widely regarded as the single best squat coaching video

"WHEN WORKING WITH CLIENTS REMOTELY, IT'S GREAT TO HAVE REAL DATA TO WORK WITH RATHER THAN JUST AN EMAIL OF HOW SOMEONE IS FEELING, SINCE THERE IS A TON OF VARIABILITY IN FEEDBACK AND PERCEPTION FROM INDIVIDUAL TO INDIVIDUAL"

around. This product will be available separately from the Virtual Coaching Module once we have the IT infrastructure completed to support it.

In your recent interview with Mark Bell, you said that you gained this knowledge by spending countless hours in advanced courses alongside Ph.D. students and paying thousands of dollars to attend seminars led by experts in the field. Did you ever feel like the "dumb meathead" in the room?

At first when I started doing this, I thought I would be looked at as the "dumb meathead," but based on my interaction in the seminars and people actually knowing who I am, it's been quite the opposite. I've spent a lot of time on self-directed education, and what I lack in some areas, I make up for in practical application, which makes for good dis-

cussion in these courses. I've also had some great mentors that have invested a lot of their time in helping educate me. I've received the most support from Dr. Philip Snell of FixYourOwnBack.com.

And now some of these experts have asked you to teach movement in Ph.D. level courses and seminars, correct?

I've provided instruction on movement in University of Western State's accredited Ph.D. course on the Flexion Intolerant Back by Dr. Philip Snell, and I have been a contributor to some of the material used in the course. I've provided instruction on movement in Dr. Craig Liebenson's Prague School 2 Athletic Development course A & B. I am currently scheduled to present at University of Portland's NW Athletic Performance Conference. Additionally, in the last several seminars I've hosted, about half of the attendees were Doctors of Physical Therapy or Doctors of Chiropractic, in addition to the strength coaches and gym owners that typically attend.

Do you have any other products in the works? Seminars, training tools, books, a major motion picture about your life?

HAHA! Funny you should ask. I do have a documentary being shot by a couple guys on my life story at the moment. It's a long, slow project and it isn't really about my powerlifting but the general inspiring life story piece. As far as products and services in the works, I have lots of stuff in the wings right now. I have a seminar in North Carolina in June and will be launching a Mini-Clinic series at Elite Performance shortly. This will be a small monthly intensive coaching session with 4-5 lifters who will be required to watch and study the DMS first so we can focus on intensive hands-on coaching in the clinic. The Duffalo specialty squat bar is in development right now as well. I have lots of other stuff in concept phase but these ones are nearest to completion. I would like to do some books but unless I step away from my day job, I don't see that happening.

I've got about 57 more questions I'd like to ask you about training, diet, and how to kick ass at life, but we should probably stop here. Thanks for the interview!

For a special squat tutorial and interviews with Chris, go check out Mark Bell's YouTube channel, www.youtube.com/supertraining06 **PM**

POCKET HERCULES

BY JOHN GREAVES III

Some lifters seem like they are designed for a particular lift. Others have to work hard to overcome their physical disadvantages. One lifter who works hard to maximize his potential is Eric Head, from Dawsonville, Georgia. At a relatively young age, Eric has already made a name for himself in the Powerlifting Watch Ranking as a World Bench Only Record holder. He has set his sights on becoming a full meet lifter in the world of Raw Powerlifting. I caught up with Eric just after a Saturday training session at Iron Beast Barbell in Gainesville, GA to ask him about his training, his switch from equipped to raw lifting and his beard.

What's your name and how old are you? Eric Head and I'm 28 years old.

How tall are you and how much do you weigh? What weight class do you compete in? I'm 5'1 and anywhere between 130 and 140 pounds. I compete in the 132lb class.

What's your athletic background? Did you play sports when you were growing up? I wrestled in high school - I was state champion during my freshman year but I had two knee surgeries in both my sophomore and junior years. I tried to go back my senior year but it didn't really work out.

How long have you been competing in powerlifting? What drew you to the sport? Probably 2007 or 2008 is when I first started. Marcell Allen, who was a bodybuilder at the time, got me into it. I just like the competitiveness of it.

Who are some of your mentors in the sport of powerlifting? Well, actually Andy Williamson - he lifts a lot in APC [American Powerlifting Committee] and he helped me out a lot. At the time, I had no idea how to lift in a shirt. Andy showed me the basics of how a shirt worked, like letting the shirt ride up for lighter lifts and torquing it down for max attempts, and the basics of training with boards.

As powerlifters, we're often fans of the sport as well as competitors ourselves. Is there anyone who you look up to in powerlifting right now? Really, honestly if there's any, I'd probably say the Lilliebridge family. I think it's really cool



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how they all lift together and I just think that's pretty awesome. I don't have any brothers or sisters or anything so it's cool to see that family stuff like that. I've never trained with them - I've just seen videos of them lifting.

What are some of your accomplishments in powerlifting? (List your best lifts raw and geared, contest and gym.)

COMPETITION LIFTS

EQUIPPED

Squat n/a

Bench 501 at WABDL [World Association of Benchers and Deadlifters] World's in the 132lb class (all time world record)

Deadlift n/a

RAW

Squat n/a

Bench 402.2 at The APC America's Cup at a bodyweight of 129lbs. It wasn't what I wanted but I entered the contest on short notice and it was still a triple bodyweight raw bench.

Deadlift

365 at SPF [Southern Powerlifting Federation] Body By George

GYM LIFTS

Squat 315

Bench 455 and I've got the video to prove it ha ha!

Deadlift 385

What do you think about the rise in raw powerlifting? I just feel that raw is a more natural way to compete against other people. I switched to raw because, to be honest, it just got to the point that it really started to hurt me doing the heavier weight that I had to do to lift in equipment.

What organizations do you compete in? WABDL, APC, SPF and GPA [Global Powerlifting Alliance]

Do you train by yourself? Where do you train? I feel like there's days that I train by myself - no seriously, I train with Marcell Allen, the co-founder of the 1% Krew and he gives me a hard time, but he always shows up and he really

pushes me.

Tell me about 1% Krew. What does the name mean? The name 1% Krew represents being in that top one percent that is willing to train and give everything they have to be the best. Marcell and I were on another local team here in Gainesville and we just felt like it was time to strike out and do our own thing.

Who are some of the members? I already mentioned my training partner Marcell Allen, who is the co founder, Cody Thornton who competes in Strongman as well as powerlifting, Landon Jameson, another guy who has competed Nationally in Strongman, Angeles Centeno, she's new to powerlifting and just did her first meet. Steve Shepherd, Zach Layfield (he's a powerlifter) and Tim Moon, he's a Master's World Record Holder in WABDL and SPF with an 800 plus pound equipped bench press.

What are some of the team's accomplishments? We've actually only had one official powerlifting meet we competed in as a team which was the SPF Body By George and we dominated it. We had several best lifters and took home the team trophy. I don't think anybody got second place. Individually, our members have had success - Tim Moon has several World records in different organizations in bench only. Landon Jameson has competed at Nationals in Strongman.

You've got an interesting mix on 1%. What is the criteria you were all looking for when picking team members besides a beard requirement? Ha! Well, all of the members do have beards. A man without his beard is like a lion without his mane. But we

start with just anyone that is really serious about training and willing to put in the necessary work to be a success in powerlifting or strongman.

Do you think that your body is designed to bench press? Bench press, yes, deadlift definitely not. Squat maybe, but my bench press is definitely my best lift right now but I'm working on that.

What made you decide to go from being a bench specialist to being a full meet lifter? Well there are a couple of things. One, Marcell got me into it. If I just did bench only, I don't know that I would compete anymore because there was absolutely no competition. And I want to be competitive.



How is that transition going? It's going - it's rough. But never would I have imagined that my alarm would go off at 4am and I would be excited about doing squats. I haven't done a full meet yet. I haven't gone over 315 in the gym for reps because I've just been working on technique. As far as deadlifting goes, every week it seems to be going up. About 5 months ago, I couldn't pull 315. I pulled 365 at my meet in December 13, 2014 and I pulled 385 in training a month later.

What injuries have you had to overcome and how did you do it? Honestly, the only issues I've had are joint pain that came along with the equipped lifting on bench. But basically just taking time off and just taking any kind of supplements that help with my joints worked too. Training smarter benefited me a lot too. Back then, I think I just trained too much and too often and that kind of burned me out on it.

What styles of training have you done and which one do you prefer now? Conjugate, block periodization, simple progression etc. I'm doing Sheiko now. Honestly, this is the first program I've ever done other than just going in the gym and lifting the way I feel. Since I've been training powerlifting, Marcell and I haven't done anything other than just going in and just lifting the way we felt that day.

So you're not a fan of programming in training? Up until this point we

haven't. It's a little bit of a change being on a scheduled routine. The simple progression we've been doing lately seems to be working but mentally there are days when I feel like I could have done more in the gym. It's just kind of hard to think that's enough. Hopefully it's going to pay off in the end.

How do you prepare yourself mentally for an attempt? Are you one of those guys who gets fired up for lifts? Honestly, I try to get my head straight. There are a lot of distractions in the gym, including Marcell, but I try to get mentally focused on the lift. I mean, you're either going to get it or you're not but if you don't convince yourself that you have a chance then you're not going to do it. For the bench press, I'm more calm. On the squats and deadlifts, I've found that I need to psyche myself up a little to be able to do it.

What advice would you give to someone who's trying to bring their bench press up? Be patient and work on form and technique. I think that if anything played a big role in my success with the bench press, it's my technique and form.

A lot of lifters are using the Sling-shot to help with their benching, whether to recover from injuries or to push a little harder during training. Have you tried anything like that? Not the Slingshot specifically - I've tried the Titan Ram but due to my arch, it keeps wanting to slide into my neck.

Who are your sponsors? Currently I'm sponsored by Anderson Powerlifting. He's been a great help. He's given me all of the equipment that I need to excel in the gym. And of course that helps the wallet. I can't forget about Iron Beast Gym - he's done a lot of things for us. Marcell has paid for hotel rooms and entry fees so I definitely can't forget them.

What special training equipment do you like? We occasionally do some chain work - this Sheiko program calls for that, but normally we don't do anything like that. I had my first session with knee wraps not too long ago.

What are some of your goals for the near future and what are some of your lifetime goals? A goal for the near future is to do my first full power meet, which we have scheduled in March. In the next couple of years I want to have the all time record total in the 132, 148 and 165 class.

I recently watched you do a body-weight standing overhead press for 17 reps, as well as a single rep with 205lbs in the shoulder press both of which you posted on Instagram. What are some of your favorite assistance exercises? Lately it's been the shoulder press. It's another power move and I enjoy it. We don't get to do too much of that with Sheiko so I just like to sneak it in when I can.

Where can people follow your training and learn more about you? You can find me on Instagram - it's @erichead_powerlifter and I've got a Facebook page called Eric Head - powerlifter. You can follow our team on Instagram @1percentkrew and our Facebook page is Onepercent Krew.

Thanks for taking the time to talk with us Eric and good luck with your goals.

Thank you!

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SPEED KILLS

HOW AND WHY TO USE SPEED TRAINING

BY MATT R. WENNING

M.S. SPORTS BIOMECHANICS
MULTIPLE WORLD RECORD HOLDER

A common misconception is that powerlifting is all about lifting with the heaviest loads as possible on the barbell. Although that is the main task at hand in a meet, it is not always the best way to train day in and day out. An understanding of the methods and the manipulation of many

variables will not only help one get bigger and stronger, but more explosive, as well.

When weightlifting was first formally studied in the 1950s and 60s by the Soviets, they devised a plan for strength. This plan involved lifting maximal loads, multiple days per week in order to elicit

great results in their strength endeavors (mostly Olympic lifting). With this system came some great results, but underneath the Iron curtain, what they weren't showing were the countless injuries, and lack of production of high skilled lifters. The program was so specific, and so brutal, that out of 2000 or more



Vasily Alekseyev using the first known accommodating resistance - the water

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lifters, they may achieve 2-3 that could (1). Withstand the workload intensity without burnout, and (2). Withstand the training without injury.

