

TOTAL HUMAN OPTIMIZATION: MARK BELL ON THE ONNIT PODCAST

# POWER

MARCH/APRIL 2018

**KEEPING  
IT KETO**

BY MATT VINCENT



**HOW HE BECAME THE G.O.A.T.:**

# ED COAN

BY MARIEL TAGG

MARCH/APRIL 2018 • VOL 9, NO 2  
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# POWER

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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@markbellslingshot.com

#### ASSOCIATE EDITOR

Jeff "Robot" Irion

#### CONTRIBUTING PHOTOGRAPHERS

Andrew Zaragoza, Brett Bentley

#### ART DIRECTOR/PRODUCTION

Paul Graff  
paulgraff1964@gmail.com

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andee@thepowermagazine.com

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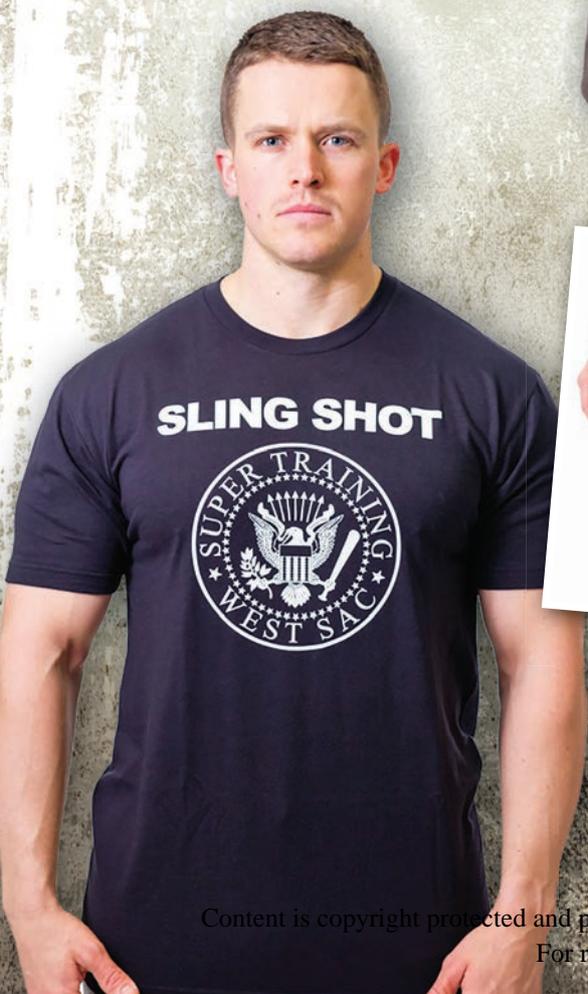
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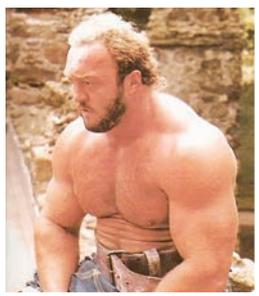
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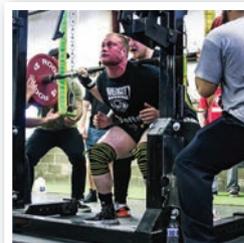
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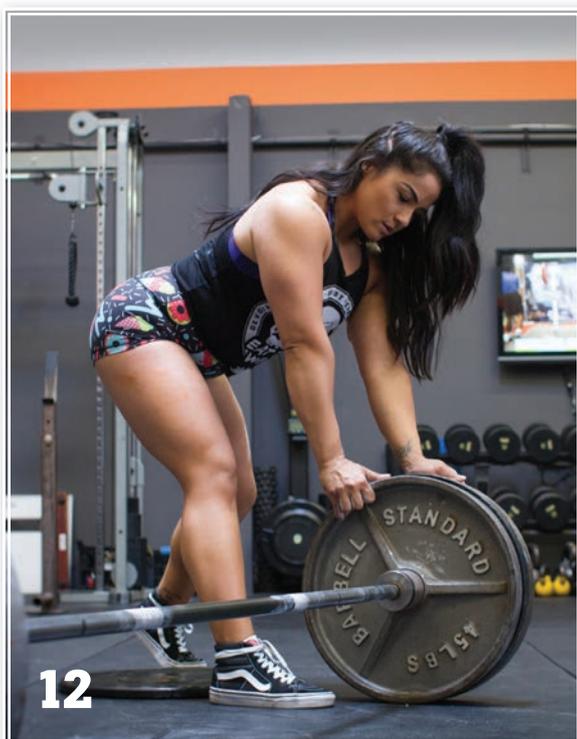
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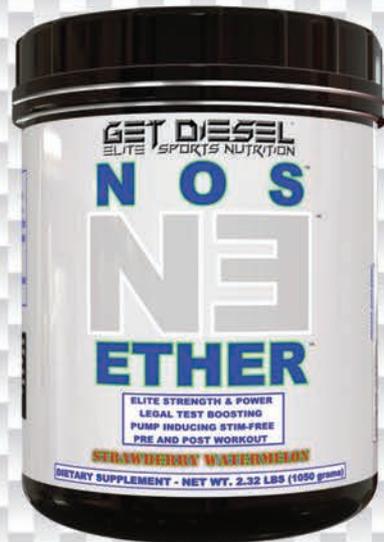
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## ROB HALL

BY WADE ZENO



**Age:** 29  
**Height:** 6'0  
**Weight:** 295  
**Hometown:** Killeen, TX  
**Gym:** Big Tex Gym  
**Max Squat:** 854 lbs. (782sleeves)  
**Max Bench:** 589 lbs.  
**Max Deadlift:** 837 lbs.  
**Best Total:** 2237 lbs. raw w/ wraps and 2210 lbs. raw  
**Athletic Background:** Football, Wrestling, Track & Field  
**Instagram:** @WorldBreakerSavage

**You're known as "Da Savage". What does it take to become a "Savage"? How does a savage mentality help your training?** Mental fortitude, the right kind of attitude that isn't cocky but believes in your own capabilities. A high amount of determination, being able to showcase it and not just talk about it. A savage mentality helps me in training on those days that are dreadful, but work needs to be done. Also, elevating my training, doing everything I can to take me to the next level.

