

THAT ONE-LEGGED MONSTER: **KC MITCHELL**

POWER

NOVEMBER/DECEMBER 2016



MEET
“THE BEAST”
STRONGMAN
EDDIE HALL

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PUBLISHER
Mariel Tagg
mariel@thepowermagazine.com

CEO
Andee Bell
andee@thepowermagazine.com
530-756-6085

EDITOR-AT-XTRA-LARGE
Mark Bell • SuperTrainingGym@me.com

MARKETING DIRECTOR
Steven Granzella
Steven@howmuchyabench.net

EDITOR
Nicole Dedrick

ASSOCIATE EDITOR
Jeff "Robot" Irion

CONTRIBUTING PHOTOGRAPHERS
Ken Richardson

ART DIRECTOR/PRODUCTION
Paul Graff • paulgraff1964@gmail.com

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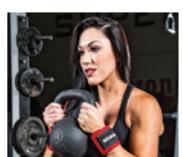
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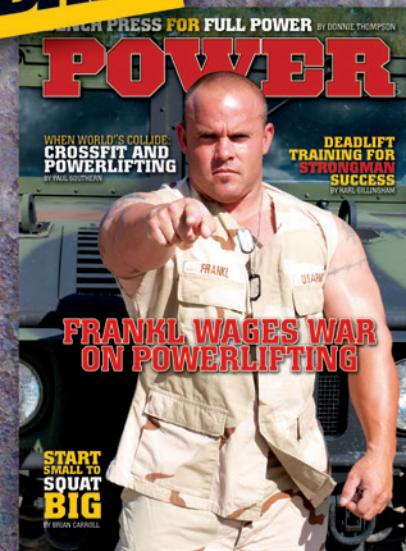
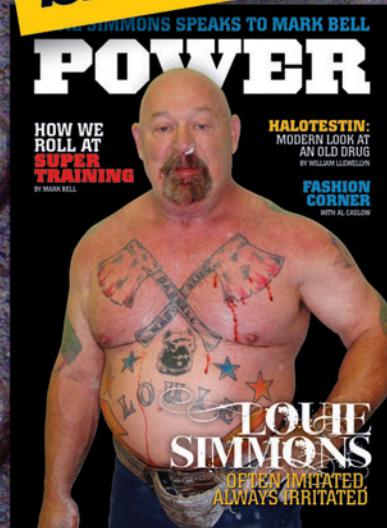
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STRONG

SPOTLIGHT

ADAM "HULKSMASSH" RODRIGUEZ





What are your stats?

I'm a 5'11", 280lbs Mexican.

What are your best lifts on and off the platform?

Gym:

Squat- 775lbs

Bench- 505lbs

Deadlift- 765lbs

Meet:

Squat- 788lbs (with wraps), 722lbs (with sleeves)

Bench- 501lbs

Deadlift- 760lbs

What are your biggest powerlifting accomplishments?

When I had my best meet so far, going 9/9 with a 722lbs/501lbs/760lbs with sleeves and belt only, March 20, 2016.

The first I was invited and able to head to ST gym to train with Mark Bell, Silent Mike and company in the summer of 2015.

What is your favorite lift? Why?

Deadlift. It's the lift that allows you to get aggressive and the only lift that no spotter is required. Its either you get it or you don't. No judge commands besides the down command. Also, that's the lift that gets people most involved at a meet.

Where do you train?

Barbell Brigade in Los Angeles owned by Geo Antoinette and Bart Kwan.

Who is your coach? How has he or she helped you?

Larry Lurker aka Larrylrkr. Main reason why I started competing, was because he took me under his wing and basically thought me how to train like a "power-lifter" and not like a commercial gym rat. Helped me find confidence in myself and always made sure I was heading in the right direction.

How and when did you get into powerlifting?



I started lifting in 2007 at LA Fitness by my house and the first time I saw BSF was in 2008. That was the first time I saw Smelly training at Westside Barbell with Louie Simmons. Shortly after that, I looked up Super Training Gym on the interwebs and from there I saw Smelly and Jim McDonald lifting in gear. After that I tried my hardest copy their style and it wasn't until Stan "The Rhino" Efferding began training with them RAW, that I re-

alized that maybe one day I'd be able to step on the platform. My first meet was in June 2014 in Santa Barbara, California. Going 7/9 with a 1929lbs total.

Do you have a background in other sports?

I started playing baseball when I was four years old and then stopped my junior year of high school. I mostly played catcher but also pitched and played first base. Also, I started to play soccer when

I was four years old and stopped my last year of junior high.

What are your 2016-17 goals?

My goals are to surpass the 2000lbs total mark in sleeves and wraps. Mainly, get stronger but also enjoy the ride and have fun. In and outside the gym.

Long-term goals?

I would like to keep lifting as long as I physically can and hopefully I can inspire people to not only lift but enjoy



themselves. One of the best feelings is having someone approach you and telling you that they were inspired by something they saw on IG or at the gym.

What do you do for work?

I work for Stone Brewing Co. in their distribution center, located in Downey, Ca. Basically lifting kegs all day.

Who are your biggest fans?

My biggest support system is my family, training partners and friends. On and off the platform. Very humbling to have people who support you no matter what

you decide to do. It's a true blessing to compete and have people there that want to see you succeed.

Do you have any meet day superstitions?

The day before a meet I make sure to have IN-N-OUT. Usually the day of, I listen to Hatebreed and Slayer. Gets the mind right and juices flowing.

What do you do to get amped before a meet or a big attempt?

I always pick a song before and just pop an ammonia cap. Get fired up but

not get out sync.

If you weren't powerlifting, what would you be doing?

Being fatter, living off of pizza and IN-N-OUT. Also, probably be a Xbox Live junkie and watch a lot more sports.

What lifter do you admire the most?

Pete Rubish. He is a phenomenal lifter and I truly admire how he prepares for a lift. Always gives it his all and never backs down. Always fun watching his videos and hearing what he has to say.

PM

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CHARITY WITT

BY STEVEN GRANZELLA

Powerlifting, strongman, and weightlifting; is there anything you don't do?

Run! I have worked myself up to sprints, but I am definitely not cut out for running. I have big legs and broad shoulders, so lifting things has always been more of my forte.

You are an elite 75 kg. powerlifter. What numbers did you hit to make that happen?

Oh man. My first ever powerlifting meet, I believe my numbers were 280 lbs. on squat, 170 lbs. on bench, and I ended up with 340 lbs. on deadlift. My last meet, I did 413 lbs. on squat, 215 lbs. on bench, and 419 lbs. on deadlift. I haven't always gotten all nine lifts, and I've had to miss out on a few meets due to annoying injuries or lack of focus. But somehow, I've always managed to come out with a "best lifter" or "best overall lifter" [award] despite my own disappointments. It takes a lot of courage, drive, and time to become strong. If you aren't passionate about it, then you might as well forget it.

What is your background in sports, fitness and training?

Well, I was diagnosed with cardiac arrhythmia when I was 17 years old. One doctor told me to just remain sedentary and take medication. Then I went to another [doctor] who told me I could change my lifestyle and strengthen my heart because it [the heart] too was a muscle. I chose the latter. At the beginning of college, I started competitive swimming which led me to weightlifting in order to build more power in my strokes and turns. I fell in love with lifting. Soon enough, I started competing in powerlifting and then, just here recently, strongwoman!

What is your favorite strength movement, and why?

Oh, that's easy. SQUATS. All types. I love them all. I think I love them so much because that was my worst lift when I first started powerlifting. Front squats were all I really did beforehand, and I struggled badly with mobility in the back squat. So, like all of my weaknesses, I obsessed over it and trained it harder than everything else until it became my best lift.

Do you find it difficult to be an attractive female in a primarily male driven industry? How do you deal with it?

Yes. I have heard a lot of males say, "It's so easy being a female who lifts because you get all of the attention", but that's the main problem. The gym, as well as social media, is full of "gym bros" who want to put a girl in her place because for so long, this was just a man's world. There's something very empowering about lifting hundreds of pounds more than the average male. I'm not trying to demean anyone in saying that either; I'm happy to break the norm.

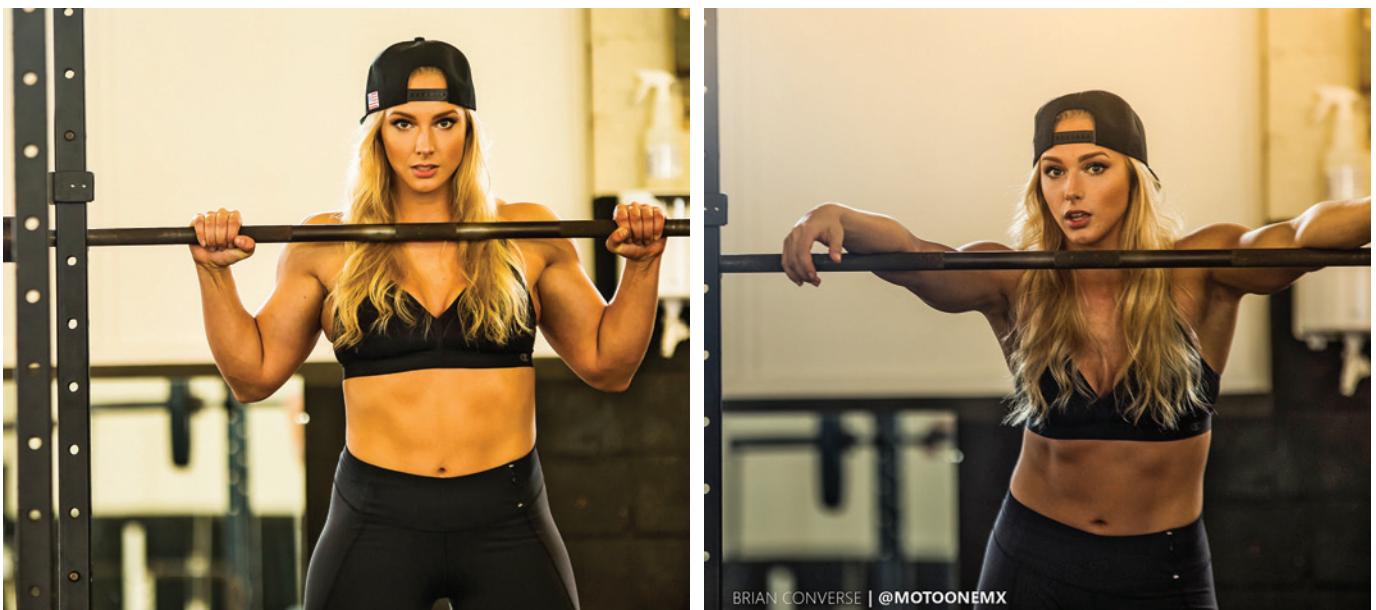
I see you have a bearded training partner. Does he help you stay on track, or is it more give and take?

HA! That's my "eat a burger" person when I'm minutes away from a weigh-in. It is healthy to surround yourself with opposites in a training setting because it causes you to expand beyond what you would do just by yourself. I push myself, but when there's added peer pressure, I can't resist going the extra mile, or in this case, eating the extra burger and lifting the extra 20 lbs.





BRIAN CONVERSE | @MOTOONEMX



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If you could only do one strength sport for the rest of your life, which would it be?

Powerlifting. Don't get me wrong, I love strongman and will probably always try my hand at it, but it takes a toll on your body. It stretches your strength and stamina to the absolute max; times ten. On the other hand, powerlifting is essentially the basis behind every sport. All athletes squat, bench, and deadlift. It is the glue that holds all sports together and can be practiced at virtually any age.

What's your favorite "cheat meal", and how do you maintain a weight class?

Tacos and margaritas! With a lot of queso. Well, although it's basically unheard of, I do "cardio" and swim about 3 to 4 times a week. Healthy options and organic whole foods are what keep me on the leaner side. I do all of my own groceries and food prep, so I know exactly what's going in my body. I call it mindful eating.

What are your long-term goals in the strength game?

I'm a tad bit on the ambitious side. Of course, I have all of these big dreams of being a professional powerlifter/strongwoman while juggling getting an Oncology degree! But, in all reality, I've chosen every single aspect in my life because my underlining desire is to be strong and to help others feel strong too. Whether they are battling cancer, recovering from an injury, or they have four kids and zero time to themselves. I believe in a community that learns to build each other up rather than tear each other down.

Donuts or steak?

I think this is the hardest question yet. But if I had to live with one of those, I'd go with steak.

Favorite non-fitness related activity?

Hiking! I guess that can be considered exercise too, but I really do love anything to do with the outdoors. And dogs. I'll take all of the puppy outings you have to offer.

Where can we find you on social media?

Instagram: @charity_witt

Snapchat: @charity_witt

MEET
“THE BEAST”
PROFESSIONAL STRONGMAN
EDDIE HALL

BY MARIEL TAGG

PHOTOS BY JON BOYLES

The first man to ever deadlift 500 kilos (1,102.3 lbs.), Eddie Hall holds the title as six-time UK's Strongest Man. His heart pumps more than three times the amount of blood as the average human's, and he consumes between 8,000 – 12,000 calories per day to keep from losing weight. Meet "The Beast".

Height: 6'3"

Weight: 410 lbs.

Age: 28

Born: Newcastle-under-Lyme,
Staffordshire, England

In Competition:

Deadlift: 1,102.3 lbs. [World Record]

Gym Lifts:

Squat: 891 lbs.

Bench: 465 lbs.

Tell us a little bit about your background – who you are, what you do, and how you got into Strongman?

I'm Eddie Hall – a Professional Strongman. I got into it when I was 19 years old just for a joke and a giggle and for the contest. But after a while I started taking it seriously and two years later I was England's Strongest Man. And from there I'm now six-time UK's Strongest Man and I hold the heaviest weight ever deadlifted, which is 500 kilos.