As the scientists started to compile more data and get feedback from the athletes, they started to experiment with not only changing exercises (mode) but also changing workloads (percentages of intensity) in an attempt to increase results and decrease injury.

Over time, what the program found was that the more variability that occurred then the better the athletes were becoming. The more they rotated both speed (sub maximal loads at highest possible velocity) and maximal strength (the most weight possible), the least amount of total physical and emotional stress ensued.

1960: Six variations of the lifts were rotated and done twice per day on some occasions.

1983: Over 60 variations of the lifts rotated, with speed done one day or training session, then maximal train-

ing above 90% done 72 hours after the speed training.

As you can see, training started to become an art form and a science within that time from 1960 to 1983. We notice that the lifts become ten times more variable in form and we also notice that the scientists started to get a grasp on 72 hours of resting between high output work. But most importantly, we notice that they start to understand that lifting maximal loads too close together and too often was counter productive (look at stress diagram).

Max effort training or intensities too high for too long end up causing an overtraining effect. The body is continuously trying to adapt to such high load, but eventually it can't keep up and simply throws the white flag. Over time (5-10 years) the body can adjust to heavy loads, but only if workout spacing allows recovery (every 144 hours). In between that time, if the CNS [Central Nervous System] and muscle get a different stimuli, extra loading can be toler-

ated and actually have positive effects. That's where speed training (or dynamic work) fits in.

WHAT IS SPEED TRAINING?

Speed training is using a submaximal weight between the percentages of 30-60%. Its purpose is to move the bar with speed as forcefully as possible. Force production or mass times acceleration is the key to lifting large amounts of weight.

Most of us only have about 5-7 seconds in order to display our strength at the highest percentages. After that point, the muscle or neural drive will give up. This means that heavier loads must be moved quickly enough to finish in that time frame. This is why reps are also important when choosing speed training.

FOR THE BENCH

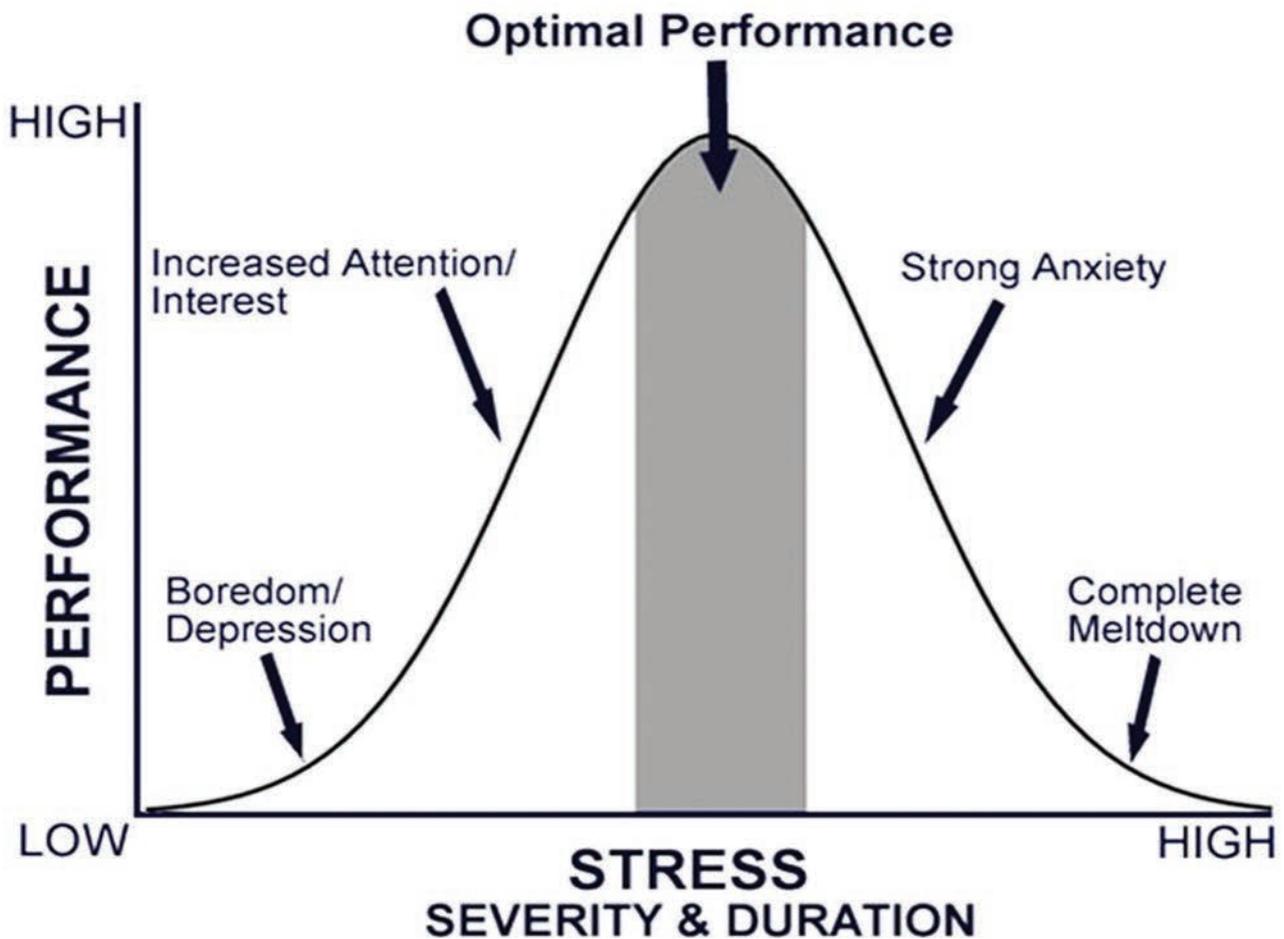
Speed bench reps per set are usually 3.

FOR THE SQUAT

Speed squat reps per sets are usually 2.



Bench set up with 3 chains so one link will be on the ground at lockout.



For the deadlift

Speed deadlift reps per set are usually between 1-2.

This rep scheme for the lifts is based on the amount of time necessary to complete the lifts, which is approximately the same time it takes to complete a maximal effort attempt. It is important that we teach our bodies what we want out of them. Would you take a runner that runs a 100m dash and have them run for miles on end? Then why think about lifting in the same fashion? This specificity of training is important when it comes to the overall time demands of max effort and speed work, while each of these are a different enough stimuli to allow for recovery while improving strength.

If you want your body to be as strong as possible in 5-7 seconds (which is all the time you will have to strain) then your body needs to do many sets with that limitation in order to make specific progress.

“THE KEY IS TO HAVE VARIATION; SINCE I AM A VERY REACTIVE SQUATTER, THE BOX KEEPS MY TENSION LONGER AND ACTUALLY TAKES AWAY THE UPWARD VELOCITY INCURRED FROM THE QUICK ECCENTRIC”

This is the template of reps for speed work I have used during the last 14 years with impressive results. Here are some reasons I think it is fundamental in your training.

a) Devoting a workout day to speed

gives [your body] a break from the heavy loads of maximal efforts while force production is still high.

b) It allows you to learn to let weights come down in a controlled fall, versus wasting your energy on the eccentric portion of the lift.

c) You learn to react to weights versus just trying to strain through them.

d) By doing 8-10 sets on a regular basis, this allows many more singles in a set to perfect form at a high force output (Example: 3 sets of 10 you achieve 3- 1 reps, 10x3 you achieve 10- 1reps).

How do you make speed training more potent?

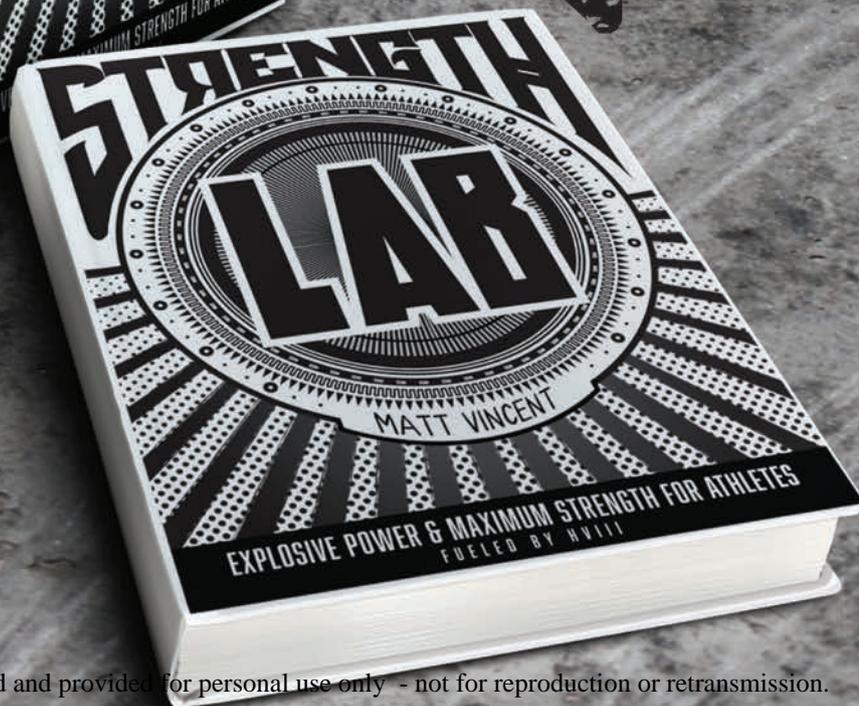
The Box

Box squatting has come under much scrutiny as of late as far as its transfer to free squatting. Well, I'm a prime example of how it works. Box squatting actually separates the downward phase or eccentric portion of the lift from the upward phase or the concentric portion of the lift. This demands that the

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muscle store elastic energy longer and actually lose some of the elastic energy depending on the length of the pause on the box. This is what makes proper box squatting actually harder than free squats when done correctly. I do box squats about 70% of the time with dynamic work.

The reason that some lifters can box squat more than free squat is due to a few factors:

1) The box is too high.

I see this way too often on social media, and in peoples videos they send me for critique. The box needs to be at a depth that is difficult, and not where you feel comfortable or your strongest

2) The position when sitting on the box is not similar to a free squat.

Untrained box squatters tend to sit and rock on the box in order to get the weight started in the other direction; at no point can you achieve this in a free squat. Once seated on the box, the body should stay tight, and motionless until the person decides to change direction.

The key is to have variation; since I am a very reactive squatter, the box keeps my tension longer and actually takes away the upward velocity incurred

from the quick eccentric. So box squatting helps me focus on the concentric part of the lift, where I am driving the bar upward as forcefully as possible. When the box is removed, I am able to use the stretch-reflex at the bottom and immediately begin the concentric portion of the lift.

But as stated, that is for my needs as a more reactive lifter. If your weakness is staying tight in the bottom of the squat to achieve that stretch-reflex, this might not be the best way to improve your weakness.

Bands and chains

Bands and chains make speed work very productive. With physics in mind, weights have distinct properties that make them unique and also limiting. As with any resistance, they have advantages and disadvantages.

Free weights have inertia, which cause weight to be the hardest when still (or motionless) and also when changing direction between the eccentric and concentric phase of a lift (e.g., bottom of a squat and/or bench). After that point, the weight is in motion, taking less force to keep it moving.

For example:

If we bench 200lb for 3sets of 10 reps:

Bottom: We had to reverse the direction of motion of the weight and accelerate it upwards. So, it requires more force than what was on the bar. Acceleration is difficult to measure in the gym, so for this example and simplicities sake, lets say it takes 225lbs. [of force].

225lbs. x 3 x 10 equals 6750 lbf. (pounds of force)

Middle: Weight is already in motion and the bar velocity is at its highest. The bar does not need to be accelerating at this point since the bar will have to stop at the top of the rep. So you are just fighting gravity and applying force to the bar to keep it moving. Therefore, less overall force is required from the system.

200lbs. x 3 x 10 equals 6000 lbf.