**Over the last couple years, we've frequently seen you in "The Animal Cage". In The Cage, you've performed feats such as deadlifting 500 lbs. for 21 reps, or totaling 2000 lbs. in 30 seconds. Which was most difficult? How do you mentally and physically prepare for these kinds of things? How does it feel in the moment and afterwards?** Honestly, the 500 lb. deadlifts for 21 reps was more difficult. I had previously completed 6 meets in the span of 10 months, so I was physically exhausted and my invite was last minute. On the plane ride over to Ohio, I was already in the zone to perform, and I just repeated to myself "go until you cannot". Being inside The Cage and all of the people around it was amaz-

ing and the energy was insane. Once I started, I didn't see anyone just the movement. After that was over, my lungs were on fire. The following year however, when I totaled 2000+ lbs., it was different. I had just come out of a meet a month prior, so my confidence was at a high. I calculated the plates I needed where, how much time I had (1 hour), and which moves needed to be done (deads least, then bench, then squats last warm up). Finishing that, I knew I had done something special. The fans all over talked to me the next three days about it, which was nothing short of amazing and humbling.

**You've only been competitive powerlifting for about 3 years now. However, you have a large frame and seem like you've always been a strong guy. What did you do before competitive powerlifting?** I was attempting to be a bodybuilder. After leaving college football at UMHB, training was all I had to do in my free time. I had decent strength then, and I always wanted to push my body further. Old gym maxes were around a 570 squat, 495 bench and a 585 deadlift, I was only around 260lbs. at the time.

**You're the #8 all-time (#2 current) 308 powerlifter, so obviously you have a huge total. Your squat/bench/**

**deadlift seem well-rounded; you don't depend on a single lift to carry your overall total. How do you split training for the big 3 lifts? Which are your most and least favorite?** My training split is fairly normal. I have a 4-day split where I bench, squat, deadlift and do an upper body day. The accessories vary depending on what my coach, Josh Bryant, thinks we need to work on. Squat day has become my favorite day. To me it has the most room for growth in poundage. I wouldn't say I have a least favorite day because bench and especially deadlifts are fun for me. So I would say the upper body day, only if I had to choose. Every day for me serves a purpose so I enjoy all of them.

**Your toddler son probably thinks you're a real life super hero! If he decided to get into lifting, at what age would you have him start? What kind of advice and lifting routines would you recommend?** He does! To him, I'm the strongest person around and it brings me great joy to see the smile on his face. He's a strong little 2-year-old, and he's picked up 5-10 lbs. objects already. Not sure on a particular age for training with weights, but as he learns and his motor patterns develop, he can start with bodyweight movements. Once he masters those then I'd say he would be ready. He's a hell of a squatter already.

**What do you think is the most underrated accessory exercise?** Pull ups, people don't do them enough and it will help all three lifts.

**What lifting or fitness accomplishment is your favorite/are you most proud of?** That's a tough choice as I am proud after every meet. But the one that stuck out the most still is winning Boss of Bosses 3 and receiving a sponsorship from ANIMAL.

**When you have a meet picked out, how much time do you spend preparing for it? How does your meet prep**

**training differ from your off-season training?** After picking a meet, I'll prep anywhere from 8-12 weeks out. Sometimes I have another meet picked close by and stay in prep from up to about 22 weeks. My offseason work usual consists of taking the barbell movements out to give the joints a rest, a lot of GPP upping my work capacity.

**There was a period of time between 2015-2017 where you were doing meets every couple of months. How do you train for consecutive meets?** How short is "too short" for time between meets? Do you think the absence of an "off-season" is detrimental? Back then it seemed never-ending. My first couple meets were 4 week preps. I've done as low as 3 weeks in the middle of that first year. I just didn't know any better. I was still in the process of learning, but I was



so excited to compete and get better. I think under 3 weeks apart is too short in between meets. You can only stay peaked for so long and that's dependent on skill level and individual differences. I don't think the absence of an actual off-season is detrimental but the process has to be adjusted. You can't stay at a high level of weight intensity all the time. The body needs time at the lower numbers to develop again. This is based upon indi-

vidual skill level.

**What are your powerlifting goals for 2018?** My goals for 2018 are simple: increase my total in sleeves and wraps, with a couple meets in the first half of the year. The main goal for 2018 is to make it to Australia and compete at Big Dogs 3. I want to put up my biggest total yet. I want to be the best, and there's no better way than to compete alongside the best and strongest in the world. **PM**

**When was the last time you set a PR outside the gym?**

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# THIS CHICK CAN KICK YOUR ASS.... AND YOU MAY LIKE IT! AMANDA KOHATSU

**You've only been competing for a little over a year. In this short amount of time, you've already put up really impressive numbers and are in the top percentile of female powerlifters. How did you master powerlifting in such a short period of time?**

That's an interesting question because I do not feel I have "mastered powerlifting" AT ALL. I do think spending years in the gym and a solid year or two doing Crossfit programming where I would work up to a heavy rep max in at least one strength lift once a week helped a lot with my overall base of strength. I had a pretty solid foundation before I ever thought about competing in PL. So when I competed for the first time, an elite total was not even optional as I had been squatting and pulling for at least 5yrs prior to competing and

thought the elite numbers seemed very attainable. However, once you compare me to other International Elite lifters (like Stacy Burr, Stefi Cohen or many others) you can see I have such a long way to go! I honestly do not care about winning meets. My only goal is to make progress. I'm so excited to be on the same platform as some of the strongest people in the world, regardless of where I rank next to them! In my opinion, if I'm the strongest person in the room, I'm in the wrong room!

**In addition to the strength aspect of health & fitness, you have a firm grasp on the aesthetic side as well. Improving physical appearance is the motivation of many people as they buy their January memberships and walk into a gym for the first time. What motivated you to get into lifting?**

After becoming a certified trainer in 2012, I worked for a female fitness manager at my local gym who was a figure competitor. I began to train with her to learn about programming for bodybuilding aka hypertrophy. I WAS HOOKED. I definitely think lifting weights has changed not only the way I look, but more so the way I see myself and feel about my body. Developing strength has given me the deepest appreciation for my own abilities in and out of the gym. In the beginning, it was all about making "booty gains" and being "toned", but since I started lifting my mom has been diagnosed with Multiple Sclerosis and it made me really appreciate that being strong is not something to take for granted. So now every time I'm in the gym, I'm motivated to push my body to places it's never been before, because I





feel so fortunate to even have the ability to do so!