For those of our readers who are not familiar, how are Strongman rules different than Powerlifting rules?

Strongman rules are "A to B." You can use any method of strapping. Any kind of bounce. Any footwear. You can hitch it. It's just about getting the weight from A to B. Powerlifting is a bit more technical – everything needs to be done in a certain form, and in a certain way. Your feet can't move. You can't use straps. You can't hitch it. So it's quite a bit different.

Since as you were the first ever to do it, why was it important to deadlift 1100 lbs.?

Obviously I took a big hit in 2014 when I lifted a world record and dropped the bar, and I sort of felt a bit mocked by the general public. That just put a bit of fuel in the fire and it made





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me train harder. And then when I pulled it for the second year, and I did the WR again and it held, I actually said publicly that I reckoned 500 kilos was possible, and again people laughed and said I was an idiot and that it was never going to happen. And I took it to heart. I just wanted to prove those people wrong and that's why I set my goals on it and that's why it's so important to me – just to prove that the impossible was possible.

What did your training look like for that specifically?

I was training for that once a week – so deadlifting once a week. And then I would alternate heavy deadlifts with speed deadlifts. So one week I'd go super heavy for quite high reps. And the following week I would do speed reps for 8 sets of 2 or 5 sets of 3. And the reasoning for that was just to give my body a good rest from the heavy sets

"I THINK THE MOST DIFFICULT OF ALL THE STRONGMAN EVENTS HAS GOT TO BE THE MOVING, DYNAMIC EVENTS. THE YOLKS, THE FARMERS, THE CAR WALKS – JUST ANYTHING WHERE YOU PICK A WEIGHT UP AND RUN WITH IT. FOR ME PERSONALLY, I FIND THAT THE HARDEST AND THE MOST TECHNICAL BECAUSE A HELL OF A LOT OF TECHNIQUE GOES INTO THOSE THINGS"

and keep the fast twitch fibers working. So even though you're giving the body a rest, you're still firing a different kind of muscle so you're growing a different kind of muscle tissue. That's the method.

What does a regular, average week of training look like for you?

An average week of training for me is very normal really – I train as a bodybuilder. I train a few body parts a day, and I throw Strongman events in at the end of every session. So if I were to train legs, I would do squats, leg press, hamstrings, calves, and then I would train yolk. But for instance if I were to train my chest, I would train on bench, incline bench, dumb bells, and then I'd train triceps, and then I'd do log press. So that's how I train – I get in all my body parts, and then I do the Strongman event that's specific to those body parts.

What do you think is the most difficult Strongman event and why?



I think the most difficult of all the Strongman events has got to be the moving, dynamic events. The yolks, the farmers, the car walks – just anything

where you pick a weight up and run with it. For me personally, I find that the hardest and the most technical because a hell of a lot of technique goes into

those things. It's not just about brut power – it's about agility and reflexes and a whole load of different aspects that go into those certain events.

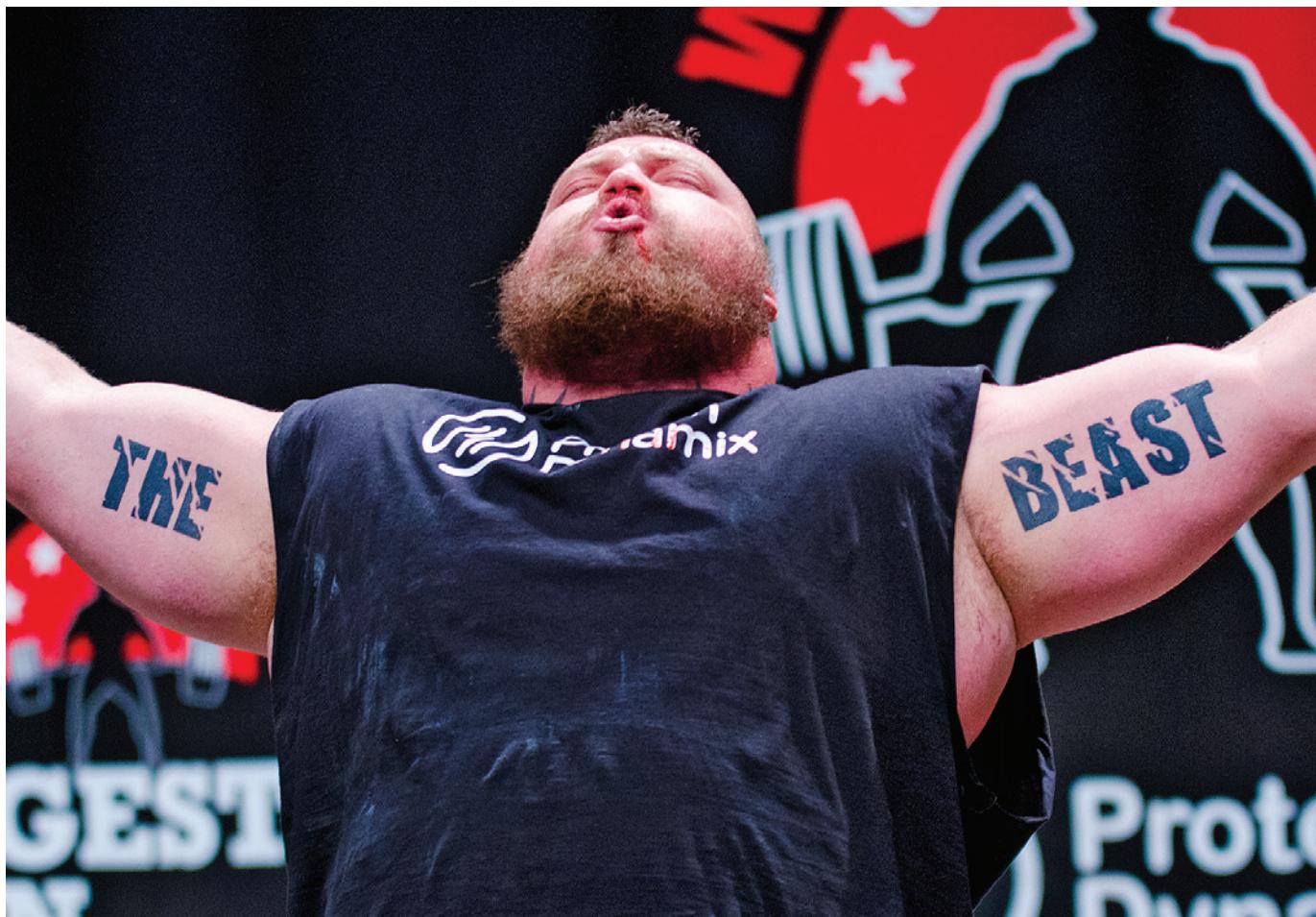
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How do you maintain your body mass?

It's pretty tough. It's an all day effort. It's like this: get up, eat, and make a constant effort to get food shoveled in all day. It's tough – it's probably one of the toughest aspects of being a Strongman is getting all of the food in that we need. We need around 8,000 – 12,000 calories a day – and that's normal. And any less than that and you'll start losing weight. So you've got to shovel a lot of food in – and it's healthy food as well. You don't want to end up a big fat mess so you've got to try to keep it as clean as you can. You've got to try to keep the fats down, but the good fats up, so it's probably one of the toughest aspects.

And I do a bit of both going out and cooking for myself. I cook a breakfast of porridge and fruit. Dinners usually consist of pastas, steak, chicken, vegetables, rice – hearty but healthy. I try to cook all myself but obviously being a busy guy, and having to do all the media, and everyone wants you to appear every-

"IT'S TOUGH – IT'S PROBABLY ONE OF THE TOUGHEST ASPECTS OF BEING A STRONGMAN IS GETTING ALL OF THE FOOD IN THAT WE NEED. WE NEED AROUND 8,000 – 12,000 CALORIES A DAY – AND THAT'S NORMAL. AND ANY LESS THAN THAT AND YOU'LL START LOSING WEIGHT"

where, I do eat out quite a lot as well.

What is your most annoying or least convenient thing as a large person?

Traveling in general. Even traveling in a car. It can be so uncomfortable and being large just makes the journey hellish. Especially on planes, you just can't get

comfortable. It doesn't matter where you sit, it could be business class, but you can't sleep because you're that big of a guy. You can't use a headrest because you're that much taller than the headrest. You can't lean on anyone because it's not fair to them. You take up basically two seats. Even trains – they can be the same – and it's very uncomfortable. I'd have to say the worst thing about being a big guy would be traveling. It just wears you down a lot more.

Let's talk about the testing you underwent at Staffordshire University – tell me about that. Any key takeaways? What were the tests like? And what motivated you to do that?

It was about what can they do to help me and help me understand how my body works – why I have to do certain things, why I have to eat the food. We did some very interesting tests where we tested carbon dioxide and O₂ exchange – we basically worked out that if I was to sit in a chair for 12 hours in a day, just sit there and do nothing, my

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body would still use up 5,000 calories. So stuff like that is very good to know because then you know that you need at least that every single day, otherwise you're going to be losing weight. So just stuff like that. We did all the heart checks – we checked how many liters of blood per minute my heart was pumping and it was three times that of a normal person. That just goes to show not how big my heart is but how efficient it is.

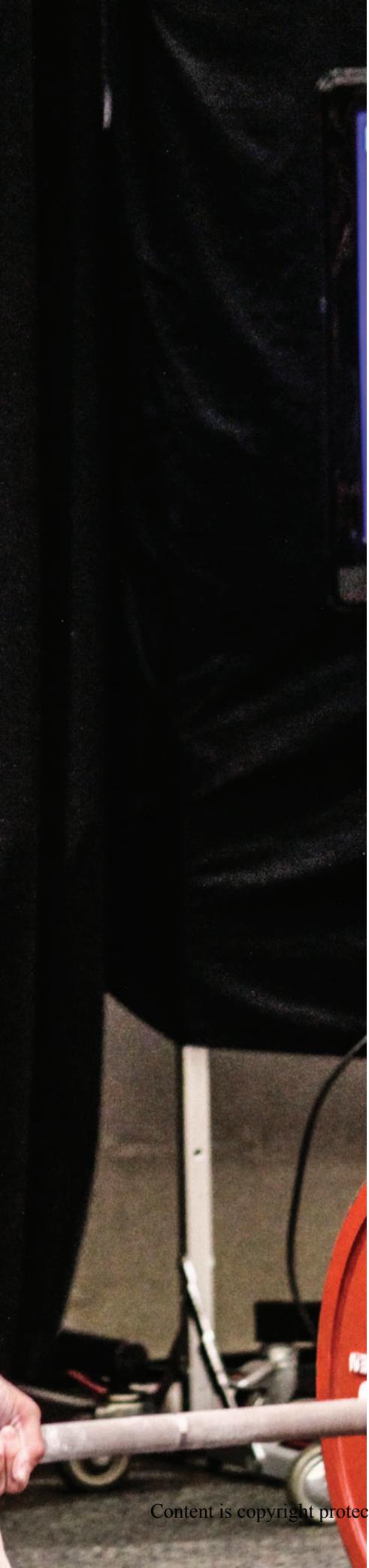
WE BASICALLY WORKED OUT THAT IF I WAS TO SIT IN A CHAIR FOR 12 HOURS IN A DAY, JUST SIT THERE AND DO NOTHING, MY BODY WOULD STILL USE UP 5,000 CALORIES.

So I got some really good interesting stuff that showed that even though I'm a big huge guy, everything is within the limits. Blood pressure is normal, cardiovascular is normal, obviously my power output is through the roof, and we got a good test of everything.

A big thanks from all of us across the pond at POWER Magazine for your time, and we look forward to watching your success in the future. PM







JENNIFER ‘JEN’ THOMPSON

WEIGHT CLASS 63 KG. | 138 LBS.

CURRENT IPF RAW WORLD RECORD HOLDER IN BENCH PRESS WITH 141.5 KG. | 312 LBS.

CURRENT IPF RAW WORLD RECORD HOLDER IN TOTAL WITH 486 KG. | 1071 LBS.

BY HANI JAZAYRLI

HANI: Jennifer, thank you so much for making time for this interview. I'd say that your accomplishments don't require mention, but I suspect some people may not know just how deep the rabbit hole goes. You have broken 34 world records and are a 19-time national champion, a four-time IPF world bench press champion, a three-time IPF classic world powerlifting champion, and a member of the USA Powerlifting Women's Hall of Fame. Does that about cover it?

JENNIFER: That nearly covers it! One of my greatest accomplishments is having the highest raw bench press Wilks score for men or women in history at over 156 points. At the IPF Classic World Championships, one of the German male lifters tried to break it, but he missed his lift. I will have to keep working on improving it.

HANI: You started competing in 1999; that means you've been on the platform for over 17 years now! That's a spectacular amount of time to have spent in any sport, and it's even more impressive that you've spent such a large portion of it at the top. Do you find that you still get just as passionate when it comes time to step onto

the platform?

JENNIFER: I think I am probably even more passionate now. I have put so much time and effort into training. I am also involved in a lot of aspects of the sport. I am the North Carolina State Chair, a meet director, an IPF referee, a member of the Technical Committee for USA Powerlifting, and a member of the Youth Committee for the IPF. I believe these roles give me a feeling of ownership over our sport, and they make me want to perform my best. Also, being at the top is such a nice place that it makes you really want to work hard to stay there. Over the years, powerlifting has given me so much confidence that I am now able to go out on the platform and feed so much off of the crowd's energy that I feel as if I am going to explode.

HANI: Speaking of passion – it can be really difficult to stay motivated in training month after month and year after year. What is it that drives you to keep pushing so hard?