Top: At the top of the rep, the bar must come to a complete stop, which means it has decelerated to a speed of zero. So, the force you need to apply at the top of the rep is less. The bar may feel heavier or more difficult at the top but this has more to do with the mechanical disadvantage of the system, as well as the fact that with normal resistance, your body has stopped pushing.



Bench set up with bands- Double Red which is roughly 100-120 lbs. of band tension.

175lbs. x 3 x 10 equals 5250 lbf.

Keep in mind that these lbf. values are a back of the envelope calculation. We haven't calculated the acceleration of the bar, so it is impossible to calculate

the force needed. The acceleration will likely vary between people but the general concept and pattern of bar motion, velocity and acceleration is consistent. There are also other variables such as

stretch reflex, leverage changes, etc. which influence how difficult a specific portion of the lift is. However, this is a simple way to show limitations of only training with free weights.

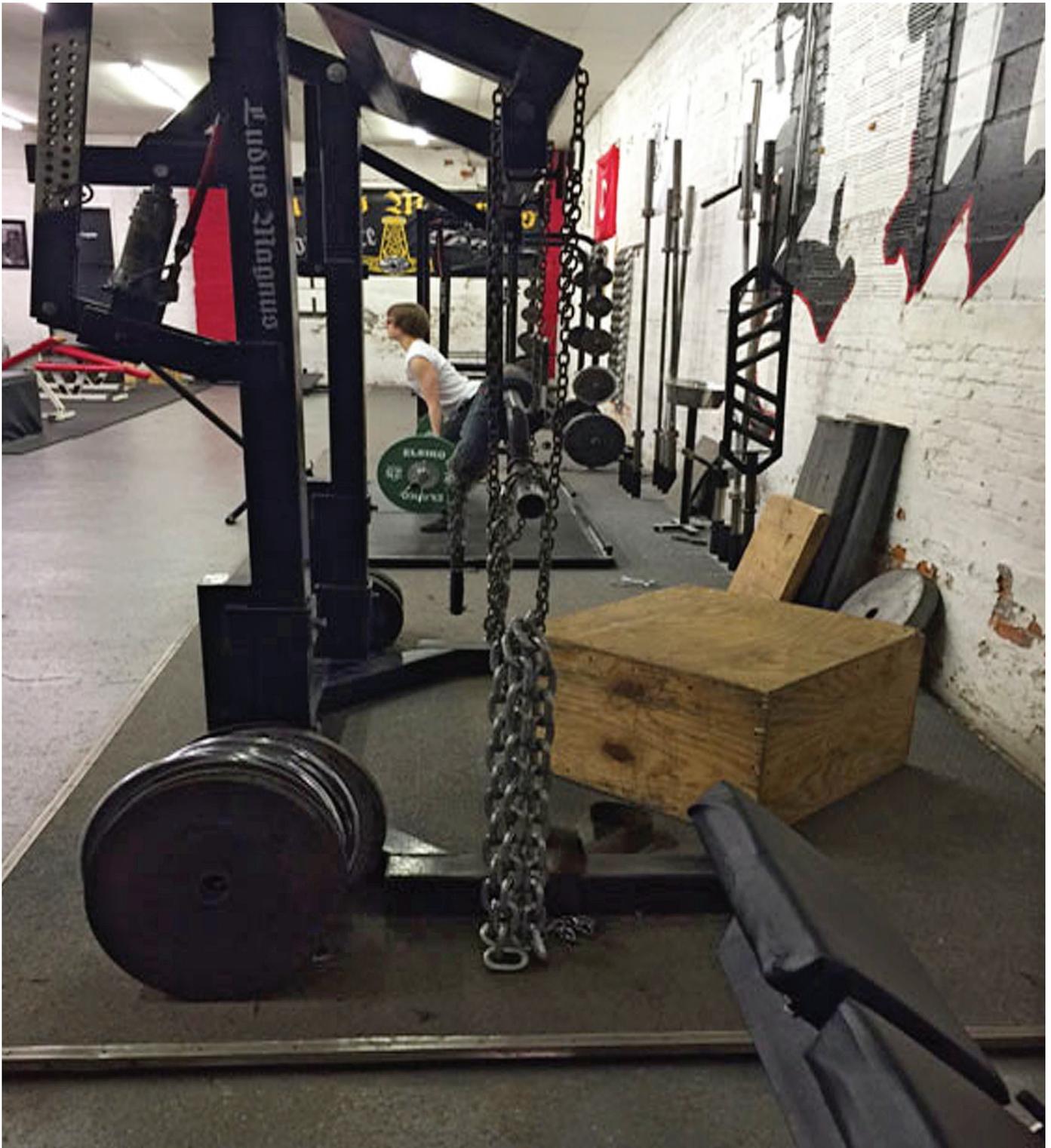
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The proper setup for 3 chains per side on a safety bar (notice a few links on the ground)

This environment over time can create strengths and weaknesses at different points of the lifts. This is where we integrate bands and chains to change the behavior of the load to work portions of the lift differently.

Bands and Chains are forms of accommodating resistance that allow the body to have to conform to an environment not seen by traditional weights. It forces

a lifter to have to contract at a more consistent force output throughout more of the lift. This is a result of the resistance to the muscle becoming greater as the bar is concentrically moving.

So, instead of letting inertia and bar motion reduce the amount of force needed to complete a lift, the bands and chains increase the load used by the lifter. This will help teach them how to

strain with maximal intensity, as well as maintain bar speed.

The amount of bands and chains added to real weight is an important aspect and usually I see people adding too much in accommodating resistance or too much actual weight.

(I use between 185-200 lb bar weight, and 140-200 lb of accommodating resistance and bench 620.)



606 bench press at Raw Unity after the 832 world record squat

The goal is to keep the rep difficult for the entire range of motion. If the bands/chains are too much, we see the opposite problem as shown above in the example. At the bottom, no real force is needed and then it increases to a near maximal at the top. Also, this scenario isn't allowing the lifter to produce a high amount of force throughout the entire lift and is actually opposite to the way weights will feel in a competition.

Especially for speed days, you should be moving the bar explosively from start to finish. The accommodating resistance allows the lifter to not reduce force applied at the middle as well as the top. The bar will still be decelerating; it has to since it comes to a complete stop, but you do not need to actively reduce the force applied to the bar. The applied force will be more consistent with bands and chains.

Just as with any program, you should

base your training on fundamentals first, then your needs come second. You need to do max effort in order to strain, you need speed work to increase force production and you need a certain amount of volume with reps (accessory work) in order to bring up specific muscle hypertrophy and correct weak points. It is not always the person that trains the hardest that makes the most gains - often times, it takes smarts as well. **PM**

CLINT HARWOOD

CANADIAN BENCH PRESS SPECIALIST

BY KEN WHETHAM

Every morning, Clark Kent...er... Clint Harwood, begins each day by donning an inconspicuous freshly pressed suit, a tie and by placing glasses on his nose. This ensures that he blends into his surrounding environment without any suspicion or indication of his true identity. He blends into the crowd and rides the subway to work in an office surrounded by normal humanoids that are ignorant of his real identity as one of the strongest benchers in Canada. When the time comes to reveal himself, a quick SHW [Super Heavyweight] conversion occurs in a

stuffy phone booth and he emerges as the completely unrecognizable Clint Harwood: Bench Specialist. Trading in the Superman cape for an Inzer SDP [Super Duper Phenom], a singlet and a pair of well-worn Chuck Taylors completely transforms the office dwelling Clark...er...Clint into one of Canada's biggest and strongest benchers!

Tell us a little about yourself; your age, where you live and what you do for a living

I am a 41-year-old Information Technology Services nerd, living in Toronto,

Canada.

I understand that you have a degree in Astrophysics?

Well, yes I have a B.Sc. in Astrophysics. I looked at the university degrees that would get me a "job" and thought, "No, I don't want any of those advantages! That's cheating!" So, I took a degree that didn't lead to any particular career.

Of course, it does allow me to say, "This isn't rocket science and I should know!"

On the plus side, I had the most positive university experience of anyone that I know. I left university feeling educated



and equipped to wade into almost any arena. One of my professors used to say that when we left his class, we'd be able to apply numbers to any sort of problem. He was right, and it has helped me a lot in powerlifting.

How long have you been involved in powerlifting?

I've been competing for about 15 years. In 1999 or so, I stumbled into Bruce Greig's Back Alley Gym in Okotoks, Alberta and I benched a raw 415 with truly embarrassingly horrible form.

Bruce, the Godfather of Canadian Powerlifting, who was clearly struggling to keep from laughing said, "Well kid, benching is 90% technique; a 90% which you lack. If you can put up 415 like that and we can give you some technique, you could be a great bencher."

I've spent a lot of years trying to live up to the prediction.

Have you always been a bench only lifter or have you competed as a full powerlifter?

I have competed occasionally as a 3-lifter but an old knee injury and to

be honest, a near-psychotic loathing of the deadlift, keep me in the bench-only for the most part. My best squat is an equipped 705 and my best deadlift is a raw 518.

What got you interested in powerlifting?

I got into powerlifting after an ill-fated attempt to become skinny. For 6 months, I starved myself and jogged. I got to the point where I could run a solid 30-minute 5k without an out-of-body experience but I didn't get any skinnier. While I did not develop a six-pack, I did develop the temperament of a teased rattlesnake. Deciding that life is too short, I opted to try something different.

I had always been pretty strong, so lifting weights was an obvious course. My father had done some Police and Fire meets when I was young and I had seen a few of them, very much enjoying the experience.

One day, my training partner started hitting me with a printout of the provincial IPF [International Powerlifting Federation] records, as I had just done the SHW bench record for a triple, and

he commanded me to find a meet and take it. Always do what your training partner says.

I looked up Greig's Back Alley and have been hooked ever since.

Tell us about your rankings, records and accomplishments.

I have been one of the top benchers in Canada for several years now and have a sock full of heavily-qualified world and national records, but the ones I am most proud of are:

- Heaviest Bench in the AWPC [Amateur World Powerlifting Congress] for the second time.
- First Canadian to bench 800 in a competition
- Michael Soong's Top 20 in two weight classes - 308 and SHW. I've only gotten up to #19 but I have made it on the list three separate times over 4 years.

What is your most memorable competition and why?

There are so many! It is hard to choose. I lifted at the 2007 WPO [World Powerlifting Organization] Arnold on the main stage and came dead last in the

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Heavyweights with a 770. The first Canadian 800 was a serious milestone, and something I worked several years at.

As to the most memorable, I have to give the nod to my first WPC meet. It was an APF [American Powerlifting Federation] Bench Wars [meet] in Lake George put on by Bill Crawford. The story goes like this:

Bruce McIntyre had encouraged me to try an APF meet and I was struggling to learn a denim shirt for it. So, I dropped a line to Shawn Lattimer, who had recently benched an 859 at the WPO Arnold. I thought that if I was going to get advice, I might as well start at the top.

He replied that if I was going to be at Bench Wars, he had another lifter who was going to be there and would be willing to coach/handle me too. I was more than a little gobsmacked.

Let me put this in Canadian terms: It was as if I, a total nobody, sent an email to Wayne Gretzky asking about equipment, and he dropped by my little-league hockey practice to give us some tips.

And Lattimer followed through. He set my shirt, did my handoffs - I learned a lot that day and I benched my first 600. Most importantly, I learned something about powerlifting - one of the best in the world took time out of a meet day to help out an aspiring lifter.

I've always remembered that and

have done my best to pass it along.

What are your best lifts?

My best lifts are:

AWPC 390kg/859 lbs (shirted bench)

Raw 235kg/518lbs (bench)

Squat 320kg /705 lbs

Dead 235 kg / 518 lbs

I did an IPF 292.5kg/644 a few years back, and keep thinking that I should try one of the modern single-ply shirts.

Have you ever competed raw?

Only as a lark, I have never seriously trained for it. There were some good 100% RAW meets near my house, so I hit a few lifts there in the mid-400s.

One time, I spent a month focusing on raw and hit a decent 235kg/518lbs at SHW - that was the second best tested raw in Canada, after John Giffen's 240kg.