**How has your diet evolved over the course of your years of training?**

After training with a hypertrophy program for a year I still wasn't seeing the changes I wanted. Unfortunately, I was not eating nearly enough calories to keep up and create the gains I needed. I hired a very intelligent coach in 2013 to help me understand that aspect and finally started to make "the gains". Ever since then, I have been on a search for more muscle. I went from literally starvation (900-1100kcal/day) and over 2hrs of hard cardio daily (plus walking 3miles/day in San Francisco), to as much as 3200 kcal/day and mostly lifting with around 40 min-1hr of cardio/WEEK. Of course, this was done over the span of 2yrs and multiple reverse and cut cycles. Most people have no idea how long it takes to fix your metabolism once you've nearly destroyed it with yo-yo dieting. My body had become adjusted to and was maintaining my 120lbs bodyweight on 900 kcal/day so increasing too fast could have created huge weight gains (not the good kind!). So it was a tedious process of adding <20g carbs/week and monitoring my weight/measurements...IT WAS AWFUL!! So if you have a coach, trust the process! Long story short, if you are relatively lean you should eat a lot and not restrict your diet! I wish I could go back in time...I'd be jacked right now!

**Sumo or conventional – which is your competition deadlift of choice? What are some aspects of your less**

**preferred stance that help with your more preferred stance?**

This is the debate the powerlifting internet loves to argue! I compete in Sumo stance (so far at least) but I have an alright conventional as well (best is 405x2)! Honestly, during training I use both until about 8wks out of a meet, that's usually when the weights are around 90% and at that point the sumo just seems to be more efficient and less painful on my back (I have a slight bulge in between my L4 and L5 vertebrae). I am pretty balanced with my strength so even in my sumo stance I use a lot more back than some pullers who pull with all quads.

**I'm sure dating @teepoola wards off many of the creepy would-be DM sliders. However, I'm sure there are other aspects of being a highly followed female athlete that you're not fond of. Are there any changes you would like to see in this male-dominated sport? Are there any challenges you face as a female powerlifter?**

I honestly think the would-be creepers are more scared/put off by ME than Tee, haha. Although, I wouldn't mess with him either if I were them. I try to take the whole IG thing in stride and I think I have it a lot easier than some of my female counterparts. Most guys that follow me are really awesome and send me tons of messages of support and tell me about their wives/girlfriends/daughters and how they hope they'll be inspired by my training. As far as the sport in general, I think we are heading in the right direction. I love seeing so many brands/gyms popping up that are female

owned and women being regarded as great lifters in the same way that the great male lifters are. Obviously, I think the fitness industry as whole has a long way to go on elevating women for more than their aesthetics and more specifically—their butts. I think that the changes I want to see are just an evolution of what is already happening! I want to see more women training and competing in strength sports, more diversity represented by the brands that we all love, and better standards for coaches and trainers. Powerlifting is growing at a pretty rapid pace but it is still a very tight-knit community, so I think we can achieve all of this if we work together. My biggest pet peeve is the stupid divisions and cliques within the sport. Regardless of our federation, we should all want other women to succeed within the sport of Powerlifting.

**What are some goals or milestones you want to accomplish in your powerlifting career? Do you have any ultimate goals or do you plan to keep going until you can't go anymore?**

I like to set goals for each of my training cycles that I think are manageable. I hate letting myself down. I honestly don't think about "ultimate goals" because I think ANYTHING is possible. I would love to get close to an 1100 lb total at 148 lbs bodyweight by my next meet and after that a 400+lbs squat in sleeves for sure. I definitely plan on lifting and training for as long as I live! As far as competition, we will see. I'm having a lot of fun at the moment so I'm enjoying this part of the process.

**Your Instagram posts are mostly filled with great physiques and feats of strength. What are some of your non-gym/fitness related hobbies and interests?**

Oh man, I am a meathead. This question was the hardest one! Between training my clients and my own training, there isn't much time left. I also host lifting clinics/seminars for women in my area occasionally on weekends and I absolutely love that. I live in sunny Los Angeles so I love to get out to the beach or hiking trails all the time. Like most lifters, I am a foodie. When I can pull Tee away from his studies, we are usually on the hunt for LA's best food spots. We will drive two hours in traffic for a solid burger! **PM**



**HOW HE BECAME THE G.O.A.T**

# ED COAN

BY MARIEL TAGG



**Y**ou probably already know who Ed Coan is. If you don't, he's known as the greatest deadlifter of all time. He's deadlifted over 900 lbs. and squatted over 1,000. To this day, he holds many all-time powerlifting records. These are things you probably already knew about him, but here are a few things you probably didn't.

Ed: I always took the long-term approach to training. My

off-season was setup to blend into my meet prep. Whatever my weaknesses were is what I worked on during the off-season. For example, for the deadlift, I would do a form of the deadlift that worked on that weakness and transfer over—deficit regular deadlifts with no belt and stiff-leg deadlifts with no belt helped out my sumo deadlift style that I would do in a meet. I would do that and almost peak out in that in the off season, and then I would have six weeks of dead-



# ALL TIME BESTS (@220 LBS/100 KGS)

Squat: 1019

Bench: 584

Deadlift: 901

Total: 2463

## DEADLIFTS

791 @ 181 Lbs

859 @ 198 Lbs

887 @ 242 Lbs

Conventional

workouts left that I would switch over to sumo and still do a little bit of conventional work in there. The way I did the sumo was because I've got legs like an oompa loompa and a longer torso and big long arms. This made the style of my sumo have a little bit of conventional mixed in—it wasn't perfect

sumo. I had to have a bigger, stronger back in order to make it perfect for me, so that's what I did.

As far as programming, in the beginning of a program most of the sets and reps were always 2. So in the off season, if I did 2 heavy sets of deficit deadlifts, with no belt of course, for sets

of 10, I would follow that up with deficit stiff-leg deadlifts for sets of 10. It would be 2x10 and 2x10. Let's say I did that for 2 weeks, then I would do sets of 8 for 2 weeks, then I would do sets of 5 for 4 weeks. And maybe a triple and a couple doubles in the end there.