JENNIFER: Part of what drives me is that I don't want to let anyone down. When you are breaking records and performing well, people expect that out of you every time. The spectators want it, your sponsors want it, your coaches



want it, and you want it. Also, I have the best training partners in the world at Thompson's Gym. I never dread a workout. I go in there and we cut up, cheer each other on, and strategize. It is such a great atmosphere that it is hard not to be motivated to lift hard.

HANI: How does a high school math teacher get into powerlifting in the first place? Were you an athlete prior to starting lifting competitively?

JENNIFER: I started lifting in college. Originally, I was a long distance runner, my dad was a runner, and I liked the competition of the races but found the training boring. I met my husband and starting lifting with him and his friends in a basement gym. I was hooked after that. I loved the look and feel of being fit. Eventually, I was getting as strong as some of his friends. That's when we decided I could do something with this strength, and I found powerlifting. I actually started lifting before I became a teacher. Being both a teacher and a powerlifter is actually beneficial as my

students totally get excited for my training and competitions. Currently, they are helping me design a t-shirt for my sponsor, LVD Fitness. All of the proceeds from their design will go toward feeding hungry kids in America. I am super proud of them.

HANI: You recently said in a YouTube video that you turned 43 the Monday following the IPF Classic World Championships. At this point, you have so many accolades under your belt, but I firmly believe that we have yet seen you reach your best. What are your long-term aspirations on the platform?

JENNIFER: Ultimately, I want to stay at the top as long as I can. I believe there are some junior lifters coming up that will give me a run, and you never know who will show up. As powerlifting gets more mainstream, and especially if we can get an Olympic nod, I believe it will open it [powerlifting] up to a lot more lifters. I want to keep pushing the bar in the bench press. I don't believe I

have a ceiling as far as my strength goes in this discipline. I have been working really hard on my squat. My squat has always been a weakness for me compared to the bench and the deadlift. I believe if I can make significant gains here, I can continue to be at the top for a while.

HANI: Most recently, you cleaned house at USA Powerlifting Bench Press Nationals, and it looks like Raw Nationals is next on the map for you. Any projections for how things will go?

JENNIFER: 315 is going down in the bench press. I have hit it in the gym, but in competition, it is a whole different experience. I believe that total record will fall as well. I am having a great training cycle, and I am really excited to be lifting in the "prime time" session at Raw Nationals. I really feed off of the audience when I am lifting, so I think this will give me motivation to hit some huge numbers. I also enjoy lifting against Kimberly Walford for the Best Lifter award. We have a friendly competition and push

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each other to be our best.

HANI: Is there a particular moment that comes to mind as your favorite memory in your lifting career?

JENNIFER: It's hard to pick one, but I believe it was the first time I won the IPF World Bench Press Championships in 2001. I had missed winning two years in a row. I wanted it so badly, and there is no better feeling than hearing the National Anthem being played while you are on the podium in a foreign country. An interesting side note; I beat out the Japanese lifter on Pearl Harbor Day.

HANI: Conversely, what do you feel was your biggest disappointment?

JENNIFER: One of my biggest disappointments happened this year at IPF World Championships. After having the best training cycle and nutrition of my life, I was held short by a difference in opinion on attempt selection. I was ready to hit big numbers and do big things in this competition and prevented from doing so. It was extremely frustrating and hurtful. If there is one thing everyone knows about powerlifting, it is that we are all different. We train differently, we

have different body types, and we handle pressure differently. Particularly when you are dealing with a team of the top athletes in the world and three returning World Champions, we cannot all be expected to fit the same mold. It was a defeating, disappointing, and negative experience. It is something I still think about, but it also fires me up to go to Raw Nationals and show what I can do.

HANI: You have a husband and two young boys. I know that your husband, Donovan, has previously and still does compete in USA Powerlifting. Will you be pushing your boys to pursue an athletic career in powerlifting as well?

JENNIFER: I think that weight training is important for any sport that a person is in, whether it is baseball, basketball, etc. So, we do have a training routine that our boys go through. I think it is important to show them that time and dedication pay off; not just in powerlifting but in all aspects of life. My oldest son, Tucker, will be thirteen in November and is excited about entering his first powerlifting meet on November

5th here in NC. However, I don't really care what their career is as long as they work hard and do their best.

HANI: Do you have a coach that guides you through your programming and/or nutrition? How essential do you feel this is to your success and that of athletes considering having a coach of their own?

JENNIFER: My husband, Donovan, does our programming. But it is really a team effort. We are constantly changing it. We bounce ideas off of all those in our gym and talk with friends at other meets. We will incorporate a new exercise or rep amount. If it works, we keep it; if not, we go back to what we were doing or try something else. I think it is important to always be evolving your training methods.

I have just started paying attention to my nutrition. I started working with Paul Revelia of Pro Physique. I had been having a hard time keeping my weight down, and cutting my carbs was making me tired. I knew there was a better way, so I contacted Paul. He has taught me about "flexible dieting". We work on

adjusting my macronutrients throughout my training cycle up until a meet. I check in with him weekly. We talk about my training, my weight, and my goals and adjust the protein, carbs and fats from there. With so many competitions focused on Wilks score and winning the best lifter award, my bodyweight has become important.

HANI: If you can reveal some of these secrets, what does a typical week of training look like for you?

JENNIFER: There are no secrets; I have it all posted on my website. We bench Sunday, squat on Tuesday, triceps and shoulders on Thursday, and we deadlift on Friday. I end up working out for about two hours, but that is mostly because we are horsing around. It should probably take one and a half hours. On my off days, I will flip some tires, pull ropes and run a sled. I have added some squats to my bench and triceps day to try to improve it.

HANI: In your experience, does your training structure need to be different as a female?

JENNIFER: Not at all. I think I got so strong because I trained with a bunch

of dudes that made me lift what they lifted. I did add in some additional accessory work because women are not as naturally strong in the upper body as men. I incorporated shoulder exercises, plyo pushups (I have a video of these on my YouTube Channel), and heavy holds. The pushups and heavy holds work on increasing the strength of the stability muscles. Most people that just start out have a shaky bar path, and it's a little all over the place. These exercises help improve that.

HANI: If you could give one bench press training tip to everyone out there, what would it be?

JENNIFER: Leg drive! Very few people do it correctly. You have to have tight quads when you bring the bar down, and then you have to fire your legs toward your head (not butt up in the air) as you press the bar off of your chest. You should visually see your hips move toward your head as you press the bar up.

HANI: I think we all know that injuries are a big part of what we have to deal with on a semi regular basis in powerlifting. Have you dealt with any

[injuries] recently? What did you do to work through or around it?

JENNIFER: I have been pretty lucky with injuries due to lifting. I think most of it is because I really listen to my body. I deload exercises when I can't hit the reps I want. I make sure I get solid sleep, and I am an advocate for daily naps. But the biggest strategy for injury prevention is having good form. If I can't get a rep, I just miss it. I don't ever go for anything at all costs. This doesn't mean that I haven't had injuries and setbacks that I have had to work through. I took a bad wakeboarding fall and had to have a total knee reconstruction including a cadaver ACL. I have also ruptured a disk in my neck causing atrophy in my arm requiring surgery. Neither of these injuries were caused from powerlifting or lifting in general, but they certainly required rehab and reengineering of my workouts.

HANI: So what does a typical day of food look like for you?

JENNIFER: It depends on if it is a training day or an off day. Training days have more carbs, around 130 g with around 50 g of fat. I always get

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around 160 g of protein every day. One of the things that I found when I started tracking my macros was that I was eating way too much fat. I always thought that if I ate a lot of protein and smaller amounts of carbs, I was doing well with my diet. Turns out, you really need a good balance of all three. Since I have been watching my macros, I have more energy for my workouts and throughout the day. I am also able to eat more of a variety of food which is more satisfying. I can have a bagel sandwich or a steak with wine if I make sure that the foods I eat earlier in the day allow for it.

HANI: Do you take any supplements?

JENNIFER: I have been using SSP [Speed Strength Performance] Nutrition for several years. The founder, Dennis Cieri, is the male equivalent of me in the bench press. We have been friends for years, and I watched him investigate and work hard to hire the right people to make a superior product. It is the first time I have taken a supplement and

noticed a difference in my workouts, energy level, and recovery. They really have a great pre and post workout drink with no fillers, and it is free of WADA [World Anti-Doping Agency] banned substances. I feel very safe using their products.

HANI: What would your ideal Saturday look like?

JENNIFER: Sleeping in for me is about 8:00 am. So, [my ideal Saturday is] sleeping in, a warm cup of coffee, and sitting on our back deck of our mountain house. There is something about the quiet of the morning when no one else is up that is so appealing. In the Blue Ridge Mountains, you can hear the animals make noise, see the clouds wisp over the blue peaks, and just enjoy the beauty of it all. Then, about an hour later, the kids are up, we are making pancakes, and planning out our day.

HANI: What is your favorite food?

JENNIFER: I honestly can't say I have a favorite food. I love a glass of wine and a nice filet. I also really love fresh crab cakes.



HANI: What is something that nobody reading this would likely know about you?

JENNIFER: As lame as it sounds, I love jigsaw puzzles. I constantly have one on my table, and I get addicted to finishing them. I will sometimes stay up to the wee hours of the morning, trying to get those pieces in the right place. There is something so satisfying about it.

HANI: Where can we find you on social media?

JENNIFER: @jenthompson132 is my handle for Instagram, Twitter, Snapchat, and Pinterest. Facebook is 132 Pounds of Power and Thompson's Gym. YouTube is the same, 132 Pounds of Power and Thompson's Gym. I post my lifting videos on the 132 Pounds of Power and training with my partners and tutorials on Thompson's Gym. I also have a website 132poundsofpower.com

HANI: Thank you so much for the interview, Jen. Good luck in your upcoming competitions. I am hoping to see you competing in Belarus next year! PM

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LIFTERS TO WATCH

NATHAN DAMRON

BY MARIEL TAGG



Already considered one of America's best young lifters, 20-year-old Nathan Damron is a kid whose lifts you don't want to miss, and this is just the beginning.

STATS

Height: 5'8"

Weight: 94 kg. (207 lbs.)

Age: 20

Hometown: Clemmons, NC

Gym: Mash Elite Performance

Max snatch: 156 kg. (343 lbs.)

Max clean and jerk: 200 kg. (440 lbs.)

Max back squat: 306 kg. (674 lbs.)

First, how did you get into Olympic weightlifting?

My first coach, Boris Urman, moved his gym into my friend's basement down the street from me so he invited me to come lift [with him] in order to help with my wrestling and football. Originally, I was just going to do a summer camp, but then I realized that I could be really good at it, and I started competing.

You're already considered one of America's best young lifters, and 20 is such a young age to have already put up such impressive numbers. What do you attribute your success to?

There are quite a few reasons that I've ended up in the situation I'm in with my lifting career. Starting at the young age of 13 helped me get a head start compared to a lot of other lifters who didn't get involved until later in life. Boris Urman deserves a lot of credit for developing me as a lifter, building a good strength base [in myself] and teaching me a lot about the sport during the five years I trained under him. My recent success has been largely due to the fact that I lift with Dylan Cooper and Tom Suma every day, and we always push each other to get better while training. Having good training partners is extremely important for continued success in lifting. Travis Mash has also played a role as a coach and a mentor for me over this past year, helping push

me on a daily basis to numbers that I thought were way further off. He doesn't believe in having a ceiling on your lifts. Lastly, I just have really good genetics to lift weights, which is probably the most important thing.

When did you decide to make this a career, and what helped you make that decision?

I decided I wanted to make it a career when I made my first international team and got to travel to Kosice, Slovakia. Watching the top lifters in the world train and compete got me jacked up; I wanted to commit to getting as strong as I possibly could so that I could be competitive on the world stage one day. This is still a work in progress. I also realized [that this would give me the] chance to see a lot of the world, and I couldn't pass up that opportunity.

What do you think is something that sets you apart from the rest of the athletes your age?

Most athletes my age seem to be afraid of fully committing to weightlifting



and are afraid of failing or missing out on their life. Sure, they train hard and put in lots of hours in the gym like I do, but a lot of people of them are worried about putting too many eggs in one basket. At this point, I don't have a fallback plan. I'm not in school or anything; I just train. Lifting weights is all I have going for me; it's my sole purpose in life right now.

Given that you're a 20-year-old man and probably have some flexibility in your diet, we're curious: what does your diet consist of on any given day?

Usually, I eat Waffle House for breakfast; six eggs and triple hash browns. Then, [I eat] teriyaki chicken and rice for lunch, and [I have] either pizza or Wendy's for dinner.

What does a typical week of training look like for you?

Monday, Wednesday and Friday are my heavy days. Usually, I'll do one of the lifts on Monday and Wednesday, then total on Friday. Tuesday and Thursday

are usually pretty easy in order to prepare myself for the next day, so I mostly do assistance work and squats. Saturday, I come in and get a lot of work done. I'll start with some volume for squats then I'll work on any weaknesses that I've been noticing. Basically, Saturday is to work on things I don't have time for during the week.

Do you have a recovery regimen? Massage, Active Release Therapy, etc., or just the tried-and-true eight hours of sleep?

I don't do anything too fancy for my recovery. I ROMWOD [Range of Motion Workout of the Day] quite a bit, usually twice a day, and I always keep eating. My body can handle just about any workload I put on it if I'm eating enough.

What do you consider your biggest accomplishment to date?

Hitting a 200 kg. clean and jerk as a junior is probably the biggest thing I've done. It was always one of my huge lifetime goals so it's definitely the most satisfying lift of my career so far.

Do you write your own programming, or do you have a coach?

I talk about what I'm doing with Travis Mash and my training partners, Dylan and Tom. I use a lot of their advice in my programming, but at this point, the final decision on what I'm doing is up to me.

What are your short and long-term goals, both in and outside of weightlifting?