While I agree that equipped lifting is probably on the way out, I enjoy the geeky-tweaky nature of it, and will likely continue to lift in both.

You recently set the AWPC biggest bench press at the Global Bench Wars in Michigan... tell us about the meet.

My training going into this meet went a bit sideways in the last month. I had intended on opening at 375kg, but complications in life messed up my training and I missed 375 in the gym a couple of times leading into it.

So I opted to find a lighter opener and the lightest I could reliably touch was

345kg.

It is always annoying to drop an opener but I'd rather get a lighter lift in than bomb out, as I had at Global Bench Wars the year before.

Joe Smolinski always puts on a good meet and the judging and equipment were top-notch. I weighed in at a lame 145kg (read: uncommitted SHW) but that was where the shirt had been working. I attended the rules meeting then went back to my room and napped as best I could.

The warm-up room was crazy with big benchers like Jimmy Kolb, Richard Singh, Didier Michelin and Roger Ryan.

I got a few raised eyebrows when I went straight into my shirt. I'm weird in that I don't lift raw before I shirt up. My warm-ups at 400, 500, and 650 went smooth as silk and I started to get a little nervous. Was I going to tank again like last year?

Matt Brass, who was doing my handoffs, caught me starting to fret. "Talk yourself into it," he reminded me and I set about getting my head under control.

My name came up and 345kg went about as perfectly as I have ever done a lift for a new AWPC M1 WR [World Record].

I was stoked. Warm-ups were now over and it was time to start putting a meet together!

I went to my planned opener of 375kg. Not quite a PR [Personal Record], but it was the weight I had been training for. The nervousness was now gone and I was staying in the moment. Matt, Chris and Denis gave me another perfect handoff and the weight flew up better than it ever had in the gym.

Now the dilemma: 380kg was my PR - the reasonable thing to do would have been to put a solid 385kg in the books.

However, I am a bench-only! Moreover, I was a bench-only with six white lights! That is not a reasonable creature.

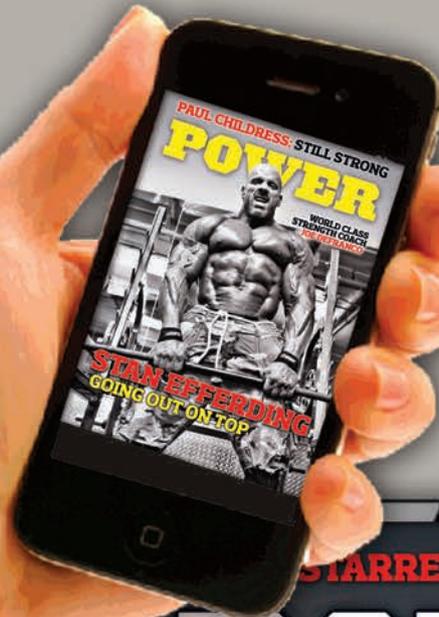
I wanted 390kg. The All-Time Canadian Bench Record was Mike Guay's 387.5kg, which happened to coincide with the Heaviest bench in the AWPC; Robert Vick's 387.5kg. I had never done it in the gym, but I had to take a swing at it.

I kept repeating to myself: "Feels Heavy, Moves Easy." When I took the weight, it did indeed feel heavy, but I put the feeling in a box and I let the lift hap-

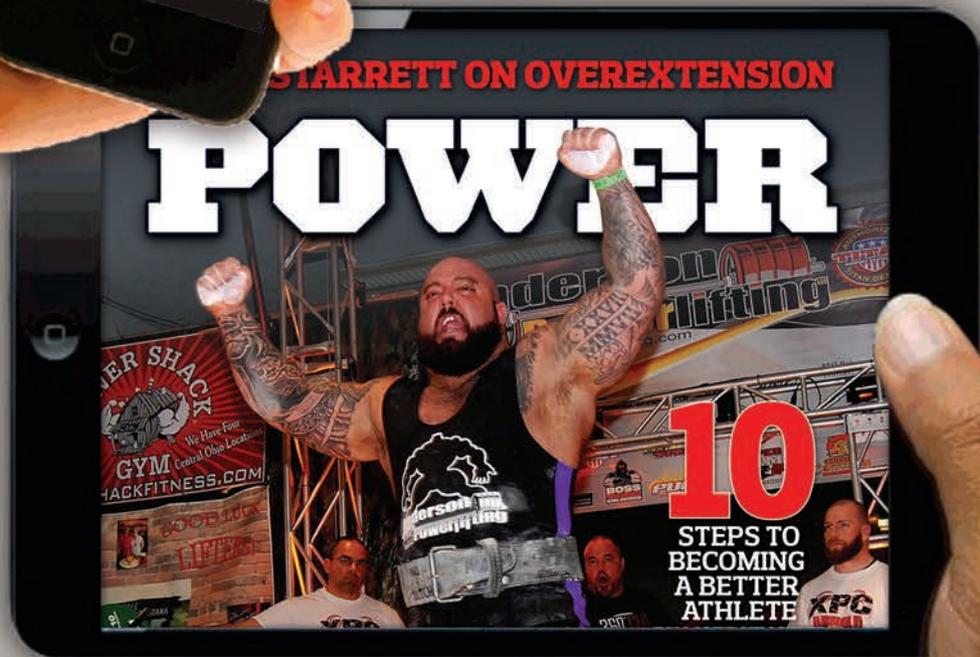
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pen. The weight ate through the SDP's tension and touched shockingly easily. If I had thought about it, it would have scared me, so I didn't think about it.

I got the press call, cranked my heels down and pushed...and pushed...and felt it move, and I pushed some more. It felt like a slow-motion-disco-breakdown. The lift is 11 seconds long according to the video. Those were 11 long seconds.

I ended the day with 9 white lights, all-time Canadian best bench and heaviest lift in the AWPC.

Do you have a particular training protocol you follow?

I have about three principles:

1. You have to do the lift the way you do it in competition. On the platform, you will perform the way you train, only worse.
2. It has to be fun. It takes years to get good at this sport, so if you hate the workouts, you will get bored and leave before reaching your potential.
3. Group Dynamics -you need to have people in the room who know what you should be doing and will call you out if you are not doing it.

What does a typical training week look like for Clint Harwood?

I've tried most schedules at some point (Westside, Sheiko, Linear etc.) and

have settled on a general program that sees me lifting heavy, full range reps once a week - one day on lockouts and one day on assistance. I'm currently doing squats on Mondays, heavy bench on Thursdays and lockouts on Saturdays.

My workouts are typically 1-2 movements and relatively low reps. My heavy bench workout is down to 4-5 warm-up reps and 3-4 working reps total - the next morning, I am wrecked.

I used to have a lot more volume in my training but as I struggled more and more with recovery, I pared the volume down further and further. I don't know anyone else who trains like this.

It's funny; when I read articles like Sebastian Burns "Hard Work", I feel like a lazy schmuck but I can't argue with the results. Higher intensity and lower volume work for me and they allow me to balance lifting with a career.

You've been called one of the best technical lifters regarding the bench press. What are your thoughts about being referred to as "The Technician"?

It is the best compliment I could ever receive. I have consciously and deliberately tried to become the most technical lifter I could be. It has quite simply allowed me to out-lift numerous competitors who are much stronger than I am.

It is part of why I like equipped lifting. I am a nerd with a healthy dose of OCD, and it [the equipment] allows me to express that in lifting. Being able to tweak my technique has allowed me to develop a very consistent career (well... consistent for a bench only!) with very large amounts of carryover.

It has some drawbacks though. I struggle more with different benches than some other competitors - low bench pads and non-adjustable uprights are a lot harder to deal with, as I don't have the brute force to just bull through problems.

What is the best thing about being Canadian?

In powerlifting, it was listening to Bill Crawford psyching up one of his lifters by shouting, as only Bill can, "You aren't going to let a Canadian win are you? A CANADIAN?! He'll <censored> apologize for winning!!" I did win and I apologized to Bill.

But the best thing about being Canadian is: William Shatner.

Have you ever suffered any significant injuries during your powerlifting career?

Only one actually and it wasn't that bad. I tore, but didn't separate, a tricep some years back doing skull crushers. I was having a seriously "off day", and

everything felt completely wrong. I actually considered leaving the gym, but decided to tough it through because I am both a powerlifter and an idiot.

It took me 6 months to properly rehab it, which was longer than was probably needed, but I am very glad that I spent the time [taking time off]. I have no issues with it anymore and have upped my PR over 300 pounds since the injury.

The funny part of the story is that I was working on a contract in Washington, DC in August at the time. I didn't have a long-sleeve shirt with me, so I wore my raincoat to the office and kept it on inside.

My manager came up to me with his best, "I'm about to deal with a socially deficient tech-nerd" face on and asked why I was wearing a raincoat indoors on a hot summer day.

I explained that my right arm had the most horrid bruise on it that he had ever seen, from tricep to fingertip.

He paused, barked a laugh and explained that he had been a Colonel in the Marines. He had a plan and was going to sell tickets to people to look at it.

We raised about \$100 for the United Way to have people peeking at "The Nightmare Arm."

What are your short term and long-term goals moving forward?

Short-term goal: Bench an AWPC 900.

Long Term Goal: Be an old man in the sport. When I see a lifter like George Flikas in his 70s crushing 400-pound raw benches, I know that when I grow up I want to be like George.

What are some of the changes you've made to your lifting over the years?

All of them! I started off, like everyone else, doing a routine out of Arnold's encyclopedia of Bodybuilding that had 3x10 of 5-6 movements per day, and training 4-5 days a week with no periodization.

There was a time when I had to have a plan and had to have every number in a spreadsheet but I found that if I just went to the gym and committed to lifting something heavy, I pretty much saw the same gains.

What I have found is that commitment to the workout is more important than the details of the volume, intensity and schedule. If you are showing up every day and hitting it hard with heavy

weights, then the rest is just details.

Do you have any advice for someone entering the Powerlifting game?

Lots, but the most important thing you can do is to find a solid group of lifters and lift with them regularly. A journeyman in the room beats a master over email every time.

The next most important piece is to avoid injury. It takes a long time to get good at this sport and injuries set you back further than you think. One stupid injury set me back six months. Nothing I could have done in the gym that day would have benefitted me an equal amount to what that injury cost me.

Do you still get excited and amped up when you get ready to compete at a meet?

Excited? Hell yes! I freak out. A lot of my mental prep is built around giving myself the physical advantages of the "psyche-up" with the focused clarity of a calm lift.

When I did the Arnold in 2007 on the main stage, it was surreal. A degree in Astrophysics does not prepare you to be in spandex in front of that many people.

Earlier in the day I had introduced myself to Ryan Kennelly (who went on to win), and he asked if it was my first time on this stage. I said it was and he replied, "If the crowd gets to you, close your eyes and focus on the stage. Spot-ers, judges, that's all familiar, it'll calm you down." Great advice.

How do you prepare mentally for a lift?

I think the psychological aspect of the training is vastly underrated. It really is 90% mental and the rest is in your head. As an Albertan redneck, I resisted it for a long while and now I realize that I did myself a disservice in that delay.

So what I do is sit on the end of the bench and visualize the movement in every detail from start to finish. Then I do a whole psych up, getting as wound up as I can, culminating in a barbaric yawp. The "Yawp" is the trigger for me to stop amping up and get calm. I then get as focused as I can and do the lift, just as I visualized.

This way I can have most of the physiologic advantages of a psyched up lift, without the sloppy technique that often goes with it. It takes some mental discipline and practice but it seems to work well for me.

At that point it is a matter of "letting it happen" rather than trying to "make it happen." This is an important distinction. If you are consciously trying to move yourself through steps while on the platform, you can easily get distracted or lag behind the lift mentally. If you have done the training right, your body will go through all of the steps in the manner that you have trained for.

What assistance exercises helped your bench the most?

I don't do a lot of other assistance exercises. I do some light work with kettlebells for rotators and shoulders, squats and a lot of lockout work.