As far as specific accessory work,



I would mix that in almost always the same: it was always some type of a bent-over row—whether close-grip, wide-grip or medium-grip bent over row—and wide-grip chin ups. That was the mainstay of it all, and it worked.

Albert Einstein said, “There’s genius

in simplicity.” Which, for us, means it has to be a pretty simple program. Now try to apply that with the sets, reps and weights that you’re using. There’s the genius part. I figured, if I have my strengths and weaknesses and your strengths will always be your strengths and your weaknesses will always be

your weaknesses, your strengths will go up more easily. Your weaknesses don’t. When I worked on my weaknesses in the off season, I would bring them up closer so there was less of a gap between that and my strengths. I kept doing that every time so the gap wouldn’t get bigger, which is also when there’s



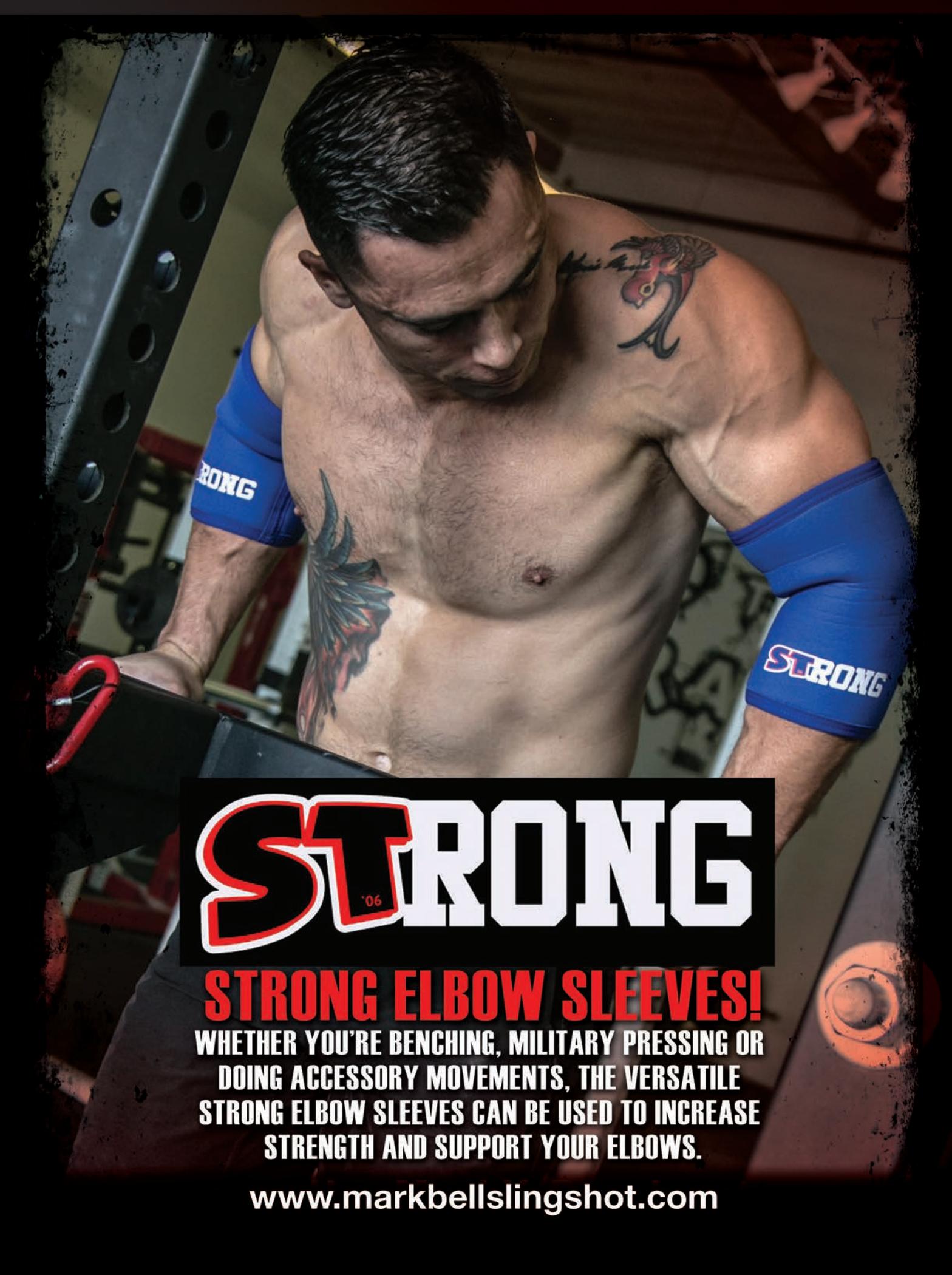
a breakdown in form or your body and you get hurt.

When I mixed in all my assistance work, I figured that was like building a suit of armor. Wherever I put stress, it was covered with muscle and strength. I would follow the same routine, from higher to lower reps, to get everything

stronger together. Rather than doing 5 sets of heavy deadlifts, I would supplement with a couple extra sets of deficit stiff legs and bent over rows because those are the areas that I wanted to strengthen.

Going into the prep season, I would continue to do some of the same work

because I didn't want to quit doing something that got me stronger. You've just got to make sure that you pick your numbers and your sets and reps correctly and ask yourself, "What's the purpose of this exercise? What am I getting out of it?" If you don't get anything out of it, you have to change



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the exercise. Otherwise it's worthless. Whatever movement I did, it had to have a purpose or else it was garbage. I would find what worked and not rotate because it worked.

For example, when I did bent rows, I followed the same reps that I did with my deadlifts, all the way down to triples.

**"YOU WANT TO PROTECT YOUR BODY SO THAT YOU DON'T HAVE A WEAK LINK SO YOU CAN BE EFFICIENT AND IN THE GAME FOR A REALLY LONG TIME"**

Nowadays, everyone is looking for an easier program. They think, "I'll just do the Sheiko or Smolov program." But Sheiko has like 40 programs, so it's hard to find one that you like. You just have to take your time. And even he says sometimes too much volume is too much volume. I just fill my volume up with heavy assistance work.