My main goal is to make the 2020 Olympic team. I'd like to have my own gym at some point and start coaching down the road, too. I go back and forth about whether or not I want to go to college, but I can always figure that out later.

What is one piece of advice you would give to other kids who want to succeed in their sport or in weightlifting specifically?

Set unrealistic goals, and do whatever you can do to get to them.

Instagram: @nathandamron94
PM

INTERVIEW WITH KC mitchell THAT ONE-LEGGED MONSTER

BY MARIEL TAGG



Let's pretend for a second that not all of our readers know who you are. Can you give us a brief background on your career and the history behind your nickname "that1legmonster"?

That's a nickname that was given to me by the guys in the gym – they gave it to me, I kinda liked it, and it stuck. I enlisted in the military about eight months after I graduated high school in 2003. I enlisted in early 2004, went to boot camp in Georgia and ended up going to airborne school as well. After graduating, I was sent to Fort Bragg, North Carolina, and six months later I was deployed to Iraq.

Once I got back, I stayed in my unit for another eight months or so, got promoted to Sergeant, and re-enlisted for four more years in the military. When I re-enlisted, I decided I wanted to go to Fort Lewis, Washington. I was there with a brand new unit and after two years of being there, I was deployed to Afghani-

stan in 2009. I would be there for 11 months, and then on my last patrol, the last mission that we were on, the vehicle I was commanding was hit with a pressure plate IED, resulting in severe wounds – shattering my whole left leg, dislocating my right knee, fracturing my right ankle, compartment syndrome on my right forearm, second and third degree burns on my quads, fractured lower back – I would have a brain injury. I was medevacked all the way out, was in the ICU for a month, and then was bedridden for a total of four months.

I elected to have my leg amputated in November 2010. After six months of me having surgeries and trying to save it, I decided it was time for me to try to move on with my life. The outcome wasn't looking good if I were going to save the leg – the outcome actually looked better if I was going to amputate it, so I decided to amputate it.

I went through three years of total

rehab and surgeries – about 40 surgeries total over three years. I was retired from the military in 2013 and moved to Bakersfield, CA.

When I moved back, I wasn't able to do most of the things I was passionate about before – including MMA. So I got depressed, and for about a year I started abusing the narcotics that were prescribed to me.

I basically sat around for a year just doing that – I would sit around and take the narcotics, play video games, drink beer, Pepsi, Doritos, eat pizza – basically do nothing with myself, or stay up for 2-3 days straight with no sleep. I put myself in a hole and pushed everyone away – my wife and daughter, my family and friends. But I was lucky enough to have an eye opening experience when my wife wanted to take our daughter to Disneyland.

So we took my daughter to Disneyland, and I couldn't walk more than a

STATS:

Age: 31

Weight: 248 lbs

Height: 6'

Location: Bakersfield, CA

CURRENT MAXES:

Squat: 505 lbs.

Deadlift: 585 lbs.

Bench: 435 lbs.

Gym: NASPOWER

block without having to sit down. It got to the point where I was taking the pills to deal with the pain, and then I was getting mad at myself because I couldn't walk far. Pain causes anger, so I was angry, and it was hot, and I was sweaty and uncomfortable and agitated. Long story short – we didn't last two days.

It was my fault, so when we got home I went into the bathroom cabinet and I found every narcotic I had and I flushed them all down the toilet. And when I tell people this, it sound

minuscule and petty, but it's all toxic shit so it was a big deal. Also because in order to move forward, you have to get rid of all the negative shit.

I went through three days of withdraws and it was horrible. But then I started going back to the gym, started training, and working out just to get back I shape. And I was very insecure because I was a bigger guy when I first got injured, and very athletic, and all of a sudden I was like 160 lbs. and not very strong at all. And us guys, we all have egos. No guy wants to be the weakest guy in the gym, and that was me at the time. But then I started getting stronger, and people started coming up to me at the gym and telling me that what I was doing was inspiring.

Then one day I had this guy at my gym who was a bodybuilder and I asked him if he would come spot me. And he said for what and I said I was going to try to squat.

I had never free squatted before. So I went over there and it was only 225 lbs. – nothing crazy – I was just trying to learn how to squat. And he videoed it. And it looked terrible. I don't even think I got to 90 degrees. But he told me how motivating it was that I was even out there trying, so he ended up posting it on social media.

Later on that night he sent me a screen shot of all of these people commenting about how inspiring and motivating it was to see me out there, busting my ass trying to do stuff that healthy people with two legs don't even want to do.



When did you start powerlifting?

About 10 months ago. I worked for about nine months to get the squat, and before that I would only do box squats. I finally decided to get rid of the box and start doing depth on the squat, and I haven't done a box squat since. So right now I'm training for my first full powerlifting competition, which is in my hometown on October 16, 2016. I am pumped up.

What do you consider to be your biggest accomplishment?

Like ever? My biggest accomplishment of my life: My daughter was two months old when I got blown up, and I decided to amputate my leg because of her – because I wanted to be able to do things with her. When I amputated my leg, she was getting close to walking. So the goal I set for myself was to beat her to walking so that when she took her first steps, I could take her first steps with her. So that was my biggest accomplishment – taking those first steps with my daughter.

Bradie Johnston

CANADIAN RAW

BY KEN WHETHAM
PHOTOS BY BRYCE MURDOCH



Some people appear really intimidating when you first meet them, or when you see them for the first time in person. Bradie Johnston fits that bill. He's almost as wide and thick as he is tall. If you were facing him on the other side of the Octagon in an MMA fight, you'd probably need to wear some adult diapers under your shorts. He's the guy that you want on your team; not the other team. Bradie looks like he's wearing a 275 lbs. tattooed "meat suit" with slabs of muscle stuffed underneath his shirt. He looks mean; like "The Hulk" without the green. However, looks aren't everything. Like most powerlifters, Bradie is a kind-hearted, super nice guy who would give you the triple X shirt off his back. Bradie just competed in the RPS [Revolution Powerlifting Syndicate] Canadian Conflict meet this month and totaled 2000 lbs. with an 800 lbs. squat, 530 lbs. bench press, and a 670 lbs. deadlift. Bradie Johnston is emerging as one of Canada's premier raw powerlifters, and he's just getting started.

Where are you located, how old are you, and what do you do for a living?

I am 31 years old and live in Kingston, Ontario, Canada. I own and operate a used car dealership.

What is your educational background?

If this were an online dating profile,

it would say "some college". I finished Grade 12 and then took Police Foundations. I will never be a police officer.

What are your current rankings and records?

I currently hold the 275 lbs. Raw Modern Bench record for RPS Canada with a 535 lbs. bench press. I think that sums it up. I'm just getting started!

How long have you been powerlifting?

My first meet was in October of 2014. So, not very long compared to most of my peers. I kind of came into the sport by accident when a friend suggested I register for a meet six weeks out.

What got you interested in the sport?

I've always been in the gym; from the time I was 14 [years old], I was lifting weights and training to be as athletic as possible in one way or another. I always squatted to depth, benched to my chest, and deadlifted. I was a powerlifter long before I knew it. Six weeks out from a local meet, a buddy of mine mentioned that I should compete. The gym was what I did for entertainment. I was 100% dedicated to my training. Why not compete? I had nothing to lose. I finished with a 1708 lbs. total at 242 lbs. and a 49/1 T/E Ratio [Testosterone/Epitestosterone]! I was hooked. Since then, I have hosted multiple meets and

announced, judged, and coached other lifters. I quickly immersed myself into the community. I got to know everyone, and I made some of the best friends I've ever had. This sport has given me an incredibly positive outlet, and I want everyone else to experience this. As long as I can, I will be an ambassador for the sport of powerlifting and help to give fellow lifters platforms on which to lift.

Have you always competed raw and have you ever considered lifting in gear?

Raw! Raw! Raw! I am a raw lifter. Raw is my sport! The thought of competing in gear has crossed my mind on many occasions, but I have raw goals, and I'm not willing to put them on the back burner to learn a new sport. I have a truckload of respect for geared lifting, but at this time, it's just not for me.

What is your most memorable competition, and why?

There are certainly moments that stand out from each meet, but I think October 2015 RPS in Kingston Ontario would be my most memorable. I played host, coach, and lifter. I organized the meet with our local gym and the RPS. Gene and Ame Rychak run an incredible business and make things easy, but setting up the gym on Friday, playing entertainer and host all day Saturday, and then lifting on Sunday really kicked

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my butt. I was on home turf, and I made my first 500 lbs. bench press. Then, [I hit] 510 lbs.; something that everyone dreams of.

Canadian bacon, beer, and maple syrup are some of the best kept training secrets that Canadian lifters don't want anyone to find out about. What are some of your powerlifting secrets?

I guess if I disclose anything here it's no longer a secret, eh?

1. On squat day, I have learned to hit the toilet about 60 minutes before my training. The emotional stress [that comes along with] missing this is significant.

2. Hot mustard. If you haven't slathered McDonald's hot mustard on your food, then you're missing out. Calorie-dense food is the key to success; it's probably also the key to secret number one being a requirement.

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

Yes, I've had some back issues and shoulder issues. Anyone who has watched me lift has commented on my beltless deadlifts. About two months after my first meet, I tried deadlifting with a belt. It was a mistake, and I slipped a disc in my back. Deadlifting with a belt creates a break in my form and doesn't do me any favors. I then managed to train around this injury for a while, but in June of 2015, I reinjured it with a 635 lbs. squat. I took some time off, switched to sumo for a while, and it's all good now. I'm physically healthy for the most part.

Where do you train? Do you have a coach or training partners?

When I'm local, I stick to a commercial gym. I travel often and train out of Dynamo Barbell in Ottawa and Fortis Fitness in Toronto. I've worked with Paul Oneid as a coach, and he's really patient with my stupid questions. I'm doing things on my own now; I've realized that I can only be accountable to myself and to my method. I have an incredible training crew, but for the most part, I train alone or with whoever is able to meet on my schedule. I like to train on my terms, but I welcome anyone who is able to join.

Do you have a particular training protocol that you follow like West-side, Cube or 5-3-1?

I write my own programming; I use



very simple linear progression in four-week blocks for off-season and three-week blocks as I get closer to competition. During my off-season, I work between 70 and 82.5% with increased workload each block. I only program my main lifts. My accessory work, or as I like to think of it as my "weakness work", is done based on how my main lifts are progressing. For example, if I'm missing my bench at lockout, I will incorporate bands, pin presses, or chains on my accessory day to help with this weakness. I'm always chasing my weak points and supplementing movements based on how my training feels or my lifts go. For the most part, I lift how I plan to compete. I move the bar throughout the competition movements as often and as efficiently as possible.

Do you utilize any accommodating resistance like bands or chains in your training?

When necessary, yes absolutely but less and less as I progress in the sport. During my last off-season/peak cycle, I think I used bands twice on bench accessory days; nothing with squat or deadlift. Something I've found works really well for me on my squat sessions is an overload warm-up. I will work up to a beltless paused single at +5% of my working weight prior to my work sets. This allows me to feel heavier weight on my back each week.

Do you follow any specific nutrition plan to keep strong for powerlifting?

Nope. I don't count macros or subscribe to any form of diet. I eat a good balance of calorie-dense fast food and clean, well-balanced meals that my sponsor Executive Nutrition provides me.

How do you prepare mentally for an attempt?

I like to picture myself on a riverbank

drinking root beer while a small child plays the recorder. I really hate the recorder so this infuriates me. I've been known to slap myself in the face or have Jordan Moffitt slap my back, which also gets me pretty fired up.

What are your best competition numbers?

800 squat in sleeves

535 bench

670 deadlift

Best gym numbers?

665 x 2. 650 x 3. squat in sleeves

495 x 3 bench

675 deadlift with straps; 635 3x3 raw.

I very rarely test singles off of the platform.

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

I haven't changed much. I keep it very simple; I lift how I'm comfortable even if some people think that's wrong. I squat with a mid or hybrid bar position and a very upright stance. I bench with no arch even though it feels like I'm bent in half, and I deadlift without a belt. These things work for me. I tried moving things around, and it didn't work. I lost strength or efficiency. I switched to sumo for a while; my back was jacked up, but my hips quickly became worse than my back. I keep it simple. However, I have changed my methods. I rest a lot. I focus on mobility, recovery, and health more than strength now. If my health is on point, my lifts will grow. Training around injuries all the time takes the fun and enjoyment out of the sport.

Who are some of the lifters you grew up admiring when you first started lifting?

There was this local dude at my YMCA; he looked like he was straight from an action movie. He wore work boots and camo shorts with a stringer, and he had long hair with a bandanna. He had volleyballs for shoulders and a tan like a wet hippopotamus. He was the greasiest human on the planet. He had two massive pit bulls that would drag him down the street near the gym, and he rode the bus around town. All I ever knew was that I didn't want to be like that guy.

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

Be consistent, and be patient. Don't compare yourself to lifters you see on

Instagram or YouTube. You aren't them. You didn't come into this sport with the same background as them, and there's a really good chance you don't have the same leverages as them. Set your goals and work towards them! That may take 10 years, or it may take 10 weeks, but be consistent in what you're doing. Every meal, every mobility session, and your sleep all matter and affect your training. If you want to be an athlete, you have to be an athlete 24 hours a day; not just for the 60-90 minutes you're in the gym. Let your body recover, be lazy when you're not training, and eat a sh*tload of food. All of these things will promote strength.

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

Absolutely! I get amped up and excited every single time I walk into the gym! I spend 22 hours every day thinking about lifting, thinking about my goals and how I plan to accomplish them. I spend the other two hours thinking about women.

What is your favorite lift, and why?