The lockout works tends to be raw boards, pin-presses and pin presses from chains. I do all of this work with competition grip. I tried varied grips but didn't get any real benefit out of them, so I dropped them.

I have used grippers and nail bending - all kinds of triceps exercises; whatever seems like fun.

What do you do in your spare time when you're not competing or training?

A long night of shooting the Desert Eagle just before heavy bench night is not recommended. It's fun, but not recommended.

I am also one of those wacky coffee people. I have an industrial roaster in the basement and a ludicrous espresso machine. The perfect cup eludes me, but I continue to search.

Last year my wife and I took up ballroom dancing. One of the greatest secrets to happiness is being willing to walk into a room and be utterly terrible at the activity at hand. Learning how to get better is one of life's great joys.

Is there anyone you'd like to thank?

My wife, Pamela, for not only putting up with me but for also actively encouraging my insanity.

The Anvil crew! None of this would have been possible without all of you.

Bruce McIntyre for so many things that I can't list them all.

My family. Thanks for the great genetics and for the encouragement to do something so different and so awesome!

Thanks to Mark and Andee Bell for publishing Power Magazine and giving me the opportunity for an interview. **PM**





GET JACKED AND STRONG WITH **STAN EFFERDING**

BY MARK BELL

Photos by Michael Ochnicki

MARK: During your stay so far here at Super Training Gym, I've already heard several people ask you about losing body fat, so let's start with that; what are some ways that you help people lose body fat?

STAN: It's hard to talk about dieting and training in general terms because everyone is unique. Everyone has different goals, different starting points, genetics, food allergies - there are so many things that go into it. So, it's hard to throw anything out there that can meet everybody's needs. Generally speaking, I like to lose body fat by increasing workload and not starving myself with limited calories. There's no upside to that [starving] long-term - you can only cut out so many calories. I just like to move more and increase my activity, which just means doing more than you were doing. I also keep my protein intake elevated and keep the muscles stimulated with resistance training to retain muscle mass. Beyond that, we start getting into specifics of people's personal needs.

MARK: It's obvious to us that weight training has huge value in terms of muscle mass and overall health, and you talk quite a bit about allowing your body to work for itself. Tell us more about that. People get into this cycle of reducing calories and doing tons of cardio. They get into an issue of how low they can cut their calories and how much cardio they can do until it becomes a question of how long they can sustain such a screwed up way of trying to lose weight.

STAN: To me, it's about messaging. Long term, you want to have more lean body mass to burn more body fat at rest because that is when the bulk of body fat is burnt--at rest, not during work. So, I try to maintain lean body mass through resistance training as much as possible and I minimize the kinds of activities that might cause one to lose muscle tissue, such as endurance cardio, which sends the wrong message to the body.



When you do endurance cardio, your body adapts to that stimulus, which is saying "I need to be able to perform this activity for an extended period of time." Muscle tissue is heavy - it has a high nutrient, oxygen, and water demand, so the body will gladly give some of it up when you regularly engage in endurance cardio like jogging, walking on the treadmill, stepmill, etc. You are setting yourself up for failure long term because you are slowing your metabolism and sacrificing muscle tissue.

For me, it really is about weightlifting. It used to be a hard sell, particularly when you were talking to women. But it seems well-known by now, particularly because of the advent of the physiques developed by the CrossFitters. They do a lot of Olympic lifts and heavier training - they can see that the females get more muscular and are able to eat more food as a result of that increased muscle

tissue and workload. This is a desirable thing because who really wants to starve themselves? It's unsustainable.

MARK: With the exception of someone who is eating a box of ice cream every night or polishing off a few pizzas a week, what are some things that someone who is weight training and following decent nutritional habits can do to knock off 10-15 pounds of body fat either within their lifting program or with additional HIIT training [High Intensity Interval Training]?

STAN: First and foremost, it is calories in and calories out. Macros [macronutrients] are only marginally important after that is taken into account. I prefer to simply expend more energy but if you are going to shave off some calories, I prefer to take them out primarily in carbohydrates. I also don't prescribe a specific diet for individuals. I try to find out what they like to eat, when and

where they like to eat, and then I design a program that would allow them to do what they normally do. Anytime you go on a "diet" and change things drastically, it's something you can't sustain, either because of your work or travel schedule, or it just requires you to eat things that you don't enjoy eating. I start with the calorie count and after that, I can make some macro adjustments, but that is way down the list in comparison to workload. If your diet is 70% right in terms of caloric intake most of the time, the way to go is in terms of workload. Once you have a reasonable intake and have established a steady training workload, you have to start taking yourself to new places in terms of your training if you want it [your body composition] to change.

MARK: Jon Anderson refers to that as "Deep Water".

STAN: Yes, Deep Water. And, in this



case, one of the most effective things would be the HIIT training you mentioned. You can get your heart rate up to 150 beats per minute or more in a number of ways: you can superset synergistic bodyparts, you can push a prowler, you can run stairs, you can ride a recumbent bike on high resistance, and it can be brief. You can start to simply increase the volume of your workload and decrease the rest periods, but it's the 100% explosive effort with a resistance component, with increased volume and less rest over time, that will cause the body to adapt to that stimulus.

MARK: So let's say on day one, you are doing 5 sprints and you're not in great shape. Those 5 sprints might take you 30 minutes to complete because you needed lots of rest in between. So are you saying that you just have to get a little bit better each time?

STAN: Yes. I was there myself doing exactly what you're saying. The first time I ran stairs after your last meet, I lost 30 pounds in 30 days. In the beginning, I just walked in the morning and then I started adding more volume and frequency in my training. I was just trying to elevate my heart rate. I started training four times a week instead of two, and in three weeks, after building my cardiovascular system from walking in the mornings, and then gradually increasing my pace, I was able to go hit the stairs.

I found a set of stairs in a parking garage at one of the casinos in Vegas and would run up the stairs as fast as I could, which wasn't terribly fast at the time. I used a timer and measured my rest periods walking my way down the stairs, and it would take me over 3 minutes before I could run another set of stairs. Initially, I was doing 5 sprints

with 3 minutes rest, and now I'm doing 12 sprints with a 1 minute rest and the times are sharp all the way through. So, gradually, you can build that kind of cardiovascular fitness and you will burn fat and stimulate muscle through the whole process.

MARK: Aside from HIIT training, could lifters do supersets or the 20 rep squat sets you had us do today to help them burn fat as well? It seems so simple to add that kind of thing into the end of a training session.

STAN: Yes, those are both great ideas and it's about consistency. It can seem pretty intense at first, but if you start doing it consistently, it gets easier and you can start increasing the weight or decreasing the rest periods. I'm not talking about this whole concept in terms of general health, now, though; I'm talking about it in terms of sports performance. If you're asking me how powerlifters can



improve their performance, I'm absolutely one to tell you that the bodybuilding work I've done over the years is what made me a great powerlifter.

MARK: I can tell you firsthand that it made a huge difference because I've never met somebody that was able to pick up something so quickly. You came in and did a reverse band deadlift with 765 for 2 reps. You also did a couple of other big lifts and I thought, "You know, I'm not going to be able to catch this guy on much of anything. Rhino is a bad mofo - I have to figure out a way to kick his ass!" So we did something you've never done before: we hit up some wide-stance, safety squat bar box squats with bands, and you weren't doing so well on the first few sets. After we got to about 4 plates, you said "Bigs, I figured it out," and then you started smashing on the remaining sets. I thought about it and realized that as a bodybuilder,

you were doing a huge work capacity with a huge number of movements. You were hitting all of your muscles at many different angles - it wasn't a big deal for you to do something new, set after set after set.

STAN: When you take a relatively inexperienced lifter and you put them on a new exercise, it can take them many weeks for something called "neural adaptation" to kick in. The body needs time in order to get used to how to recruit all of the muscles necessary, in the right order, to effectively perform the movement. But when you take a bodybuilder with 20 years of lifting experience with a whole range of exercises and put him on something new, it only takes a few sets.

MARK: I was just blown away because I had never seen that before. I've trained at Westside Barbell, and I've lifted with some of the greatest lifters of all time--Dave Hoff, Dave

Tate, Chuck Vogelpohl, and Louie Simmons--and I told many of the guys at Super Training that nobody will ever do anything that will impress me. You made me eat my words. Some of the things you did in our gym were earth shattering and world record breaking, at the time. I think the things you are talking about, such as the work capacity and the volume, made a huge difference for you.

STAN: That's the point in regards to trying to train a really top-level athlete. Louie Simmons talks about training your weaknesses. He does it with lifts. He'll find your weakness and put you on a lift that exploits it in order to build that weakness up. If your weakness is your cardio, that's a huge factor in terms of your recovery because if you have good cardio, then your red blood cell count will be higher and your blood volume will be thicker. All of those things contribute to healing the damage that

occurs after the workout. If you're not in somewhat good condition, it's going to take you longer to recover and you won't be able to train as often, which is a huge part of your progress as you become more advanced.

MARK: You had Silent Mike and I do a back routine today, and once the weight got a little bit heavy, you had us rotate so that our rest was basically just during each other's sets. It got progressively harder, to the point that I felt that I needed to use less and less weight for the same result. So, if I built up my work capacity to the point where that weight wasn't as difficult or I could even add weight, I imagine I would eventually be that much stronger.

STAN: Eventually, yes, you'll be just as strong or stronger with the increased volume as you were with less volume. I used to press 14 plates per side on leg press for 10-12 reps. Well, when I started training with Flex Wheeler, we did sets of 20 reps with 90 second rest periods, and next thing I know, I'm doing 6 plates per side - with each set, I was more and more tired. However, over the course of 4-5 weeks, I built back up to 14 plates per side for 3 sets of 20 reps and 90 seconds rest, and I was recovering fast enough to do those workouts twice a week.

My point is, as a powerlifter, you will spend years building your bench press from 225 to 450, but you will take 6 or 8 weeks building your cardiovascular system - building it is so much harder than maintaining it.

MARK: How many months did you go without squatting before you came back to me and did a 900 pound squat in my gym?

STAN: At least 6 months. I hadn't squatted a single thing before I came back to you, and within 5 weeks, we had me doubling 800 and 850.

MARK: That doesn't mean readers have to completely stop the main powerlifting movements to improve their cardiovascular system, does it? They could still practice the movements or variations of the movements, but move their focus to other things like their conditioning for a while?

STAN: Of course, but at my age I have to be careful of potentials for injury, so I don't want to carry as much body-

weight. I choose movements like the high bar, close stance squats that are more muscle than joint dominant.

MARK: You're 47 now. Do you feel like you can do as much as you could when you were 27?

STAN: Absolutely. I don't have the same top end strength: my bench went from 600 to 500. However, I can sprint stairs and I'm in excellent condition year-round. There are other things I can do. You know yourself that you have to invest in the long term plan. You lost all

that weight and were stronger at the raw bench weighing 250 than when you weighed 310. The strength comes back, but you have to stick with the program.

MARK: That makes sense, but as a powerlifter, that can be hard to embrace.

STAN: Yes, but at the same time that I was talking about training less, everyone else was talking about the Bulgarian system. I'm always a little contrary to the latest fads since I've been around for

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30 years and seen them all.

MARK: When you were with me, we would go hard about once a week on a squat, bench, or deadlift, or a variation of those lifts, like a reverse band or a deficit, and we switched things up quite a bit. As your goals got bigger and you got stronger, you realized you needed more recovery.

STAN: When you're younger and you haven't developed your potential, and you're in the beginner and intermediate stages, you can recover a little quicker because you aren't putting yourself under as much load. When you're squatting over 800 pounds every week, you might not recover as fast or you might actually decline in performance. So, I found that I had to pull back on the frequency and alternate heavy squatting and deadlifting each week. Over time, I've seen more powerlifters realize that their frequency can't be that of a weightlifter because the eccentric loading is totally different. The guys that were successful that were in the Bulgarian program were what was left after the 85 to 90 percent who quit.

MARK: People argue about the best program all of the time and they get very frustrated over hearing that kind of advice. This is because it takes a long time, as it did for you, to find out what is going to work best for them. That led you to stumble upon what is now known as the Lilliebridge method, which is going heavy every other week.