You want to protect your body so that you don't have a weak link so you can be efficient and in the game for a really long time. If all you've got is a jab and a cross and you don't have a left hook, you have to practice those the same way.

For anybody just starting out, I would recommend starting with a really basic program—the most important part of any program is just picking your numbers correctly. And tag me in a video so I can watch it.

As far as other things that people don't know and might be interested in, I've had pretty great travel around the world with great teams. But as long as Kirk Karwoski was on the team, all those are stories you can't really



"WHEN I WENT TO THE GYM AND I GOT GAINS, THAT WAS A REWARD. THAT WASN'T PAIN AND SUFFERING, THAT WAS MY REWARD FOR WHEN I STRAINED THROUGH A HEAVY SET OF SQUATS."

repeat. I mean, you're around a bunch of lifters who all just want to have fun and you get to be goofy. I don't think people realize the best times of your life are going to be right there in the gym when you're lifting with your crew and laughing. You all have something in common you get to leave the stress of the world outside and have fun and do what you love.

Everyone these days is talking about the "grind" and "hustle" and how hard it is, but no. When I went to the gym and I got gains, that was a reward. That wasn't pain and suffering, that was my reward for when I strained through



a heavy set of squats. When you talk about how a top athlete gets there, it's by doing something right time after time after time in the gym. You build up that confidence because they're

used to it. You can't just all of a sudden say, "Okay, hypnotize me. I'm going to focus on doing this." That doesn't work because it's from an external source. It has to come from within. **PM**

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# TALES FROM THE STRONGSIDE BILL KAZMAIER

BY PAUL LEONARD



**J**erry Pritchett, America's Strongest Man in 2017, hosted Bill Kazmaier at his gym for a seminar recently and I was lucky enough to attend. The Kaz has graced us with a great deal of social media content such as YouTube videos with Josh Bryant, many of his European seminars appear online, as well as his own Instagram posts. Kaz's induction speech into the Arnold Sports Hall of Fame is must-see viewing. Despite these gems online, there is nothing like listening to the self-proclaimed Strongest man who ever

lived. That quote from Kaz at the 1982 WSM Contest to a British broadcaster was not said boastfully, just factually. Kaz today in person is a very humble and captivating speaker.

The first thing you realize when you are in Kaz's presence is that he is very athletic in appearance despite being over 60 years of age. Kaz is also still huge. There is no other way to say it. I myself had only met Kaz once before at the 1997 WSM in Las Vegas and I was impressed with him then, but even more so now, almost 20 years later.

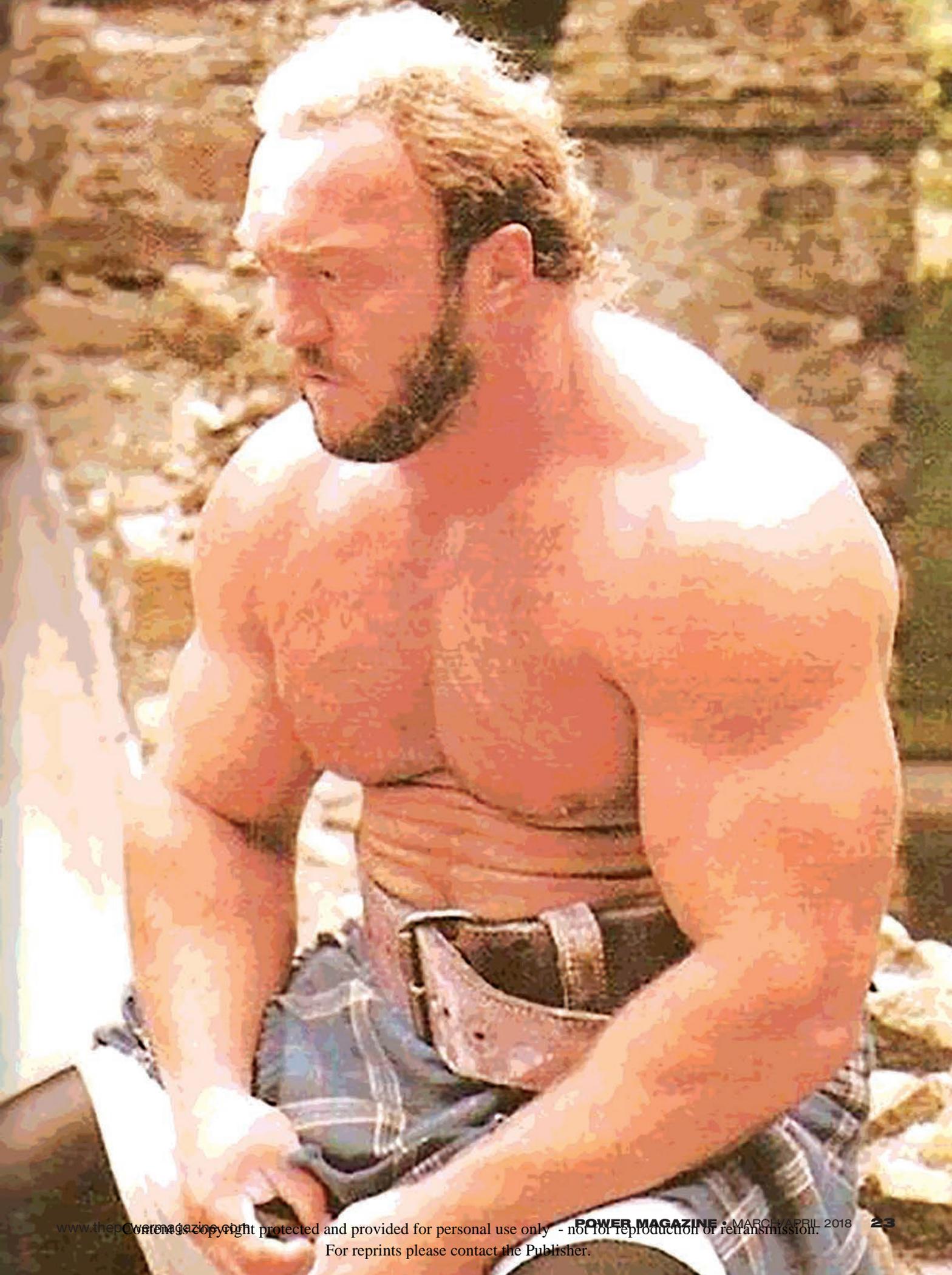
Kaz described his philosophy in lifting as being heavily influenced by Iron Icon Bill Pearl, who authored the Keys to the Inner Universe, a very influential book for Kaz. Kaz played football in high school, specifically nose guard and fullback, graduating at 222 lbs. after also competing in the

shot put as well as the 100-meter dash. Kaz said that when he was 215lbs in high school he could press his body weight for a set of 5.