I've always been a huge fan of the strict bicep curl. Its practical application to day-to-day life is unmatched by any other lift. Definitely, the squat is my favorite lift. Every time I put the bar on my shoulders, I'm reminded of why I'm here. It's the most complex movement, and certainly for me, it's the most terrifying. I put a lot of pressure on myself to squat well. It's the lift I give the most respect to.

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

I pride myself on being an incredibly lazy person. If I'm not in the gym or at work, I'm usually laying down on a couch, floor or bed. I plan my rest days around my schedule with my beautiful 3-year-old daughter. We spend our time together at gymnastics, the pool, the beach, or the park. I want to introduce her to as many sports as possible while she's young. Sport has always been a part of my life and I hope she shares that passion.

Now that you're at your current level of strength, do you get impatient trying to make specific gains?

I embrace the process. I know that I'm not finished growing or getting stronger. I love this sport and the time I'm required to invest [into it]. I don't get

impatient because I want to enjoy the journey. I want to see what I'm capable of in the future. Today, I'm still growing and getting stronger. That's satisfying on so many levels.

What drives you?

I want to see what my body is capable of. I want to finish my life knowing what I was able to achieve. I want to be able to look back and say, "F*ck yeah, I did that". For me, being strong is a form of self-respect. Building a body that is capable of amazing and incredible things is something I can be proud to say I've done. I will be in this body and this mind for as long as I'm conscious and I want to know where my limitations lie... if there are any.

If you had the choice of being any superhero, who would it be?

Most likely one of the women; I want to feel sexy.

Is there anyone you would like to thank? Sponsors?

Jordan and Alex from Bacon and Barbells Co. You guys were my first sponsors and the support and friendship you guys provide is unreal. Shannon and Matt from Executive Nutrition. Without you guys, I'd be hungry and likely over 275 lbs.

My fans; it's funny to say this because I'm just a dude who lifts weights, but to anyone who has ever sent me an inspirational message or told me I'm inspiring, thank you! That kind of stuff keeps these wheels turning. Nicole, you'll likely never read this, but thank you for giving me such a beautiful little girl. She is my world. **PM**

The logo for IBEFLEXIN Apparel features a circular laurel wreath surrounding the word 'IBEFLEXIN'. The 'I' and 'N' are in white, while 'BEFLEX' is in red. Below the wreath, the words 'PREMIUM FITNESS AND LIFESTYLE APPAREL' are written in large, bold, white capital letters. At the bottom, there are social media icons for Instagram and Facebook, followed by the handle '@ibeflexin_Apparel' and the page name 'ibeflexin Apparel'. The website address 'WWW.IBEFLEXIN.COM' is prominently displayed at the bottom in large red letters.



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Height: 5'10" at one time – now, closer to 5'8" due to a lot of heavy squats over the years

Weight: 265 lbs.

Age: 35

Location: Jacksonville, FL

Gym: Team Samson Powerlifting

Best lifts on and off of the platform:

Gym squat:

220 lbs. - 1005

242 lbs. - 1110

275 lbs. - 1200

Gym bench:

220 lbs. - 675

242 lbs. - 825

275 lbs. - 900

Gym deadlift:

220 lbs. - 765

242 lbs. - 850

275 lbs. - 825

Meet squat:

220 lbs. - 1030 - all-time WR [World Record]

242 lbs. - 1102

275 lbs. - 1185 - all-time WR

Meet bench:

220 lbs. - 633

242 lbs. - 788

275 lbs. - 825

308 lbs. - 815

Meet deadlift:

220 lbs. - 755

242 lbs. - 780

275 lbs. - 800

Best totals:

220 lbs. - 2376

242 lbs. - 2651

275 lbs. - 2730

Equipped Lifting with Brian Carroll

BY MARIEL TAGG



First, [please give us] a little background on who you are, what you do, and your background in powerlifting.

I have been competing in powerlifting since 1999, with bench-only meets. I've been married to my wife, Ria Carroll, for the last six years, and she has been a huge part of my success. I've competed in three different weight classes in full meets, and if you count bench-only meets, I've competed in five from 198 lbs. to 308 lbs.

I have multiple all-time WR's, and I am currently chasing my third all-time WR in the third weight class of 242 lbs. I don't count state, federal, or national records, so I don't keep track of those.

I'd like to think that along with Chuck V, Dave Hoff, Andy Bolton, and maybe a couple of others, I have the most squats over 1000 lbs. in powerlifting history. Officially, I have over 40 total at this point.

I worked as an LMT [Licensed Massage Therapist] for many years, so this gives me a good background in A&P [Athletics and Performance] and [a solid] understanding of the body as a whole. I was working as a personal trainer for a while too, but then my online training and coaching took off in 2010, so I've been mainly doing that. I write; I have written a few books. "10/20/Life" is one of them [and was written] in 2013 and then released in 2014. I have a follow up, "10/20/Life Second Addition", which is coming out soon in softback. It is actually an updated version with many new parts and chapters.

I own the strength informational site, PowerRackStrength.com – it is the home of the "10/20/Life" system with 20 different logs showcasing the system [being used] with athletes that powerlift. [Whether the athlete is]



male or female, does raw or equipped, [participates in] Strongman, CrossFit, Hybrid Style Training; you name it, someone does it. From world record totals in powerlifting, both male and female, to ultramarathons, triathalons, and endurance races to just looking good and having a more healthy approach to anti-fragile training. [It provides] tons of articles and content on a weekly basis to help take your training to the next level.

We also cover a great deal of preventative information for back injuries on the site – as I'm good friends and do work with Dr. Stuart McGill, the world's leading authority on lower back pain. We are actually doing a book together about the rehab work we did together to take me from a broken back (sacrum, endplates), discs flattened, non-existent, herniated – you name it. However, I am back and have been for a while, and I am lifting better than ever – 100% pain free.

"I'VE BEEN SQUATTING OVER 1000 LBS. IN COMPETITION FOR THE 11TH YEAR THIS YEAR. SO, MY LIFTING AGE IS NOT 35; [IT IS] MORE LIKE 55"

How did you get into geared lifting specifically?

Well, I wanted to powerlift, and this is what you did back then. When I started doing full meets in 2002, there was no such a thing as "raw" lifting or divisions. Raw didn't happen until 2006. So, when you were a powerlifter, you wore gear. When you were a

gym rat, you lifted heavy without gear. Those [lifters] that struggled with gear would open raw, then lift in gear.

Any particular reason why you don't lift raw?

I think that you will see the reason why in a couple of years when most of the top raw guys are done and only had a lifespan of about five years. I'll probably still be lifting at a top level when this happens too. The biggest reason why is my lifting age. I've been squatting over 1000 lbs. in competition for the 11th year this year. So, my lifting age is not 35; [it is] more like 55. The damage that I'd take on isn't worth just proving anything to anyone by lifting raw in a meet, but I have always lifted raw in the offseason and [during] my assistance work. Many raw lifters are naturally gravitating toward equipped now as the pendulum is swinging back to equipped lifting. [This was] apparent by the last year of raw lifters converting to equipped.



Are you still competing, and when can we see you compete next?

Yes, I compete in a few weeks at the RPS Revenant Rising. I'll be lifting at 242 lbs. again. I've competed quite a bit this year with my best showing being at the US Open in April where I won the overall at 242 lbs. with 1091, 788, and 771 for a total of 2651 lbs.

What are your goals for 2016-17?

[I want to] hit 2700 total in my second weight class for the all-time WR total at 242 lbs. I have already done it at 275 lbs. [I want to] continue to stay as healthy as possible, help as many lifters as possible, and grow my brand, "10/20/Life", and my website PowerRackStrength.com. I have quite a few spin-off books coming out pertaining to strength training. Like I said, the updated second addition of "10/20/Life", "10/20/Life For Powerbuilding", and the book I'm wrapping up with Dr. McGill. These are my main focuses as of now. As you can see, I have to wear a bunch of hats.

Long-term goals?

I have pretty much reached all of them, as I'm a 17-year veteran at this point. Aside from the 2700 lbs. in the second class, I want to continue to

help as many people as possible with their training, back rehab, and programming. Since I did a lot of things incorrectly, I can help a lot of people who are willing to listen. Oh, and be on the cover of Power again like I was on the May cover of the 2011 edition. My focus is gradually evolving into more business and coaching as my time of lifting is coming toward an end. I will be getting out before I'm forced to. A lot [of lifters] don't have a plan, nor do they have a plan for after. This is important.

If you weren't powerlifting, what would you be doing?

Good question – I have no idea. That is a tough question since I've been doing this since I was in HS [high school]. I'd probably be involved in baseball like I was prior to lifting. I hope I wouldn't be in too much trouble!

Huge thanks to Inzer Advance Designs for their support, Captain Jacked for the great supplements, and my TeamPRS for all of their help, support, and belief. **PM**



A Practical Guide on How to Navigate Weight Gain This HOLIDAY SEASON

BY LAURIN CONLIN, MS

With the holiday season officially upon us, the amount of family gatherings, social events, and all things pumpkin spice are at their all-time high. While the extra socializing and limited edition holiday treats are fun, there often comes a bit of excess weight gain that most of us would not consider fun. So unless you are a super heavy weight deep into their bulking cycle, use these tips below as your practical guide on how to navigate holiday weight gain while also maximizing your experience.





DO A BIT OF PRE-PLANNING

Whether you are going to a friend's party or a family dinner, you can easily ask the host ahead of time what options will be available. Once you have an idea of what food will be served, you can better plan your day before and after the event. If you are all meeting at a restaurant, take a look at the menu online a day or two before. Most restaurants nowadays have the menus listed online, but in the event that they don't, you can still find out what type of restaurant it is (e.g. Mediterranean, Italian, Japanese) and have an idea of what you're walking into. A bit of pre-planning can go a long way in terms of staying on track with your diet.

BRING A DISH

The simplest way to control what you will eat while at a holiday event is to bring something that you have made yourself! More times than not, the host will greatly appreciate it, and if it tastes good, everyone else will appreciate it too. There are a few things to consider when thinking of what dish to make. If you are going to a dinner, there will likely be a protein source so bringing a side dish will



be a perfect addition to the meal. If it's a simple cocktail party, or you are unsure of what the host will have at the event, bring something that has a greater balance of protein, carbs, and fats. This way, all bases are covered, and you have something that will satiate you and will also be easy to fit into your goals for that day. Depending on how much or how little you are eating will drastically impact what kind of dish you decide to make, but no matter

what your goals are, bringing a dish will be something that you can control at the event. You won't be left feeling like there is nothing to eat, or rather, that there is nothing that you'd like to eat, and it will inevitably be a nice gesture.

STRUCTURING THE REST OF YOUR DAY

My general recommendation for structuring your meals for the rest of the day is to eat lighter so that you have room to eat a bit more freely during your party or event. Stricter guidelines for all the "numbers people" out there would be to consume roughly 60 to 70 percent of your protein targets and roughly 40 to 60 percent of both your carbohydrates and fats targets. These are just rough estimates and will greatly depend on what your current goals represent, and it will also depend on what type and amount of food will be at the event. While my recommendation is to eat lighter throughout the day, there are two caveats to the statement. First, if you have immediate weight cut or weight loss goals that you need to hit within several weeks of said event, I would decrease the level of estimation while



cut back on food intake during the day only to let all hell break loose at the appetizer table. If this is something that you have personally experienced before, make sure to have a snack before you leave the house. Have something even as small as a protein shake that can hold you over and encourage more mindful decisions once you're at your event.

PLEASE DON'T FORGET TO ENJOY YOURSELF

While this whole article has focused on practical ways to make eating over the holidays easier by controlling food intake, please don't forget to enjoy yourself! Eating great food is almost synonymous with the holiday season. For a lot of us, these holiday parties and family gatherings are the only times we get to see certain people all year so there is absolutely no need to isolate yourself or make a big deal over food. If you have read any of my previous articles, you know that I focus highly on the themes of flexibility, moderation, and living your life. I would never want someone to skip out on their friend's infamous triple cheese

eating out (i.e. leave less percentages or amounts of food to eat while out). If you have serious goals and are close to a meet or some sort of weight cut, you will likely understand the importance of this already. Second, and more importantly, do not eat too little that you are so ravenous by the time the event comes, and your good intentions go out the window. You don't want to



whipped potatoes or grandma's pumpkin pie just because it may take them off track for a day or two.

HOW TO WORK IN YOUR FAVORITES

I am an advocate of following a flexible diet and being able to incorporate all foods into your diet. Taking the principles outlined above, here is how



I would tackle the meal when there are lots of tempting, calorie dense treats. First, take a look at everything there is to offer. Whether the meal is set out buffet style or being passed around a large table, scan everything first to get an idea of what is being offered. Secondly, make sure to take a solid serving of the protein source and also any vegetable dish. Now, if the vegetable dish is chock full of extra calories (think butter, creams, oils, etc.), consider that a regular side dish. Third, take a look at the side dishes, and decide what looks the absolute

best and judge your portions off of that line of thinking. Once per year, staples (for me personally, it's stuffing) should be given the highest consideration since you likely won't make a whole pan or pot of that dish any other time of the year. If you've brought something, perfect! You know exactly what is in that dish so you can portion it out accordingly. The biggest take away here is that there is the flexibility and the choice to eat anything that is on the table, but making mindful decisions based on portion size and how badly you want something will be very

important. Don't feel the need to load up your plate just because it is there.

This guide should serve just as that – a guide – to helping you stay on track this holiday season. Using the tips above, you can structure your plan around any current nutrition goal you may have by tweaking how strict or how flexible you are in your choices and your planning. And remember – the holidays are meant to be enjoyed with family, friends, great food, drinks, and making memories. Don't lose sight of that – everything in moderation y'all! **PM**

HARD WORK IN POWERLIFTING

What is it really?

BY ZAC WHALEN

"He who works with his hands is a laborer. He who works with his hands and his head is a craftsman."