STAN: I think that people try to look towards other successful lifters to see what works for them. Malanichev said the same thing. His former coach used to put him through an enormous amount of volume and now his volume has drastically decreased.

MARK: Ed Coan has said the same thing on the big lifts - the squat, bench, and deadlift. He stopped doing anything over 3 reps because he found that when he was younger, he could do sets of 6 and 8 and he built a huge foundation off of that. As he got stronger and was squatting over 1000 pounds, what did he have left to do? Squat 900 pounds for 6 reps? What kind of abuse would that incur on his knees, hips and everything else?

STAN: Benedikt Magnussen said about the same, and he knows a little

bit about deadlifting and heavy training with his 1019 pound deadlift. He told me that he just can't pull that heavy, that often. He said he pulls less frequently and at a lower percentage of his max in training because he knows he has the top end strength when he needs it.

MARK: What about someone younger, 15 or 16 years old, trying to get stronger for sports? How would you start somebody like that?

STAN: Typically, you start guys like that with a 5x5 program. Singles and doubles don't produce enough hypertrophy, and hypertrophy training alone doesn't produce enough strength. You want to make these [the lifts] sport specific movements, not low bar, wide stance squats.

MARK: That's a good point. Powerlifting, as done in competition, is almost a little bit of a trick. We move in the ways that allow us to lift the most amount of weight. When I'm trying to bench the most weight, I almost drop the weight down to my chest. In training though, I try to keep things more strict. Would you say that moving weights as you would in competition should be saved for competition, and training for sports should be stricter?

STAN: Muscles respond best through a full range of motion for repetition work, but as powerlifters, we don't necessarily want to be at an end-range, stretched position. In powerlifting, we don't want to reach those ranges of motion. But in sports performance, as a football player or sprinter, you want to develop the kinds of skills that are necessary to improve your sprint or vertical jump, and there are angles you need to respect. For a squat or a sprint, you can't have a completely vertical shin or back and expect to be explosive out of that position.

MARK: You have some of the most vertical shin positioning I've seen on a squatter.

STAN: Yes, and that wouldn't translate very well to a sprint. For that, you want to be doing things like a front squat or a high bar squat. And then, there is also a limit as to how much of that actually translates to actual sports performance. At some point, getting stronger doesn't necessarily help and can actually hinder sports performance. I like the basics and I believe that they

should be part of every sports program and I'm frustrated when they aren't. Full body movements that require you to use your core, incorporate multiple muscle groups working together, challenging balance and coordination--that's sports.

MARK: Every time I ask you for advice, I think I'm always looking for something a little fancier, but now I know, better. It's always going to be the real deal; something that is effective and something that works.

STAN: I hope that we are coming full circle, like we have done with nutrition in the last 40 years in terms of cholesterol and sodium and their value to athletes. For a while, everyone was so crazed with their instability training, and ladder running to develop speed, and box jumping without squatting. This is all accessory work; you can't improve your squat by box jumping, but you can certainly improve your box jump by squatting.

Resistance training is how you build strong ligaments and tendons for your knees and other joints, especially for these dynamic sports where you have lots of angles and change of direction. That is all supported by heavy training like squats or prowler pushes. You're not necessarily building a powerlifter, you are building a stronger, more durable athlete that can perform better on a wide variety of movements. I think we are coming back to that now. Football programs are using weight training consistently. Even basketball players like Kobe Bryant are doing it in the off-season, and he maintains with just one session a week in season. For athletes, it takes so many months or years to build a strong physique, and you can build your cardiovascular system in just a matter of weeks.

MARK: Not many people realize this, but you aren't only working with high level bodybuilders and powerlifters. You also work with a lot of professional athletes.

STAN: Yes, I have been training professional athletes since back in college at University of Oregon in 1993. I worked with Keith Williams. He was a running back for the Vikings, an Olympic sprinter and he beat Carl Lewis' 60 meter indoor [sprint], and that was a matter of increasing his body weight and muscular strength so that he could be a fast

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sprinter. I've worked with NFL players from over a dozen different teams. I've also worked with NBA players, soccer players, MMA fighters, and I believe that often, these guys are underweight and under-strengthened for their sports.

In the case of an NBA player I worked with last year, he was sidelined with back pain. A few questions later, I realized that his college weight was 10 pounds heavier than his NBA weight. The guy was just under muscled. In college, maybe he was eating more or maybe he was playing less. He got to the NBA and they tend to run you pretty hard, so he ended up compromising lean body mass as a result. That's what worried me about LeBron James when he went on his diet over the summer. It's the kind of thing that makes you susceptible to injury under those dynamic forces. Even with injuries, I try to maintain or gain lean body mass, and the best way to do that is under load. As long as you can find a functional form that doesn't compromise the athlete's injuries, you should be loading them. For tall guys, it might be something as simple as a farmer's carry, which still builds a lot of stability and strength through the whole body. Just about with everyone I work with, I try to put more muscle mass on them.

I worked with a 175 pound track athlete for the Oregon Ducks in 1994. He was worried that he wouldn't start the next year for running back because the next choice was bigger and stronger than him, so he came to me for help. Over about 6 months, we put about 17 pounds of muscle on him by decreasing his distance work, increasing resistance work, and increasing his calories. It was still sports specific work--prowler pushes, running sand, squats and clean and presses. His track coach was livid because I told him to never run more than 100 meters. This is Phil Knight, co-founder of Nike, and his track team, and I'm telling this athlete to tell his coach what he is and isn't going to do. The coach called him out in front of the whole team. He ended up taking second in the Pac-10 championships at 192 pounds and ran his fastest 100-meter dash ever, a 10.17 second run or something like that. He then went on to set a record for the most touchdowns ever at the University of Oregon that

year, and they went on to go to the Rose Bowl. It's a great thing for athletes when they begin to buy into the program and understand the long-term benefits of increased lean body mass (e.g., preventing injuries). It's great when they start to build stability and muscle, as well as see an increase in their performance.

MARK: With a lot of these athletes, did you have them doing the same movements that you are always preaching, with similar diet principles?

STAN: There are so many things you can take out of programs. Work for the sake of work is just exercise, it's not training. Just because someone sweats, it doesn't mean that they are becoming a better athlete. That's for amateurs. You have to be getting stronger to perform better.

MARK: That's a great quote! How have you acquired all of this knowledge? Is it trial and error?

STAN: Yes. I got to college weighing 140 pounds and I wanted to get bigger. After two years of training, I only gained 16 or 18 pounds, and at my first bodybuilding show, I weighed 158 pounds. I realized I was doing something wrong.

MARK: Wow, that's embarrassing!

STAN: It was embarrassing! Especially when I was going to the gym 6 days a week, 2 hours a day. The problem is, that's too much, and I wasn't eating enough. The bodybuilding diet was chicken and tuna.

MARK: And you probably weren't eating enough fat. At the time, fat was frowned upon. Were you lean?

STAN: Yes, I was really lean. But there's a point at which lean is a detriment. When you get under about 10% body fat, things get more difficult. You get joint strain and other negative effects.

MARK: Is it possible to get too lean for one's sport? It's cool to look good, but don't you need a little bit of tissue on you?

STAN: When you get down below 10%, or 8% [body fat] certainly, your performance is going to suffer. Your strength to weight ratio will also suffer, as well as your joints, your endurance for dynamic sports like football, your ability to endure impact--that will all suffer. Guys like Rich Froning and other athletes that look great in pictures and competition don't typically train at that

body fat level. They are only at that level around competition time in order to make the weight cut. That's why bodybuilding is a weird world. When you're on stage, you can't fight your way out of a wet paper bag. You're one step away from being hauled off in a gurney. I don't train athletes like that and I don't see it as a means of peak performance.

MARK: There are some people that will just naturally perform well at a low body fat percentage, though, and people sometimes take that to be the norm. People also confuse what you did, saying that you did bodybuilding and powerlifting at the same time. In reality, you hung out with powerlifters when you were powerlifting, and you hung out with bodybuilders when you were bodybuilding.

STAN: Right. When I was powerlifting, I tried to get my weight up to 280 or more and when I was bodybuilding, I got down to 250. But I never got too heavy because I had to turn around and do a bodybuilding show, and I never got too shredded because I had to turn around again and lift heavy.

MARK: So you weren't lifting heavy weights while you were completely shredded?

STAN: No. I remember many times, such as when I lifted in the Animal Cage at the Arnold a week after I competed in the Flex Pro bodybuilding competition, and they wanted me to do the 200 pound dumbbells on incline bench, and I struggled with them. When I weigh 285, I do them like nothing, but when I'm 250 and just did a show, it's a whole different world and you can't maintain that strength.

MARK: What do you think about powerlifters dropping weight for competition at the novice and intermediate level? Someone who weighs 175 and wants to compete at 165 in a competition, what should they do?

STAN: I think that you can inhibit your progress by cutting weight all the time. In high school, I was always overtraining and undereating. Ed Coan started at 165 and ended up at 242. His progression over the years was to get as big and strong as possible to see what he was capable of doing. At what point will you build a sustained level of strength and body mass?

MARK: I get a lot of people who tell

me they want to bench, squat, and deadlift x, y, and z weights, but they also want to drop weight in order to be a little more competitive. I always ask them, "Why don't you just stick to goal number one and worry about the weights you lift on the platform before you worry about the bodyweight that you do it at?"

STAN: Yes, I've always just wanted to be as strong as possible. I look at the weights, not the weight classes. I wasn't looking at what the weight classes were for a 2300 pound total, or the Wilks formula. I just wanted to lift the most weight I could.

MARK: Exactly. Eric Lilliebridge just squatted 914 without wraps. Who cares what he weighed?

STAN: Right, it doesn't matter. As you make your way into an elite level, you are going to need more muscle mass, and that is going to equate to more weight.

MARK: You mentioned you grew up very thin. You told me you actually got a scholarship to college for soccer.

STAN: That's right, but I got there and the coach said that I was too skinny for soccer and wanted me to go to the weight room. I grew up playing a variety of sports, but when I stepped into the weight room, I told the soccer coach that that was it. I just wanted to get jacked. I was tired of being scrawny.

Every time I go and do a seminar for a high school sports team, I ask them, "How many of you know that lifting weights builds muscle?" They all raise their hands, and I tell them that, well, that's wrong. You break muscle down when you lift weights. That's how we start the conversation on eating. You have to eat, and eat consistently in order to build muscle. The coaches only get the athletes for 1 hour a day, and sometimes it gets lost in translation that it is the responsibility of the athletes to eat and recover from the training.

MARK: When you transitioned from soccer to lifting weights more, did it take you a long time to gain size?

STAN: Yes. As we just discussed, I was doing everything wrong, training too much and eating too little. Then I ran into a longtime friend, Mark Delp, owner of Delp's Gym in Eugene, Oregon.

MARK: What was that gym like? Was it old school? Did it have a certain

smell to it and stuff like that?

STAN: Yes, the dumbbells were all on the floor and it had a very distinct smell. You didn't go in the bathroom, and it was full of ex or future convicts, but everybody in there was serious and lifting some big weights. Everyone just wanted to be strong. It was quite an interesting place. Mark competed in bodybuilding, as did many people in his gym, and he told me I had to train a little less and eat a little more.

MARK: I think it's great to hear that you had a mentor like that. People look at athletes like you or me, or Ed Coan, and think we did it all on our own. It's good to hear that people like that actually run into people who help or inspire them. We all need help.

STAN: Even after studying as much as I did and learning what I have through observation and competing at the level I did for 20 years, when I wanted to be really great, I packed my bags and went down to train with Flex Wheeler every day. And when I wanted to be great at powerlifting, I packed my bags and came over here to Sacramento. I lived in an extended stay, and trained with you every day!

There's a point at which, whether or not you think you know it all, a collaboration can be hugely beneficial. You can put ideas on the table and come up with a more consistent game plan or have someone like you pushing the team. Every time we came into the gym, it was a competition. That's what really helps you excel. People say, "If you're the strongest guy in your group, get a new group," and that's true. You need to be around the kind of people that take you to another level.