Kaz also wrestled in high school and entered the University of Wisconsin after graduation. Kaz dropped out of school and began his Powerlifting odyssey at the Madison YMCA. Kaz fondly recalled his early influences from the YMCA, specifically Bob Lowrie, Mike Morgan, and his best partner Steve Disalvo.

Kaz recalled that he was benching 300 initially after entering college but within a matter of months he was benching 400. The first time Bill deadlifted was his first day of college when he pulled 600. Genetics anyone? Despite obvious physical gifts, Bill came from what I would describe as an abusive household. Bill did not describe his relationship with his father as abusive, but I would after hearing about it. Bill said that his father often described him as horse-shot and detailed a story of how his father once hit him with a brick in the back from a distance. These stories really put into perspective Kaz's accomplishments now that it is public knowledge that Kaz had anything but a supportive father-son relationship.

Bill stated that he developed his incredible work ethic at an early age because he worked for a tree surgeon during





*KAZ...hit this amazing 448x3 in the seated press, before undergoing successful surgery on his tricep, conducted by Richard Herrick MD, back in April of this year. Photograph provided by Tony Fitton.*

which he had to cut and haul trees from beside a lake up to a work truck.

Kaz's work ethic immediately endeared him to California Powerlifters such as Joe Free and Bud Ravenscroft. Kaz described that once in California he would often do 7 sets of 7 reps for many of his exercises, intensely telling the seminar that by set 4 or 5 he would be "rolling." Kaz who held the world record Powerlifting total for almost the entire decade of the 80s, had competitive bests of 925 lbs. deadlift, 661 lbs. bench, 837 squat for a 2425 total. Kaz fondly recalled some of his gym repetition personal records such as deadlifting 650 for 10, cheat curling 315 for 15 with lots of back heave, and dumbbell pressing 156lb dumbbells for a set of 10.

Kaz told the audience about his usual bench press workout, which included 550 for 5 sets of 5 with a down-set of 430lbs for 30 reps, not locking out the reps because he always trained triceps the day after bench pressing. Kaz proudly described that he would "smash" 35 to 47 work sets for his lats while occasionally supersetting rear delt work between. Kaz had a preference for higher reps and this continued into his retirement from contests when Kaz

described that he would powerbuild his delts by seated pressing the 100s for 38 reps when he was in his late 40s.

Kaz broke down his philosophy for training each of the power lifts, beginning with the squat. Kaz was influenced in how he trained the squat by powerlifting legends Dave Shaw and Bruce Randall. Kaz stated that in 1979 he was correctly fitted for his first TMJ splint and as a result he was able to correctly harness the power of his teeth, the most important of the 12 neurosystems of the body. Kaz also used custom made Adidas power boots which kept his knee in line with his ankle. At his peak, Kaz squatted 900 for 3 in the gym as he tried to become the first powerlifter to officially squat 1000lbs. Kaz was never able to squat a grand in a meet but he did complete squatting movements in Strongman contests that were more than half a ton.

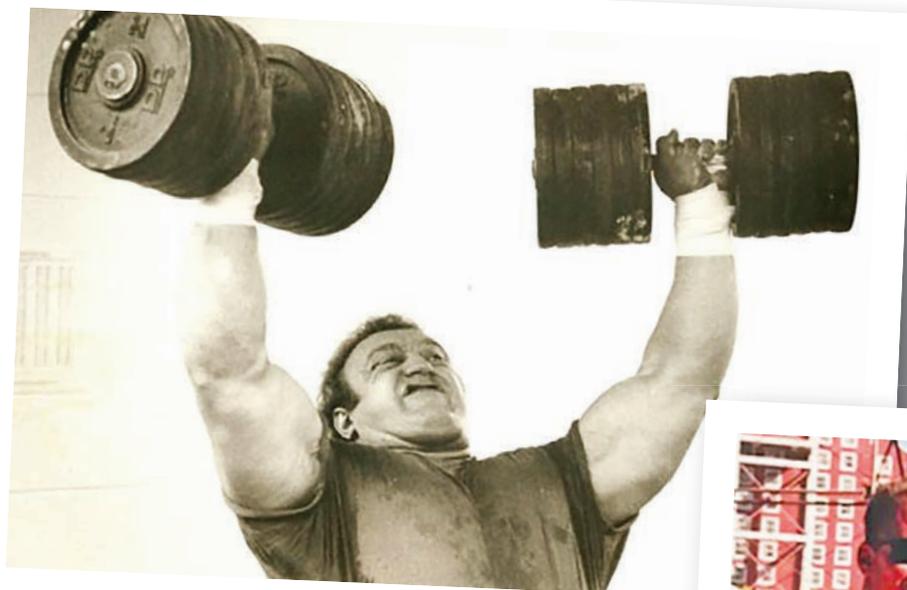
Kaz described his mental attitude towards squatting as "loathing the weights", getting agitated before a heavy set and always striving to increase his pain tolerance. Kaz spoke often about meditation and visualization. For those of us who had Kaz's training manuals when in college, we recall they were signed with the phrase "conceive,

believe, achieve." Kaz said that he would envision a red light and a green light which was the signal his brain was receiving from a heavy weight. Kaz believed he was in such control of his mind that he could re-wire his mind to override the red light and see green. "When others quit, hit the gas."

Kaz referred to his famous traps as Mt Fuji and Mt Kilamangaro, stating that he trained them heavy as possible with sets of shrugs such as 650 lbs for 50!

Kaz said he believed that training should focus on doing as much base work as possible because the bigger the base the higher the pyramid can rise. Kaz spoke of completing 12 weeks cycles with high reps for all 3 of the lifts. Kaz talked of cycling his poundages from 70 percent to 100 percent during the 12 week cycle. Kaz remarked that he would set short term and long term goals in regards to a workout, a week of workouts, and for months at a time. Kaz said he was analytical and would make minor adjustments to each workout. Kaz knew that he could bench 50 lbs more than his top triple from training.