-St. Francis of Assisi

If desire and hard work were all it took to be successful, there wouldn't be such a large divide between "the haves and have nots". Think about it. Are impoverished people poor because they don't want it badly enough? Are weak people weak because they don't have the desire? Let's take background and genetics out of the equation and think

about it in terms of potential. Do most people reach their maximum potential in life or in powerlifting? For most people, I would argue that the answer is no. Consider your own situation. Personally, I know that there is a lot more that I can accomplish in both areas, and that's what keeps me going. Unfortunately, hard work in the wrong direction gets you nowhere.

Often times, people who find success in one area of their life are also able to find success in many other areas as well. They naturally know where their efforts are best focused. I've always been interested to see where the best, most polished athletes go after they retire from their chosen sport. Peyton Manning is a good example. The same traits that made him a fantastic





quarterback are likely to make him a great broadcaster, GM of an organization, or a coach. What can we learn from folks like Peyton Manning, and how can we apply these lessons to our own sport?

How many times have you seen a lifter

set expectations for themselves that are well beyond their current capabilities? If you have access to social media, you see it all of the time. Deep down, too many lifters think they should be pro, elite, or sponsored. They might even think that

they should have more followers, yet, they haven't even grasped the basics. There's nothing wrong with a 300 lbs. bench, but if that's your current level, and you feel that you deserve to bench 400 lbs., then that's a problem. These lifters aren't seeing the bigger picture properly. Many lifters want to focus on hitting the big lifts, but they don't want to master the building blocks that help get them there. Lifting too heavy and too often is a dead end road. Some of the best lifters I've tried to emulate will spend big blocks of time working on the basics such as hip hinges, kettlebell swings, and single leg work. Just like the best leaders, a part of their process is constantly getting back to the ground level and knowing their roots. The best lifters know that they have to keep the core concepts extremely sharp as they get more and more advanced because a tall house built on a weak foundation is bound to crack and crumble.

That said, you have to know and understand what the most important core concepts are for you as an individual, and these can change as you progress. Going back to the business example, you might have the sharpest and best-trained

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The advertisement features a central black and white photograph of a man performing a squat with a barbell. In the bottom left corner, a large container of RBN Pre-Workout Smash Orange Cream is displayed. The container has a black lid and a label with the product name and flavor. The background is dark and textured. In the bottom right corner, there is a logo for "PR SMASH" featuring a stylized fist icon.



cashier, but if your marketing strategy is weak, your store won't reach its potential because not enough clients will be walking in the door. If you have the best and fastest dirt shoveler, but management sets prices too high, the business will fail. As lifters, we all know examples of people who can leg press 2,000 lbs. yet can't squat 315 lbs. This is where objectivity comes in. Training is a means to an end; the end being more weight lifted on meet day. If the core moves that you value the most are progressing, yet your lifts aren't going up, you have to reevaluate your plan. Each person should have different core moves that they keep a very close eye on. We had a lifter come to RiverCity Barbell with a 660 lbs. deadlift, yet he couldn't barbell row 225 lbs. with proper form. Guess what will help take him to 700 lbs.? Another lifter came with a 435 lbs. contest bench press that had been stuck for years. We quickly found that he couldn't press 70 lbs. dumbbells for 15 reps. A year later, 120 lbs. dumbbells were no problem, and he hit a 480 lbs. contest bench. Fast forward two more years of training on his own, and he has only managed a 5 lbs. PR [Personal Record]. This problem will continue until he addresses the core concept that will allow him to move forward.





Finally, just like in business, it is important to maintain solid quality control. Imagine running a business that markets to elderly people and putting the whole marketing budget into Internet-based advertisement. A person with any business background would quickly recognize that most elderly people don't use the Internet. Similarly, imagine doing glute-ham raises to develop your hamstrings, but making the primary mover your lower back. I've seen lifters go from doing im-

proper stiff-legged deadlifts with 500 lbs. to 315 lbs. with good form. They get way more out of them. There are endless ways to do a good morning, and each variation will hit muscles differently. Are you doing the right version [of good mornings] to improve your weak points? The same can be said about almost any accessory movement. How come social media is flooded with "form check" videos of the "big 3", but we never see videos of accessory work? Yet, people wonder why

they do so much of what they think is hamstring, tricep, and lat work and never see the progress they would expect.

Every business owner wants to be in the Fortune 500, and every power-lifter wants to own a world record. Ask yourself; have you done the right things to warrant such a high level of success? Examine where your hard work is focused, and make sure that you are getting the right return on your investment. **PM**

An advertisement for Kabuki Strength. It features three shirtless men performing pull-ups on a horizontal bar. The background is dark, and the men are in sharp focus. The text "SWING MORE. LIFT MORE." is overlaid in large, bold, white letters. Below the image, there is descriptive text about the ShouleRök product and its benefits. The Kabuki Strength logo is in the bottom right corner.

ShouleRök™ Designed for strength athletes, coaches and practitioners. A precision, loadable tool, which when used correctly will increase strength and shoulder health, while continuously reinforcing the athlete's need for core stabilization. The ShouleRök aids in reaching new PRs and most importantly, helps to keep us mobile and injury free for years to come. For order information including instructional videos visit our online store at KabukiStrength.net.

KABUKI STRENGTH



Super Training Corner

Not everyone can deadlift like The GOAT, Eddy Coan, but you can sure as hell try! Ed Coan successfully pulled 901 lbs. at 220 lbs. body weight back in 1991.

Since then, Ed has continued to amaze the powerlifting community with his strength and knowledge. When Ed came to Super Training Gym, he coached Team ST. During our training session, he went over what we have come to call "Ed Coan Deadlifts." He explained how to do reps in the deadlift. Ed said that, after your first rep, do not bounce the weight at the bottom, and do not fully reset. He said to come down in a controlled manner, and while maintaining the slack out of the bar, touch the ground and dissipate a majority of the weight on the ground. Then, come back up. This optimizes the bar positioning and tension throughout the entire set. So, for this training session, we completed "Ed Coan Deadlifts" followed by lower-body accessory work and abs.



ED COAN DEADLIFTS:

75% 5x5 reps

BLOCK PULLS:

70% 3x5 reps

GHR/BACK EXTENSIONS:

4x10-15 reps

PUSH THE SLED

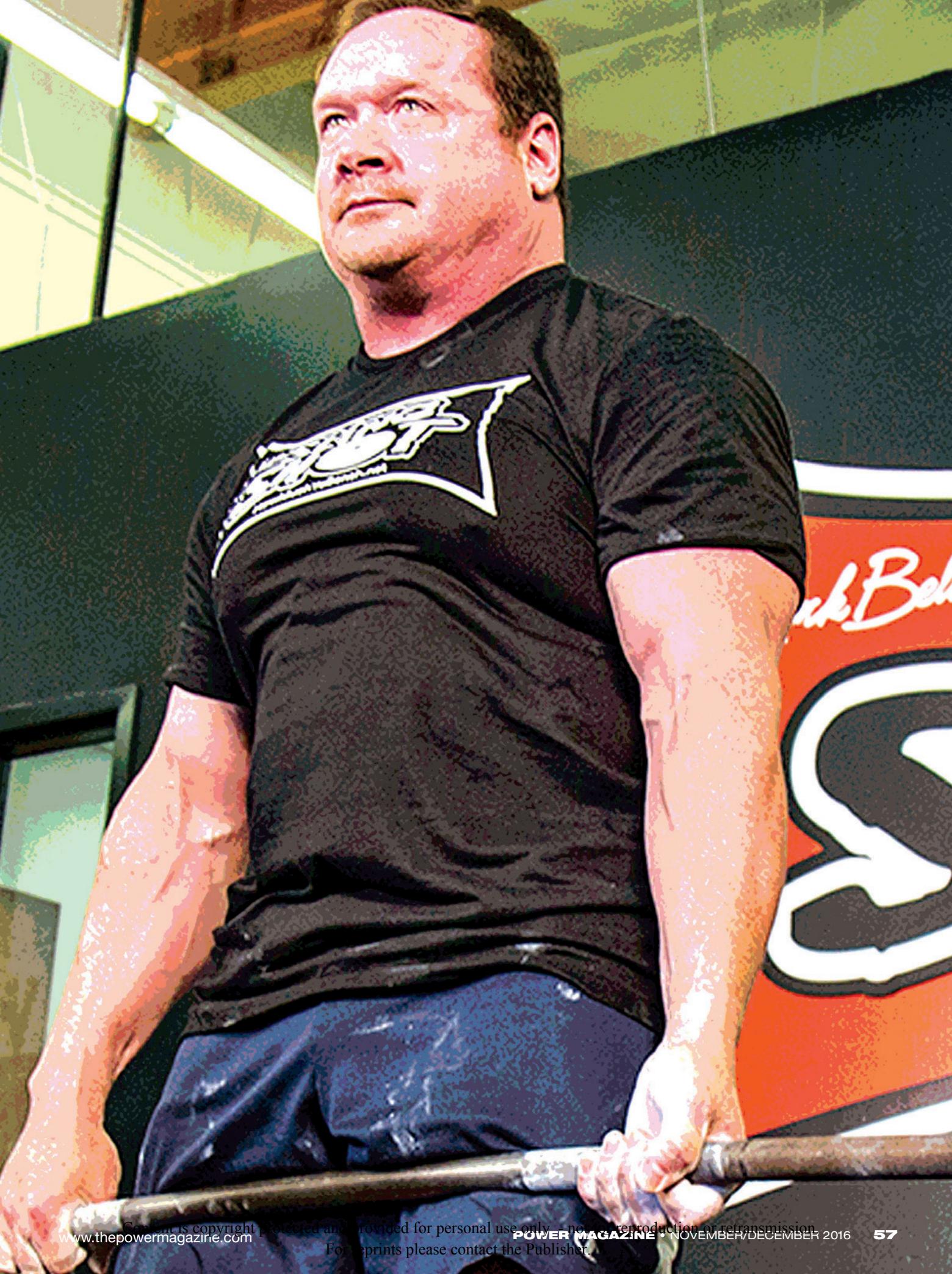
(with weight):

40 yards x 5-6 rounds

AB WHEEL:

4x15-20 reps

This strength builder will put your lower body through its paces, while also testing your power, back-end strength, and work capacity. Pulling from blocks as a secondary movement is great for handling additional weight without having the strain from pulling from the floor. This is followed by muscle building and muscular endurance exercises for conditioning. Make sure you give this deadlift session a shot. More training methods will follow in the next issue from Super Training Gym – "The Strongest Gym in the West!"



Current Top 50 Rankings: Men, 148 lbs...

For these rankings, we're taking the top lifts out of raw, raw with wraps, single-ply, and multi-ply.

SQUAT

Rank	Name	Federation	Date	Division	Squat
1	Marc Tejero	XPC	2016-03-05	Multi-Ply	710
2	Brett Benedix	APF	2016-05-28	Single-Ply	633
3	Mario Marquez	USPA	2016-01-30	Single-Ply	617
4	Joe McNeil	RPS	2015-12-12	Multi-Ply	600
5	Josh Marosi	IPA	2016-01-09	Raw with Wraps	590
6	Jordon Ruiz	USPA	2016-05-21	Single-Ply	584
7	Tony Conyers	USPA	2016-02-27	Raw with Wraps	578
8	Jake Benedix	APF	2016-05-28	Single-Ply	567
9	Brett Benedix	RUPC	2016-01-29	Raw	562
10	Hugo Salas	THSPA	2016-04-02	Single-Ply	555
10	Zach Mutchler	THSPA	2016-04-02	Single-Ply	555
12	Mario Marquez	USPA	2015-12-05	Raw with Wraps	551
12	David Raymond	UPA	2016-07-16	Raw with Wraps	551
14	Luke Starnes	RPS	2016-01-16	Single-Ply	550
15	Andrew Priebe	APF	2016-02-16	Single-Ply	540
15	Thomas Soto	SPF	2016-07-09	Raw with Wraps	540
15	Alex Gonzalez	THSPA	2016-04-02	Single-Ply	540
18	Andrew Petti	XPC	2016-03-04	Raw with Wraps	535
18	Brian Galloway	XPC	2016-03-05	Raw with Wraps	535
20	Oscar Monjaraz	THSPA	2016-04-02	Single-Ply	530
21	Derek Mead	USPA	2016-01-23	Raw with Wraps	529
22	Marc Fahringer	IPA	2016-06-25	Multi-Ply	525
23	Keith McHoney	USAPL	2016-03-04	Raw	523
24	Eric Tong	THSPA	2016-04-02	Single-Ply	520
24	Grayson Brown	THSPA	2016-04-02	Single-Ply	520
24	Camarillo Oscar	THSPA	2016-04-02	Single-Ply	520
24	J. Paul Axtell	THSPA	2016-04-02	Single-Ply	520
28	Danny Diaz	THSPA	2016-04-02	Single-Ply	515
28	Cesar Herrera	THSPA	2016-04-02	Single-Ply	515
30	Gerald Dionio	USPA	2016-07-09	Raw with Wraps	512
31	Shawn Warren	LHSPLA	2016-03-18	Single-Ply	510
31	Gavin Webster	THSPA	2016-04-02	Single-Ply	510
33	Alexander Kang	USAPL	2016-03-04	Single-Ply	507
34	Tyler Weaver	RPS	2015-10-03	Single-Ply	505
34	Heliseo Guerrero	THSPA	2016-04-02	Single-Ply	505
36	Willie Lim	USAPL	2015-10-15	Raw	501
37	Brandon Racca	LHSPLA	2016-03-18	Single-Ply	500
37	Alan Alfaro	THSPA	2016-04-02	Single-Ply	500
37	Kristopher Imhof	THSPA	2016-04-02	Single-Ply	500
37	Evan Lemons	SPF	2016-03-12	Raw with Wraps	500
37	Josue Tobias	THSPA	2016-04-02	Single-Ply	500
42	Brandon Palomares	THSPA	2016-04-02	Single-Ply	495
43	Sawyer Yandell	USAPL	2015-10-15	Raw	490
43	Gerald Dionio	IPL	2015-11-12	Raw	490
43	Chris Rodgers	RPS	2015-11-21	Raw with Wraps	490
43	Daniel Thiel	APF	2015-12-13	Raw with Wraps	490
47	Jonathan Zelaya	THSPA	2016-04-02	Single-Ply	485
47	Jamison Snow	USPA	2016-01-19	Raw with Wraps	485
47	Leo Rosales	THSPA	2016-04-02	Single-Ply	485
50	Christian Arzabala	THSPA	2016-04-02	Single-Ply	480
50	Cody Seward	LHSPLA	2016-03-19	Single-Ply	480
50	Cory Sauer	THSPA	2016-04-02	Single-Ply	480
50	Andrew Magedson	THSPA	2016-04-02	Single-Ply	480