MARK: It helps when you come in and say "I want to squat 800 pounds," and I say, "Okay, I've seen that before", not "Hey, that's a lofty goal, I don't think it's going to happen, buddy."

STAN: Well fortunately for me, I didn't know the sport, and when I squatted that 854 pounds without wraps, I didn't know it was a world record. I didn't know it hadn't been done before, particularly by a guy who was 40 years old. Or, if we're in the gym and Hoss Cartwright bangs out a few reps with 800, I think, "Who's this fat guy squatting 800?" and that becomes believable

to me. After seeing that it can happen, and training at that level for a while, I was doing it, too, sure enough.

MARK: So what's the deal with the noises?

STAN: I don't know where they come from! I don't even hear it most of the time, or the music, or anything else in the background. Even 20 years ago, doing dips back at home, I remember people complaining about it.

MARK: Why do you move so slow on eccentric portion of the squat? Could you move faster?

STAN: I think of it as keeping tension on a spring. I don't think I could go any faster, I would just fold up like an accordion; I wouldn't be able to stop. If I keep tension on the way down, I feel like I can always pop back up.

MARK: It was really rare, in all the times that we trained together, that you would miss a lift. You might have had an error here and there, but I don't recall any missed squats. I only recall one missed bench attempt - a 595 pounder in training, leading into your first meet. You still benched 606 at the meet. When you missed the 595 bench, we had a conversation about your form--the same one I had been having with you repeatedly up until then--and I told you that you needed to decelerate the weight with your lats by tucking your elbows in more. It was really impressive that you took the information from me and were able to apply it to a heavy weight with very little practice.

STAN: I went home that night and thought about it and practiced it in the mirror, pushing my triceps into my lats, and with only one more bench workout before the meet, I didn't even feel that 606 bench on the way down at the meet. The pecs weren't loaded on the way down. I realized that when you lock in with your lats, you actually break inertia with your lats, and the emphasis on form in powerlifting made so much more sense to me. When you had me switch from a narrow, shoulder-width stance to a wide stance with the safety bar, it took my squat from 755 to an easy 821 at that meet. The 854 would have been easy too if I hadn't slightly lost my balance. There's such a huge difference that can be made with technique, bar placement, and foot placement. **PM**

Men 132 lb. Current

SQUAT

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Brandon Smitley	XPC	3/6/15	565
2	Luke Starnes	SPF	11/15/14	460
3	Ryan Ballard	NASA	6/7/14	451
4	Mark Brandenburg	UPA	11/15/14	418
5	Jovan Montalvo	USPA	11/15/14	402
6	Walter Carrillo	XPC	3/6/15	400
7	Michael Mason	SPF	5/10/14	375
8	Frankie Camera	RPS	1/24/15	360
9	Mike Mason	UPA	11/15/14	358
10	Devan Richter	USPA	7/19/14	358
11	Mike Scutterlaro	SPF	6/28/14	345
12	Junior Senesomboun	USPA	5/17/14	341
13	Jonathan Chan	RPS	7/12/14	340
14	Gary Hunter	USPA	2/7/15	325
15	Gerardo Checa	USPA	5/17/14	325
16	Ngai Li	APA	10/4/14	314
16	Jesse Lanuevo	USPA	10/18/14	314
18	Gary Zeolla	IPA	2/28/15	310
19	Evan Pittman	RPS	9/13/14	310
20	Quinton Gabara	USPA	6/7/14	308
21	Zach Reid	USPA	7/26/14	286
22	Josiah Price	USPA	6/14/14	281
23	Nathan Boyd	IPA	2/27/15	260
24	Jonathan Alterio	IPA	4/26/14	260
25	Cesar Trinidsd	USPA	6/7/14	248
26	Caden Hale	UPA	12/13/14	225
27	Jack Cartwright	UPA	3/29/14	220
27	Jacob Triplett	USPA	6/14/14	220
29	Glen Pfeegeor Jr	IPA	2/27/15	215
30	Philip Estrada	USPA	1/10/15	192
31	Landon Hoonstra	APA	11/8/14	77

BENCH PRESS

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Eric Head	APC	9/6/14	402
2	Dan Klavitter	UPA	11/15/14	341
3	Brandon Smitley	XPC	3/6/15	320
4	Luke Starnes	SPF	11/15/14	315
5	Ryan Ballard	NASA	6/7/14	292
6	Jake Copani	USPA	11/15/14	281
7	James McCabe	USPA	5/3/14	281
8	Anthony Mason	USPA	7/12/14	275
9	Matthew Fox	USAPL	7/19/14	270
9	Quentin Myers	USAPL	7/19/14	270
11	Kody Cox	RPS	6/26/14	265
12	Shorty Sadang	USPA	2/7/15	264
13	Mark Brandenburg	UPA	11/15/14	264
14	Michael Mason	SPF	5/10/14	260
14	Chris Shea	RPS	6/28/14	260
16	Roderick Brown	USPA	10/25/14	259
17	Seyonn Chin	USPA	8/2/14	248
18	Justin Hewitt	APF	1/10/15	248
19	Manuel Prieto	RUPC	2/7/15	248
20	Randy Loke	USPA	11/22/14	245
21	Walter Carrillo	XPC	3/6/15	245
22	Joseph Bautista	IPL	11/8/14	242
23	Kudo Jang	USAPL	10/25/14	242
24	Atilio Avalos	USPA	8/2/14	242
25	Cadet Bryant	USPA	5/31/14	242
25	Junior Senesomboun	USPA	7/19/14	242
27	Charles Higgins	USPA	1/24/15	236
28	Samnang Thang	USPA	2/7/15	236
29	Allen Zou	USAPL	7/19/14	236
30	Austin Kline	RPS	6/26/14	235
31	Dustin Washington	USPA	11/15/14	231
32	Billy Hernandez	USPA	1/10/15	231
33	Devan Richter	USPA	7/19/14	231
34	Jordan Syatt	RPS	1/24/15	230
35	Reed Portelli	RPS	4/26/14	230
36	Mike Mason	UPA	11/15/14	225
37	Jerry Rodriguez	RUPC	2/7/15	225
38	Nathan Boyd	IPA	2/27/15	225
39	Aaron Ogawa	USPA	4/5/14	225
39	K. Courtney Spencer	USAPL	7/19/14	225
39	Jason Dey	RPS	8/9/14	225
39	Jovan Montalvo	USPA	11/15/14	225
43	Zach Tolbert	IBP	3/29/14	215
44	Gary Hunter	USPA	9/21/14	214
45	Jesse Lanuevo	USPA	10/18/14	214
46	Jake Schellenschlager	USPA	7/19/14	214
46	Zach Ward	APF	1/17/15	214
48	Jonathan Chan	RPS	7/12/14	210
49	Gustavo Rodriguez	USPA	9/27/14	209
50	Crusher Kennedy	NASA	6/7/14	209

Powerliftingwatch.com

Top 50 Rankings, RAW

DEADLIFT

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Richard Hawthorne	USPA	2/7/15	567
2	Jordan Syatt	RPS	1/24/15	530
3	Jake Copani	RPS	8/16/14	520
4	Brandon Smitley	XPC	3/6/15	505
5	Mark Brandenburg	UPA	11/15/14	501
6	James McCabe	USPA	3/29/14	501
7	Luke Starnes	SPF	11/15/14	500
8	Eric Kupperstein	USAPL	7/19/14	496
9	Quentin Myers	USAPL	7/19/14	468
10	Gary Hunter	USPA	2/7/15	457
11	Walter Carrillo	XPC	3/6/15	455
12	Samnang Thang	USPA	2/7/15	451
13	Junior Senesomboun	USPA	7/19/14	451
14	Chris Shea	RUPC	2/7/15	446
15	Ryan Ballard	NASA	6/7/14	446
16	Michael Mason	SPF	5/10/14	445
16	Jason Dey	RPS	8/9/14	445
18	Shorty Sadang	USPA	2/7/15	440
19	Frankie Camera	RPS	1/24/15	440
20	Jesse Lanuevo	USPA	10/18/14	440
21	Andrew Argel	USPA	6/14/14	440
22	Billy Hernandez	USPA	1/10/15	435
23	Raymond Escobar	USPA	6/7/14	435
24	Aaron Hall	USAPL	11/1/14	429
25	Joseph Bautista	IPL	11/8/14	429
26	Manuel Prieto	RUPC	2/7/15	429
27	Matthew Fox	USAPL	7/19/14	429
28	Gerardo Checa	USPA	5/17/14	424
28	Cadet Bryant	USPA	5/31/14	424
30	Randy Loke	USPA	11/22/14	420
31	Devan Richter	USPA	6/14/14	413
32	Brandon Perez	USPA	8/24/14	407
33	Jerry Rodriguez	RUPC	2/7/15	407
34	Kamil Radecki	RPS	11/1/14	405
35	Seyonn Chin	USPA	8/2/14	402
36	Mike Mason	UPA	11/15/14	402
37	Jouansi Martinez	USPA	3/29/14	402
38	Joshua Mari	USPA	1/24/15	396
39	K. Courtney Spencer	USAPL	7/19/14	396
40	Aaron Ogawa	USPA	4/5/14	391
41	Reed Portelli	RPS	4/26/14	390
42	Kudo Jang	USAPL	10/25/14	385
43	Phyman Dang	USPA	3/29/14	385
44	Joe Nguyen	USPA	1/24/15	380
45	Jovan Montalvo	USPA	11/15/14	380
46	Gary Zeolla	IPA	2/28/15	375
47	Jonathan Chan	RPS	7/12/14	375
48	Luke Arends	USAPL	11/1/14	374
49	Austin Kline	RPS	6/26/14	373
50	Michael Rasmus	RPS	11/1/14	370
51	Mike Scutterlaro	SPF	6/28/14	370

TOTAL

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Brandon Smitley	XPC	3/6/15	1360
2	Luke Starnes	SPF	11/15/14	1275
3	Ryan Ballard	NASA	6/7/14	1190
4	Mark Brandenburg	UPA	11/15/14	1184
5	Walter Carrillo	XPC	3/6/15	1100
6	Michael Mason	SPF	5/10/14	1080
7	Junior Senesomboun	USPA	7/19/14	1016
8	Jovan Montalvo	USPA	11/15/14	1008
9	Devan Richter	USPA	7/19/14	997
10	Mike Mason	UPA	11/15/14	986
11	Gary Hunter	USPA	2/7/15	981
12	Jesse Lanuevo	USPA	10/18/14	970
13	Frankie Camera	RPS	1/24/15	960
14	Gerardo Checa	USPA	5/17/14	942
15	Jonathan Chan	RPS	7/12/14	925
16	Mike Scutterlaro	SPF	6/28/14	915
17	Ngai Li	APA	10/4/14	854
18	Gary Zeolla	IPA	2/28/15	850
19	Evan Pittman	RPS	9/13/14	845
20	Nathan Boyd	IPA	2/27/15	840
21	Quinton Gabara	USPA	6/7/14	832
22	Josiah Price	USPA	7/19/14	810
23	Jonathan Alterio	IPA	4/26/14	755
24	Cesar Trinidsd	USPA	6/7/14	749
25	Philip Estrada	USPA	1/10/15	688
26	Jack Cartwright	UPA	3/29/14	677
27	Glen Pleeegor Jr	IPA	2/27/15	645
28	Caden Hale	UPA	12/13/14	633
29	Jacob Triplett	USPA	6/14/14	617
30	Landon Hoonstra	APA	11/8/14	170