Kaz described that he could not bench 135 the day after heavy squats.



Bill Kazmaier with Paul Leonard at World's Strongest Man in Las Vegas in 1997



This was the result of the cramming his ridiculously jacked 340lb body under the standard squat bar. Kaz said when he benched he would maintain a 90 degree angle when the bar was on his chest. Kaz said if this angle was not present then all the stress would be on the pec. Kaz said that during his peak years benching he was hard, fast and reckless when he benched as well as when he lowered the bar. Kaz stressed training your delts hard for bench press success, stating that the range of motion for delts is short and demonstrated some side and front raises. "You have to make delts burn to grow."

For tricep strength Kaz stated he preferred decline tricep presses for 10 to 15 reps.

Kaz spoke of warming up to deadlift heavy with lighter, high bar style squats. "You should look like a sewing machine, going straight up and down, doing non-lock squats. Kaz said that the body really has to be pushed because the body can take "a lot of weight." Not to think that this was your average light day, Kaz cited sets of over 600lbs for 15 reps to build his leg drive for the deadlift. Squatting legend Marvin Phillips taught Kaz these non lock squats and as a result he built world class hip flexor strength like that mentor.

Kaz stated he utilized very heavy partial squats leading into a meet, lifting the bar concentrically from pins in the

power rack working with 100lbs over his max. Kaz said he also utilized rack deadlifts with very heavy weights. Kaz remarked that deadlift god John Kuc once told Kaz he did 150 sets of upper back per week. No wonder he pulled 870 at 242. "When you pull a deadlift, push your feet through the floor," was Kaz's words of wisdom. To keep the front of his back strong, i.e. his abs, Kaz loved twists on a hyper bench as well as decline sit-ups with a 100lb plate.

Kaz made a very profound statement when asked to discuss why 99.9 percent of most powerlifters will not approach his records. "Lifters need to get in better shape, they need to lean up, build muscle, dial in their form, and go back to go forward." Kaz cited Andy Bolton of being the perfect example of a lifter who needs to apply his knowledge. Kaz said that except for squats, the rest between sets should be 1.5 to 2 minutes. Push the volume and amount of work done per work up constantly. Calves, abs, and traps should be trained with high volume and frequency. Kaz did not track workout tonnage, he believed in training hard, fast and intense.

Kaz spoke very highly of many of his contemporaries such as Jon Cole-

"probably the best strength athlete ever", OD Wilson—a great guy, and Tom McGlaughlin, who was a genius.

Like most big strong men, Kaz spoke intelligently about food. "The more mass you have, the harder you can contract."

Kaz closed out the seminar with such gems as "Your perception of reality is your reality. Honestly assess where you are at and where you are going" in your training and competitive career.

My day with Kaz was extremely memorable. At age 50, I have been amazed by him since I was a teenager. Getting to know him in person and over lunch that day was a day I learned so much and validated the course I have lived my life as a strength athlete. It was great to see the fellowship which exists between Kaz and modern day strength monster Jerry Pritchett. It gets no better than that, STrength athletes.

Thank you to Kaz and for Jerry Pritchett and his incredible family for making that day a reality. **PM**

# THE OFFSEASON BLUES

BY BUD PEARCE

**Y**ou've just completed a huge meet. You prepped for the past 16 weeks, being meticulously guided by an in-depth program that told you what reps, weights, percentages to do each and every day. Your nutrition was as clean as possible and water intake was at a bare minimum to shed off those last few pounds to make your



weight class. Openers were discovered 6 weeks out and you crushed them on the platform. The second attempt went just as easy and you were thrilled to go tell them what to put on the bar for that last deadlift. You gripped hard, thinking about those last few weeks. Thinking about how heavy that weight had gotten and how you manned up and owned it. You went through bloody shins, bruised shoulders, slight muscle pulls, and a lot of sweat to get to the moment. Your back got tight and you stood that bar up like a jet leaving the ground. Three white lights said it was a good lift and another PR for you. You stood on the podium proud. They put that medal around your neck and you looked out at the crowd, smiling, waving, fist pumping. Your loved ones were there too. They were the people that had to wait at home each night as you stayed at it in the gym. They had to sacrifice their time just like you did. But here we are, and this victory feels good!

As you head to the back and start peeling off the equipment, you overhear another lifter talking about training on Monday. And that's when it happens. Panic.



You just busted your butt for the past 4 months for this one meet, these few hours of glory, but you're 48 hours away from another Monday training session with no real meets, competitions, or goals on the horizon. Your offseason program has already begun, and you have no idea what to do. With nothing in the near future, your heart sinks and you wonder what the gym will hold for you in these next months. The offseason blues strike.

For many of us, this exact situation has already happened. For the rest of you, it will happen eventually, unless you prepare for it now.

Training for meets can be very stressful and taxing on the body. You're constantly thinking about the next day and the next set. Or even the next rep. You're counting down the days until meet day and you're getting your numbers all lined up. But when there's nothing to prepare for,

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A close-up photograph of a brown leather lifting belt. The belt has a metal buckle and a circular logo on the side that reads "APEMAN STRONG". The background is blurred, showing what appears to be a gym setting.The logo for APEMAN STRONG, featuring a stylized ape face with the words "APEMAN" and "STRONG" around it.



little more of a bodybuilding style and is effective in strengthening the movement and getting that pump that we all chase! And you can also have fun in the programming. You can work in a weakness exercise every day, or every other day, or however you want. Seeing progress is still the main focus so make sure that you have set days that are the same every few weeks so that you can see if you're improving or not.

If you want to stay a little more sport-specific, you can alter your competition lift to work in your weakness. For example, if squat depth is your weakness, you can incorporate pause squats to ensure of your depth and get comfortable down deep in the hole. Benching could use a Sling Shot or boards, and deadlifts could go from the blocks or even paused throughout the pull. Obviously, there are many ways to do this if your weakness involves specific lifts. This is a good method if you want to stay competitive in the offseason, however, it has its drawbacks (more on this later).