BENCH PRESS

Rank	Name	Federation	Date	Division	Bench
1	Marc Tejero	XPC	2016-03-05	Multi-Ply	475
2	Deron Agaran	WABDL	2016-02-21	Single-Ply	451
3	Mario Marquez	USPA	2016-01-30	Single-Ply	402
4	Jordon Ruiz	USPA	2016-05-21	Single-Ply	385
4	Jake Fiscus	WABDL	2016-03-12	Single-Ply	385
6	Kejajuan Collington	365	2016-07-09	Raw	375
7	Jeremy Seff	365 Strong	2016-06-11	Raw	365
8	Blake Washington	UPA	2016-04-16	Raw	363
8	Mark Masuda	WABDL	2016-02-21	Single-Ply	363
10	Zach Mutchler	THSPA	2016-04-02	Single-Ply	360
11	Viet Tran	RAW	2016-06-25	Raw	352
11	Tony Conyers	USPA	2016-02-27	Raw	352
13	Brian Galloway	XPC	2016-03-05	Raw	350
14	Gerald Dionio	USPA	2016-01-23	Raw	348
15	Jonathon Bareng	IPL	2015-11-12	Raw	347
15	Theopolis Ussery	RAW	2016-04-02	Raw	347
17	Josh Marosi	IPA	2016-01-09	Raw	345
18	Lenard Jones	RAW	2016-08-06	Raw	343
19	Jake Benedix	USPA	2016-07-09	Single-Ply	341
19	Keith McHoney	USAPL	2015-10-15	Raw	341
19	Mario Marquez	USPA	2015-12-05	Raw	341
19	Ammon Gray	NASA	2015-12-19	Raw	341
23	Ryan Diogo	RPS	2015-10-17	Raw	340
24	Dan Klavitter	UPA	2016-01-23	Raw	336
25	Josh Smith	UPA	2016-07-08	Multi-Ply	330
25	Gavin Webster	THSPA	2016-04-02	Single-Ply	330
25	Andrew Priebe	APF	2016-02-16	Single-Ply	330
28	David Raymond	UPA	2016-07-16	Raw	325
28	Ricky Ahlo-Pinera	WABDL	2016-02-21	Single-Ply	325
28	John Watkins	IPL	2015-11-12	Raw	325
28	Noah Ancheta	USPA	2016-01-30	Raw	325
28	David Spitzdowski	USPA	2015-10-31	Raw	325
28	Michael Estrella	USPA	2016-01-02	Raw	325
28	Joe McNeil	RPS	2015-12-12	Multi-Ply	325
28	Jeffrey Winkler	USPA	2016-06-04	Raw	325
28	Garrick Carmenatty	RPS	2016-03-19	Raw	325
37	Heliseo Guerrero	THSPA	2016-04-02	Single-Ply	320
37	Brandon Jackson	THSPA	2016-04-02	Single-Ply	320
37	Luke Starnes	RPS	2016-01-16	Single-Ply	320
37	Casin Santillo	THSPA	2016-04-02	Single-Ply	320
41	Luis Ardon	RAW	2016-06-11	Raw	319
41	Divale Roberson	WUAP	2015-10-10	Raw	319
41	Ken Bram	APF	2016-05-06	Raw	319
44	Shawn Warren	LHSPLA	2016-03-18	Single-Ply	315
44	Pat Mason	EPFus	2015-11-28	Raw	315
44	Andrew Petti	XPC	2016-03-04	Raw	315
47	Richard Jones	USPA	2016-03-19	Raw	314
47	Brett Benedix	USPA	2016-07-09	Single-Ply	314
47	Jonathan Rosete	WABDL	2016-03-12	Single-Ply	314
47	Donald Watts	USPA	2016-01-09	Raw	314
47	Ariel Mulkey	APA	2016-04-23	Raw	314
47	Willie Lim	USAPL	2015-10-15	Raw	314
47	Carlos Avalos	USPA	2016-05-28	Raw	314
47	William Aguilera	WRPF	2016-08-19	Raw	314
47	Vincent Wynn	USPA	2015-12-12	Raw	314
47	Justin Osano	RUPC	2016-01-29	Raw	314

Free For All! (Raw, Single-Ply or Multi-Ply)

DEADLIFT

Rank	Name	Federation	Date	Division	Deadlift
1	Tony Conyers	USPA	2016-02-27	Raw	644
2	Gerald Dionio	USPA	2016-07-09	Raw	611
3	Keith McHoney	IPF	2016-06-25	Raw	600
3	Marc Tejero	RPS	2015-12-06	Multi-Ply	600
5	Thomas Soto	SPF	2016-07-09	Raw	595
6	Christian Kearney	NASA	2016-08-20	Raw	589
7	Joe McNeil	XPC	2016-03-04	Multi-Ply	585
8	Jordon Ruiz	USPA	2016-05-21	Single-Ply	584
9	Mario Marquez	USPA	2016-01-30	Single-Ply	578
9	Carlos Avalos	USPA	2016-05-28	Raw	578
11	Chris Rodgers	RPS	2015-11-21	Raw	575
12	Rodrigo Manzo	USPA	2015-12-12	Raw	574
13	David Raymond	UPA	2016-07-16	Raw	567
13	Mario Marquez	USPA	2015-12-05	Raw	567
15	Dan Antonucci	USPA	2016-07-16	Raw	562
15	Keith Correa	USPA	2016-01-09	Raw	562
15	Victor Madarang	USPA	2016-01-30	Raw	562
15	Daniel Antonucci	USPA	2016-07-16	Raw	562
19	Eric Tong	THSPA	2016-04-02	Single-Ply	560
20	Brett Benedix	USPA	2016-07-09	Single-Ply	556
21	Jonathon Bareng	IPL	2015-11-12	Raw	551
21	Josh Marosi	USPA	2016-06-25	Raw	551
21	Terel Monroe	APF	2016-03-12	Raw	551
21	Thomas Galuchie	USPA	2016-03-19	Raw	551
21	Joe Morrow	USAPL	2015-10-15	Raw	551
26	Jakob Gibbs	LHSPLA	2016-03-18	Single-Ply	550
26	Adam Diodato	XPC	2016-03-04	Raw	550
28	Daniel Thiel	APF	2015-12-13	Raw	545
28	Eric Adolph	RPS	2015-11-22	Raw	545
28	Alexander Kang	USAPL	2016-03-04	Single-Ply	545
28	Lenard Jones	RAW	2016-08-06	Raw	545
32	Ali Malik	USPA	2015-10-10	Raw	541
33	Gavin Webster	THSPA	2016-04-02	Single-Ply	540
33	Heliseo Guerrero	THSPA	2016-04-02	Single-Ply	540
35	Andrew Petti	XPC	2016-03-04	Raw	535
35	Evan Lemons	SPF	2016-03-12	Raw	535
37	Daniel Carpenter	IPL	2015-11-12	Raw	534
37	Christian Williams	USPA	2016-03-19	Raw	534
37	Brett Benedix	USPA	2015-11-22	Raw	534
40	Shawn Warren	LHSPLA	2016-03-18	Single-Ply	530
41	Divale Roberson	WUAP	2015-10-10	Raw	529
42	Nick Gerardi	RPS	2016-04-02	Raw	525
43	Michael Vargas	USPA	2016-05-14	Raw	523
43	Anas Anbar	USPA	2016-05-21	Raw	523
43	John Watkins	IPL	2015-11-12	Raw	523
43	Vincent Wynn	USPA	2015-12-12	Raw	523
43	Jared Jackson	USPA	2016-01-09	Raw	523
43	Cage Antle	USAPL	2015-10-15	Raw	523
49	Estevan Galvan	THSPA	2016-04-02	Single-Ply	520
49	Gary Hunter	USPA	2016-06-04	Single-Ply	520
49	Kenny Miller	THSPA	2016-04-02	Single-Ply	520
49	Tyler Weaver	RPS	2015-10-03	Single-Ply	520
49	Thomas Sodini	XPC	2016-03-04	Raw	520

TOTAL

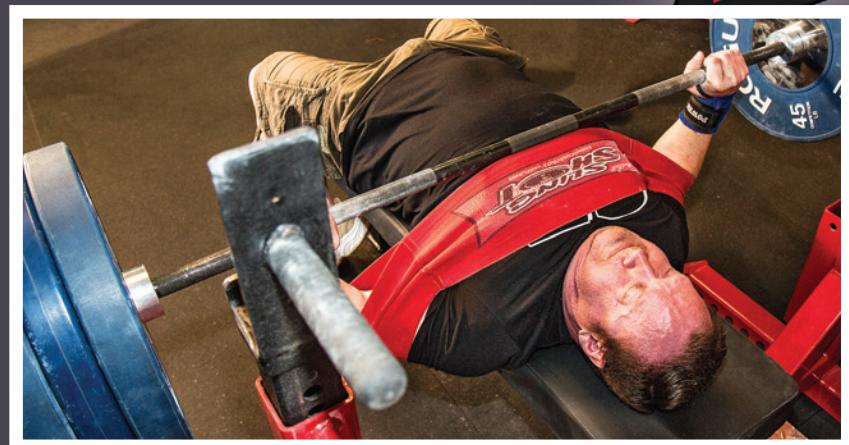
Rank	Name	Federation	Date	Division	Total
1	Marc Tejero	XPC	2016-03-05	Multi-Ply	1765
2	Mario Marquez	USPA	2016-01-30	Single-Ply	1598
3	Tony Conyers	USPA	2016-02-27	Raw with Wraps	1576
4	Jordon Ruiz	USPA	2016-05-21	Single-Ply	1554
5	Joe McNeil	RPS	2015-12-12	Multi-Ply	1504
6	Brett Benedix	APF	2016-05-28	Single-Ply	1482
7	Josh Marosi	IPA	2016-01-09	Raw with Wraps	1470
8	Mario Marquez	USPA	2015-12-05	Raw with Wraps	1455
9	Keith McHoney	IPF	2016-06-25	Raw	1449
10	Gerald Dionio	USPA	2016-07-09	Raw with Wraps	1444
10	David Raymond	UPA	2016-07-16	Raw with Wraps	1444
12	Thomas Soto	SPF	2016-07-09	Raw with Wraps	1438
13	Gerald Dionio	USPA	2016-01-23	Raw	1412
14	Jake Benedix	USPA	2016-07-09	Single-Ply	1410
15	Andrew Petti	XPC	2016-03-04	Raw with Wraps	1385
16	Gavin Webster	THSPA	2016-04-02	Single-Ply	1380
17	Andrew Priebe	APF	2016-02-16	Single-Ply	1377
18	Luke Starnes	RPS	2016-01-16	Single-Ply	1370
18	Zach Mutchler	THSPA	2016-04-02	Single-Ply	1370
20	Heliseo Guerrero	THSPA	2016-04-02	Single-Ply	1365
21	Carlos Avalos	USPA	2016-05-28	Raw	1361
22	Shawn Warren	LHSPLA	2016-03-18	Single-Ply	1355
22	Carlos Avalos	USPA	2016-07-09	Raw with Wraps	1355
24	Eric Tong	THSPA	2016-04-02	Single-Ply	1350
24	Alexander Kang	USAPL	2016-03-04	Single-Ply	1350
24	Hugo Salas	THSPA	2016-04-02	Single-Ply	1350
27	Jonathon Bareng	IPL	2015-11-12	Raw	1339
28	Chris Rodgers	RPS	2015-11-21	Raw with Wraps	1335
29	Brett Benedix	RUPC	2016-01-29	Raw	1333
30	Derek Mead	USPA	2016-01-23	Raw with Wraps	1328
30	Joe Morrow	USPA	2016-07-16	Raw	1328
32	Brian Galloway	XPC	2016-03-05	Raw with Wraps	1325
33	Lenard Jones	RAW	2016-08-06	Raw	1324
34	Rodrigo Manzo	USPA	2015-12-12	Raw	1323
35	Oscar Monjaraz	THSPA	2016-04-02	Single-Ply	1320
36	Evan Lemons	SPF	2016-03-12	Raw with Wraps	1315
36	Adam Diodato	XPC	2016-03-04	Raw with Wraps	1315
38	Divale Roberson	WUAP	2015-10-10	Raw with Wraps	1311
39	Willie Lim	USAPL	2015-10-15	Raw	1306
40	Alex Gonzalez	THSPA	2016-04-02	Single-Ply	1300
40	Josue Tobias	THSPA	2016-04-02	Single-Ply	1300
40	Tyler Weaver	RPS	2015-10-03	Single-Ply	1300
43	Cesar Herrera	THSPA	2016-04-02	Single-Ply	1295
44	Jakob Gibbs	LHSPLA	2016-03-18	Single-Ply	1290
44	Ryan Diogo	RPS	2015-10-17	Raw with Wraps	1290
46	Thomas Sodini	XPC	2016-03-04	Raw with Wraps	1285
47	Daniel Thiel	APF	2015-12-13	Raw with Wraps	1278
47	Anas Anbar	USPA	2016-05-21	Raw	1278
49	Noah Ancheta	USPA	2016-01-30	Raw	1273
50	Kenny Miller	THSPA	2016-04-02	Single-Ply	1270
50	Xzavious Gray	THSPA	2016-04-02	Single-Ply	1270

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Current Top 30 Rankings: Women 105 lbs....