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Women 198 lb. Raw

SQUAT

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Jeanine Whitaker	XPC	3/6/15	550
2	Amy Simmer	UPA	7/20/14	451
3	Macy Armstrong	SPF	1/24/15	450
4	Jessica Lilly	GPA	11/21/14	435
5	Mindy Underwood	RUPC	2/8/15	407
6	Steve Creedon	UPA	6/21/14	360
7	Sammi Johnson	IPL	11/8/14	358
8	katey brent	SPF	4/12/14	355
9	Lenora Perkins	SPF	11/9/14	352
10	Leslie Bunch	SPF	4/12/14	350
11	Maika Godwin	SPF	11/9/14	341
12	Ashley Heinrich	IPA	3/7/15	325
13	Kathy Walsh	UPA	3/29/14	325
13	Crystal Tate	UPA	4/12/14	325
15	Carmen Bell	USPA	10/25/14	314
16	Sammi Jo Johnson	USPA	9/20/14	314
17	Lindsey Thomas	NASA	4/26/14	314
18	Shannon Burke	RPS	10/18/14	310
19	Nikki Allen	SPF	4/12/14	310
20	Tania Traylor	SPF	11/1/14	300
21	Sherine DaCamara	SPF	4/12/14	300
22	Dixie Church	UPA	11/16/14	297
23	Kristy Muench	UPA	11/16/14	297
24	Kendall Kiernan	RPS	11/1/14	285
25	Yvonna Covington-Dearen	SPF	4/12/14	285
26	Shelly Yates	SPF	11/15/14	275
27	Kirsten Shockman	USPA	6/14/14	275
28	Bobbejo Kohler	SPF	4/12/14	270
29	Angi Aschenbrenner	NASA	3/22/14	259
30	Ashley Jarvis	XPC	3/22/14	255

BENCH PRESS

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Jeanine Whitaker	XPC	3/6/15	280
2	Macy Armstrong	XPC	3/6/15	260
3	Katelyn Odonnell	RPS	11/15/14	260
4	Steve Creedon	UPA	6/21/14	255
5	Lindsey Thomas	NASA	4/26/14	253
6	Mindy Underwood	USPA	8/24/14	248
7	Amy Simmer	UPA	7/20/14	248
8	Angel Compton	USPA	10/11/14	231
9	Shannon Michael	RPS	8/9/14	210
10	Aissa Galang	WPC	11/15/14	209
11	Claudia Morales	RPS	12/7/14	205
12	Gail Sizer	IPA	7/15/14	205
13	Lenora Perkins	SPF	11/9/14	203
14	Christine Dennison	USPA	8/16/14	203
15	Shannon Luce	RAW UNITED	10/11/14	200
16	Erin Miller	USPA	7/26/14	198
17	Shana White	USAPL	7/19/14	198
18	Marcia Burkhalter	USAPL	10/25/14	192
19	Sammi Johnson	IPL	11/8/14	192
20	Cindy Costin	WPC	11/15/14	192
21	Rhonda Watts	USAPL	2/21/15	187
22	Dixie Church	UPA	11/16/14	187
23	Sammi Jo Johnson	USPA	9/20/14	187
24	Rebecca Tucker	RAW	12/7/14	187
25	katey brent	SPF	4/12/14	185
26	Crystal Tate	RUPC	2/7/15	181
27	Kim Stable	WPC	11/15/14	181
28	Cindy Fury	WPC	7/19/14	181
29	Leslie Bunch	SPF	4/12/14	180
30	Jessica Lilly	GPA	11/21/14	176
31	Sasha Minniefield	USPA	8/10/14	176

Top 30 Rankings

DEADLIFT

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Jeanine Whitaker	XPC	3/6/15	505
2	Macy Armstrong	XPC	3/6/15	485
3	Crystal Tate	RUPC	2/7/15	485
4	Rhonda Watts	USAPL	2/21/15	462
5	Amy Simmer	UPA	7/20/14	451
6	Marcia Darbouze	USAPL	9/21/14	435
7	Jessica Lilly	GPA	11/21/14	435
8	Katelyn Odonnell	RPS	11/15/14	430
9	Leslie Bunch	SPF	4/12/14	430
10	Sammi Johnson	IPL	11/8/14	429
11	Mindy Underwood	USPA	8/24/14	429
12	Shannon Luce	RUPC	2/7/15	424
13	Erin Miller	USPA	7/26/14	424
14	Alaine Barrea	USPA	7/26/14	424
15	Claudia Morales	RPS	12/7/14	410
16	Angel Compton	USPA	10/11/14	407
17	LaTosha Cleaver	NASA	6/14/14	407
17	Lindsey Thomas	NASA	4/26/14	407
19	Shannon Michael	RPS	8/9/14	405
20	Shana White	USAPL	7/19/14	402
21	Aissa Galang	WPC	11/15/14	396
22	Alyssa Dawson	RPS	9/20/14	395
23	katey brent	SPF	4/12/14	395
24	Steve Creedon	UPA	6/21/14	390
25	Rebecca Tucker	RAW	12/7/14	385
26	Michele Russell	USPA	6/21/14	380
27	Amanda Carroll	USAPL	10/25/14	374
28	Sammi Jo Johnson	USPA	9/20/14	374
29	Lenora Perkins	SPF	11/9/14	369
30	Olympia Soto	USPA	7/12/14	369

TOTAL

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Jeanine Whitaker	XPC	3/6/15	1335
2	Macy Armstrong	XPC	3/6/15	1185
3	Amy Simmer	UPA	7/20/14	1151
4	Mindy Underwood	RUPC	2/8/15	1063
5	Jessica Lilly	GPA	11/21/14	1047
6	Steve Creedon	UPA	6/21/14	1005
7	Sammi Johnson	IPL	11/8/14	981
8	Lindsey Thomas	NASA	4/26/14	975
9	Leslie Bunch	SPF	4/12/14	960
10	katey brent	SPF	4/12/14	935
11	Lenora Perkins	SPF	11/9/14	925
12	Crystal Tate	UPA	4/12/14	909
13	Sammi Jo Johnson	USPA	9/20/14	876
14	Maika Godwin	SPF	11/9/14	865
15	Kathy Walsh	UPA	3/29/14	826
16	Dixie Church	UPA	11/16/14	821
17	Nikki Allen	SPF	4/12/14	820
18	Ashley Heinrich	IPA	3/7/15	815
19	Carmen Bell	USPA	10/25/14	804
20	Tania Traylor	SPF	11/1/14	790
21	Sherine Dacamara	RPS	10/11/14	785
22	Shannon Burke	RPS	10/18/14	760
23	Angi Aschenbrenner	NASA	3/22/14	755
23	Yvonna Covington-Dearen	SPF	4/12/14	755
23	Kirsten Shockman	USPA	6/14/14	755
26	Shelly Yates	SPF	11/15/14	740
27	Kristy Muench	UPA	11/16/14	738
28	Bobbejo Kohler	SPF	4/12/14	735
29	Kendall Kiernan	RPS	11/1/14	730
30	Kay Reinhardt	UPA	4/12/14	710
30	Ashley Jarvis	XPC	3/22/14	710

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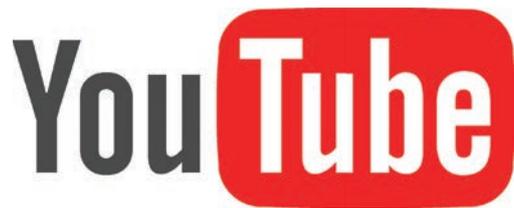
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Featured YouTube Channel

Kyle Keough (search YouTube for Kyle Keough)



ABOUT KYLE KEOUGH: Kyle is a 148 lbs raw lifter who recently broke the raw without wraps world record total at RUM [Raw Unity Meet] 8 with a 1482 lbs total via a 512 squat, 347 bench and 622 deadlift. That's very impressive progress for a guy who squatted 310 in his first meet and bombed with 275 in the bench, also in the 148 lbs weight class.

ABOUT THE CHANNEL: Kyle regularly puts out training videos, which often include commentary. He has also put out videos discussing things like technique, programming, his weight cut from 167 to 148 for RUM 8 and his future plans in the sport.

DEFINITELY WATCH: "Kyle Keough (148): All-Time World Record 1482-lb. Raw Total, RUM VIII"

OUR FAVORITE VIDEO: "R.I.P. Reckless Kyle" -- Kyle showcases some crazy grinders, misses and bloopers from his relentless pursuit of new PRs [Personal Records] over the course of nearly a decade.

Aside from the fact that you recently broke the world record raw total at RUM 8, which made you a "powerlifting superstar," what else can you tell us about yourself?

Well, my back-story goes like this: I picked up powerlifting as a hobby in 2006, at the University of Rhode Island. I was a career student pursuing a PhD in film studies until I decided to move to Des Moines, Iowa with my fiancée (and by the time you're reading this, wife!), Janis. We first dabbled in corporate America and now I've settled into life as a personal trainer.

You come across as a very humble lifter — even after breaking Tony Conyer's record, you insist that he's a better lifter than you. Which lifters do you most look up to and why?

I don't know if I'm humble so much as I have a very objective perspective on where I stand. I'm really good at this, but there are even "good" and "bad" world-record holders and I'm one of the absolute worst ones! But to answer the question, when I started out, I really admired many of the great lightweights: Conyers, Oleksandr Kutcher, Brian Schwab, Eric Talmant and Tom Roselli. I'd watch supertraining.tv religiously in the hopes of a Ryan Spencer sighting. Today, it's about more than the numbers for me, and I admire the lifters that don't make excuses, don't blame external circumstances, always train hard and keep their egos in check. In short, I appreciate the great people in this sport more than the great lifters and number one on my list is my wife - she takes this as seriously as anyone I've ever known and is responsible for me exceeding what I thought would ever be possible.

You sustained an injury about a year ago, in early 2014. What was the injury? How did it happen? How did you rehab it and come back stronger?

Let's just call it a minor back boo-boo but it was significant enough that I remember vividly being unable to break 375 lbs. off of the ground. I had been dealing with an SI [Sacroiliac] joint issue for the previous six months and it finally blew up in my face. It happened, ironically enough, by trying to re-tool my squat and learn to squat in a safer, more efficient manner. I rehabbed it the only way I knew how: by identifying what movement variations could be performed, progressing as linearly as possible with those movements, and making "minimal-pain training" my top priority. Paul Nguyen handled my deadlift training for that year and he knew when I was getting too ambitious and needed to be held back.

The banner on your YouTube channel says "University of Iowa Powerlifting." What's your affiliation with that?

My friend Logan and I created the Iowa Powerlifting team in 2011, and though I'm no longer a student there--and am now a member of 22nd Street Barbell in Des Moines--I still try to promote the team as much as possible. This might be hard to believe, but University powerlifting teams in the midwest don't receive much institutional support! So, I take advantage of whatever name recognition I currently have to try and bring prospective members to our school in order to keep the team going and introduce kids to our sport.

You recently started offering online programming. For those who might be interested, tell us how they can contact you and give us a general overview of your approach to training.

Just shoot me an email at KyleKeough148@gmail.com or send me a message on facebook! Currently, I keep a small client base, but I'm always happy to answer questions about my services. A (very) general overview goes like this: with training, I'm a relativist, meaning I believe everything works for somebody, but I also believe that there's a reason why some things work for more of us than others. I don't have a method or a "training system," and I make decisions based on the individual lifter's needs without trying to reinvent the wheel. I could go on and on, but the best information I can give is to suggest that you take a look at the powerlifting programming series I did on my YouTube channel: it'll give you a very good idea of how I work with my clients. And finally, thanks so much for the questions--it truly is an honor being featured here.

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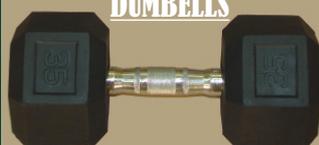
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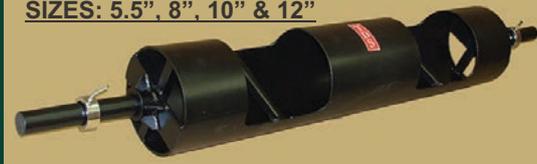


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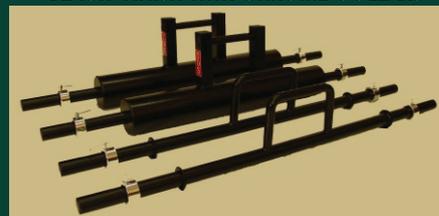


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