For these rankings, we're taking the top lifts out of raw, raw with wraps, single-ply, and multi-ply.

SQUAT

Rank	Name	Federation	Date	Division	Squat
1	Dawn Hickman	UPA	2015-12-05	Multi-Ply	413
2	Elaine Grimwood	IPA	2016-03-05	Multi-Ply	380
3	April Shumaker	USPA	2016-09-16	Single-Ply	352
4	Ashley Mitchell	LHSPLA	2016-03-19	Single-Ply	305
5	April Shumaker	USPA	2016-02-27	Raw with Wraps	303
6	Kaitlyn Pelitire	THSWPA	2016-03-08	Single-Ply	300
6	Vicky Minjarez	THSWPA	2016-03-08	Single-Ply	300
6	McKayla Cortez	THSWPA	2016-03-08	Single-Ply	300
9	Mia Reyes	THSWPA	2016-03-08	Single-Ply	295
9	Nadya Valero	THSWPA	2016-03-08	Single-Ply	295
11	Blake-Lee Ordes	LHSPLA	2016-03-19	Single-Ply	290
11	Alexa Alaniz	THSWPA	2016-03-08	Single-Ply	290
11	Elma Lopez	THSWPA	2016-03-08	Single-Ply	290
14	Madi Werner	THSWPA	2016-03-08	Single-Ply	285
15	Mandy Sanchez	THSWPA	2016-03-08	Single-Ply	280
16	Briseidi Cantu	THSWPA	2016-03-08	Single-Ply	275
16	Marisol Contreras	THSWPA	2016-03-08	Single-Ply	275
16	Arianna Garcia	THSWPA	2016-03-08	Single-Ply	275
16	Yvette Flores	THSWPA	2016-03-08	Single-Ply	275
20	Le Do	THSWPA	2016-03-08	Single-Ply	270
20	Alexis Wiley	LHSPLA	2016-03-19	Single-Ply	270
20	Lisa Rothman	USAPL	2015-10-15	Raw	270
20	Lisa Randazzo	IPF	2016-06-25	Raw	270
20	Heather Connor	IPF	2016-06-25	Raw	270
25	Kelsey Lopez	THSWPA	2016-03-08	Single-Ply	265
25	Salma Ramirez	THSWPA	2016-03-08	Single-Ply	265
27	Tammy Idrogo	THSWPA	2016-03-08	Single-Ply	260
27	Hope Davila	THSWPA	2016-03-08	Single-Ply	260
27	Brenda Quintero	THSWPA	2016-03-08	Single-Ply	260
30	Stacia-Al Mahoe	USPA	2016-09-16	Single-Ply	259

BENCH PRESS

Rank	Name	Federation	Date	Division	Bench
1	April Shumaker	USPA	2016-09-16	Single-Ply	259
2	Dawn Hickman	UPA	2015-12-05	Multi-Ply	236
3	Stacia-Al Mahoe	USPA	2016-09-16	Single-Ply	231
4	Elaine Grimwood	IPA	2016-03-05	Multi-Ply	225
5	April Shumaker	USPA	2016-02-27	Raw	209
6	Madi Werner	THSWPA	2016-03-08	Single-Ply	190
7	Stacia-Al Mahoe	RPS	2016-04-23	Raw	171
8	Samyra Abweh	IPL	2015-11-12	Raw	170
8	McKayla Cortez	THSWPA	2016-03-08	Single-Ply	170
10	Ashley Mitchell	LHSPLA	2016-03-19	Single-Ply	165
11	Kaitlyn Pelitire	THSWPA	2016-03-08	Single-Ply	155
11	Blake-Lee Ordes	LHSPLA	2016-03-19	Single-Ply	155
13	Mimi Ho	USPA	2016-06-26	Raw	154
14	Kelsey Spraitin	APA	2016-04-23	Raw	153
15	Yvette Flores	THSWPA	2016-03-08	Single-Ply	150
15	Nadya Valero	THSWPA	2016-03-08	Single-Ply	150
17	Lisa Rothman	IPF	2016-06-25	Raw	143
17	Jackie Mojica	RUPC	2016-01-29	Raw	143
17	Jessica Okimura	IPL	2015-11-12	Raw	143
20	Tara Moreno	THSWPA	2016-03-08	Single-Ply	140
20	Elma Lopez	THSWPA	2016-03-08	Single-Ply	140
20	Nicole Petro	RPS	2016-06-25	Raw	140
23	Heather Connor	IPF	2016-06-25	Raw	137
23	Janet Koenig	IPF	2016-06-25	Raw	137
25	Jannett Chavez	SPF	2016-03-19	Raw	135
25	Alexa Alaniz	THSWPA	2016-03-08	Single-Ply	135
25	Kelsey Lopez	THSWPA	2016-03-08	Single-Ply	135
25	Keaghan Shinn	THSWPA	2016-03-08	Single-Ply	135
25	Le Do	THSWPA	2016-03-08	Single-Ply	135
30	Amanda Hunsucker	RAW	2016-04-03	Raw	132
30	Alexis Callejo	USPA	2016-04-02	Raw	132
30	Lisa Randazzo	USAPL	2015-10-15	Raw	132

Free For All! (Raw, Single-Ply or Multi-Ply)

DEADLIFT

Rank	Name	Federation	Date	Division	Deadlift
1	Payal Ghosh	USPA	2016-05-21	Raw	385
1	Elaine Grimwood	IPA	2016-03-05	Multi-Ply	385
3	Stacia-Al Mahoe	USPA	2016-05-21	Raw	369
4	April Shumaker	USPA	2016-09-16	Single-Ply	363
4	Heather Connor	IPF	2016-06-25	Raw	363
6	Dawn Hickman	UPA	2015-12-05	Multi-Ply	336
6	Stacia-Al Mahoe	USPA	2016-09-16	Single-Ply	336
8	Lisa Rothman	USAPL	2015-10-15	Raw	325
8	Samyra Abweh	USPA	2016-01-23	Raw	325
8	April Shumaker	RPS	2016-05-28	Raw	325
11	Madi Werner	THSWPA	2016-03-08	Single-Ply	315
11	Ashley Mitchell	LHSPLA	2016-03-19	Single-Ply	315
13	Alexis Callejo	USPA	2016-04-02	Raw	314
13	Janet Koenig	IPF	2016-06-25	Raw	314
15	Elma Lopez	THSWPA	2016-03-08	Single-Ply	310
16	Vipa Pukasamsombut	USPA	2016-07-30	Raw	308
17	Kaitlyn Pelitire	THSWPA	2016-03-08	Single-Ply	305
18	Lisa Randazzo	IPF	2016-06-25	Raw	303
19	Marisol Contreras	THSWPA	2016-03-08	Single-Ply	300
20	Briseidi Cantu	THSWPA	2016-03-08	Single-Ply	290
21	Jackie Mojica	RUPC	2016-01-29	Raw	286
21	Anika Mejia	IPL	2015-11-12	Raw	286
21	Kelley Sherwin	USAPL	2015-10-15	Raw	286
24	Jessica Okimura	IPL	2015-11-12	Raw	281
24	Amanda Hunsucker	RAW	2016-04-03	Raw	281
24	Sarah Cruz-Ortiz	USAPL	2015-10-15	Raw	281
27	Michelle Moore	THSWPA	2016-03-08	Single-Ply	280
27	McKayla Cortez	THSWPA	2016-03-08	Single-Ply	280
27	Stephanie Mancilla	THSWPA	2016-03-08	Single-Ply	280
30	Vanessa Banta	THSWPA	2016-03-08	Single-Ply	275
30	Le Do	THSWPA	2016-03-08	Single-Ply	275
30	Yvette Flores	THSWPA	2016-03-08	Single-Ply	275
30	Gayla Channell	IPL	2015-11-12	Raw	275
30	Nadya Valero	THSWPA	2016-03-08	Single-Ply	275
30	Mandy Sanchez	THSWPA	2016-03-08	Single-Ply	275
30	Cassandra Corpus	THSWPA	2016-03-08	Single-Ply	275
30	Madison Sullivan	THSWPA	2016-03-08	Single-Ply	275

TOTAL

Rank	Name	Federation	Date	Division	Total
1	Elaine Grimwood	IPA	2016-03-05	Multi-Ply	990
2	Dawn Hickman	UPA	2015-12-05	Multi-Ply	986
3	April Shumaker	USPA	2016-09-16	Single-Ply	975
4	April Shumaker	USPA	2016-02-27	Raw with Wraps	832
5	Stacia-Al Mahoe	USPA	2016-09-16	Single-Ply	826
6	Stacia-Al Mahoe	USPA	2016-05-21	Raw	794
7	Madi Werner	THSWPA	2016-03-08	Single-Ply	790
8	Ashley Mitchell	LHSPLA	2016-03-19	Single-Ply	785
9	Heather Connor	IPF	2016-06-25	Raw	771
10	Kaitlyn Pelitire	THSWPA	2016-03-08	Single-Ply	760
11	McKayla Cortez	THSWPA	2016-03-08	Single-Ply	750
12	Elma Lopez	THSWPA	2016-03-08	Single-Ply	740
13	Lisa Rothman	USAPL	2015-10-15	Raw	738
14	Payal Ghosh	USPA	2016-05-21	Raw	733
15	Nadya Valero	THSWPA	2016-03-08	Single-Ply	720
16	Blake-Lee Ordes	LHSPLA	2016-03-19	Single-Ply	715
17	Lisa Randazzo	IPF	2016-06-25	Raw	705
18	Yvette Flores	THSWPA	2016-03-08	Single-Ply	700
18	Marisol Contreras	THSWPA	2016-03-08	Single-Ply	700
20	Samyra Abweh	USPA	2016-01-23	Raw	699
21	Briseidi Cantu	THSWPA	2016-03-08	Single-Ply	695
22	Vicky Minjarez	THSWPA	2016-03-08	Single-Ply	690
23	Le Do	THSWPA	2016-03-08	Single-Ply	680
23	Mandy Sanchez	THSWPA	2016-03-08	Single-Ply	680
25	Alexa Alaniz	THSWPA	2016-03-08	Single-Ply	675
25	Mia Reyes	THSWPA	2016-03-08	Single-Ply	675
27	Vipa Pukasamsombut	USPA	2016-07-30	Raw	672
27	Jackie Mojica	RUPC	2016-01-29	Raw	672
29	Jessica Okimura	IPL	2015-11-12	Raw	666
30	Kelsey Lopez	THSWPA	2016-03-08	Single-Ply	655

POWER

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Carbon

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Luigi Fagiani

<https://www.youtube.com/user/bstars09>



You're known for the deadlift; one of the most aggressive and badass lifts in powerlifting. What is it about you that makes you push the deadlift harder than most lifters in the sport?

I feel like the deadlift is the best lift out of the three main lifts. For me, it's just fun; I can go nuts, slam sh*t around, and get all of my aggression out. Deadlifting is where you can show off your pure gorilla strength; either you can lift the weight, or you can't. There's no cheating, no wraps like with the squats or bouncing like with the bench. Either you're strong enough to pick up [the weight], or you're not. When it comes to a meet, the deadlift is what separates the men from the boys. It's what can make or break your total; it's what can make you win or lose the meet.

What are your "on and off" the platform numbers?

I compete in four different classes - 220 lbs. and 242 lbs.; both wrapped and with sleeves.

My best gym lifts are 760 lbs., 475 lbs., and 845 lbs.

220 lbs. total 1844 raw

242 lbs. 727-441-821 total 1989 wrapped

242 lbs. 644-435-804 total 1851 raw

Other than moving tons of weight (literally), how do you fill your free time?

I enjoy my free time, and I try to do the most I can with it. If you follow me on social media, you can see that I get a lot

of sh*t for the things I like to do because I'm not lifting 24/7. I enjoy being active and being healthy, so I'm usually down for any outdoor activity such as hiking, kayaking, biking etc. I have two boxers so I spend a lot of time with them as well.

What is your long-term goal in and out of powerlifting?

My long-term goal in powerlifting would be to total over 2k and pull 900 lbs., but also mainly just lifting as long as I can, staying in the sport, and being healthy. My main goal outside of powerlifting is really just living life and being happy. I would eventually like to open my own business. I have a lot of ideas brewing so I just have to decide on one and put all I have into it.

Best things to build your deadlift?

My favorite workouts to build my deadlift would be deficit deadlifts and also mini bands around the bar and through my feet. If you watch a lot of my videos, I almost pull from a deficit more than I pull from the ground. It's almost around the same weight as from the ground. I feel like the extra couple of inches you have to pull really helps my deadlift; especially with the speed off of the ground.

Find Luigi on social media:

Instagram- @Luigifagiani

Twitter- @Luigifagiani

Youtube- <https://www.youtube.com/user/bstars09>

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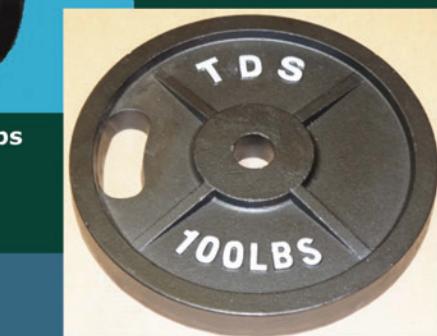
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