There is a weakness that most of us have and don't even know it: muscular imbalance. All of us have a dominant side, and over time, this can cause slight variations to each side of our body. Imbalances can be determined by comparing some of your pushing lifts to your pulling lifts (i.e. Your front squat should be within 80% of you back squat.). They can also be seen by simply analyzing your lifts on video. With a close eye, you can see

you can get off kilter. When you go to the gym with no real goals in mind, you find yourself wandering around. Sure, you may break a sweat, and you may spend 2 hours in there, but are you really accomplishing anything? Are you working towards any goals? Offseason programs can be broken down into 3 major issues that need to be addressed to prepare for that eventual next competition.

## WEAKNESSES

This should go without saying, but many people still miss the boat in this area. There are some really good powerlifters out there, but you would be hard-pressed to find a perfect one. And even if we think they are perfect, I would be willing to bet that they would tell you about some issue that they need to correct. Whether it's our bench press lockout or overall squat depth, we all have something that needs fixing.

When preparing your offseason program, you need to access your own personal records and establish what goals you want to hit. After figuring out where you want to get, you need to think about what are your current issues that are hindering this process (i.e. I want to add 30 pounds to my squat. However, when I get to 85%+ on squat, I feel my back rounding and I lose tension. My posterior chains needs work.). So, in this

process, you establish your weakness(es). Now the fun begins with picking the right exercises to target them.

Honestly, there really isn't a wrong way to target your weakness. But there are two ways that I would go about it. You can use accessory movements the entire time. With this method, you can pick 1-3 accessory movements that will work your weak area and perform sets of 15-20 and gradually build the weight up and the reps down to 8-12. This is a



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erlifter. Somewhere in all of the programming, with working with percentages and finding a heavy triple for the day, most of us neglect the fact of just being fast, being strong, and being in shape. Without a meet in front of you, you have the perfect opportunity to be more athletic.

While I have competed as a powerlifter, I currently would consider myself a weightlifter, as in Olympic Weightlifting. I fully back the movement patterns of the snatch and clean and jerk for all athletes, no matter their background. When addressing your offseason program and trying to become more athletic, it would be paramount to begin learning the Olympic lifts. Your weights would be low, while you learn the techniques, but the speed, agility, and power required would roll over to your squat, bench, and deadlift in plenty of time for your next meet.

The snatch is the single fastest movement in all of strength sports. It requires speed, strength, flexibility, and maybe the most crucial part: timing. You learn when to pull, when to speed up, when to go under, etc. While it may take a while for some to find that perfect overhead position, even the power snatch version can be effective. Plus, snatches just look cool!

The clean is probably well-known to many powerlifters, as most have prob-

slight hip alterations in your squat. Or you can see knees buckle to one side as you pull a deadlift. These are only a few common imbalances, but you get the idea. The offseason is a great time to analyze and address your muscular imbalances.

Most of the common mistakes are cured with unilateral exercises (performing with one body limb at a time). Single-arm overhead walks and single-leg dumbbell RDLs are great ways to fix small, bad tendencies in our lifts. By using only one limb at a time, you can focus all of your attention into how the rep feels and repeat the process with the other side. It takes some time, but it will work.

This is only a short list of working weaknesses when in reality, it probably will take the longest time in strengthening. Be honest with yourself in defining your weaknesses. When you critique each lift, you'll discover where you need to adjust something in your system. Make room for that in your program or have that be the complete focus of your program. Either way, you'll see huge results in a few months and will turn your weakness into a strength.

### BE (MORE) ATHLETIC

No matter what sport you compete in, you are an athlete whether you like it or not. In your offseason program, treat

yourself as such and see what positive changes you can make in your overall strength.

When you think of the word athlete, what words come to mind? Fast? Strong? Enduranced? Any word or attribute you can think of should also describe a pow-



ably played football at some point in their career. However, you probably stopped doing cleans in high school and haven't done one since. It may take some time to remember how those cleans felt, but you probably also can remember how fast you once were. As a current football coach, cleans are a big part of our weight room programming due to the power required, and how easily they translate on the football field. It's a fast, explosive movement and our best athletes excel at them. As a powerlifter, you should look into getting back into the clean movements because of these very reasons.

The jerk is probably not as well-known as the clean, but can definitely carry over to your bench press. I don't care who you are, when you see someone put tremendous weight over their head, you are impressed. It's a physical feat that shows your overall strength and athletic prowess. Many press variations are a staple for a powerlifting program, so why not use the jerk in the offseason to gain some athleticism while also working your pressing power?

Weightlifting is an incredible sport that showcases some of the world's strongest



people and best athletes. The lifts are as advanced as they come and require a lot of practice to master. But unless you plan on competing on the world stage in weightlifting, you don't have to spend so much time on them. In your offseason program, squeeze them in on different days to work your speed and positioning. Use them in your warmup time and set a clock. Perform 1 snatch (or any of the other movements) every 30 seconds or so and repeat as necessary. Add some weight if you feel comfortable, but as

always, do your own research and make sure you're moving properly. The offseason is no time for injuries.

Speed training is another valuable tool to add to your belt. In the conjugate system, there are special days set aside for speed work only. Pulling doubles at moderate weight can seem boring at times, so if you're looking to change it up, now is your chance. Like the weightlifting movements, sprint training is another way to (re)learn explosiveness and quickly get your heart rate up.

I know what's happening right now. Many of you powerlifters (and other strength athletes) are shaking your head, but hear me out! Start small with these sprints. Start with 10 and 20-yard sprints. Give yourself a few seconds to rest and then repeat. It won't take many to get your heart rate jacked, but the benefits will be amazing. By committing a few days a week to sprinting (either before or after training), you'll learn speed like you haven't seen in a long time. Your legs will be stronger, and you'll be in way better condition than your last meet. Remember how tired and beat down you would feel after grabbing max weights all the time?



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### HAVE FUN

I can't stress this one enough. It may be last on this list, but it should be automatic throughout your program, no matter if it's in season or off season. If we could back all the way up to the beginning, to the first time you ever stepped into a gym or a weight room, I would bet that you came back the second day because you had fun on day one. You didn't come back because you had to or you had someone making you, you came back because the first day was awesome and you knew that big muscles were on the way. And that was fun. The loud music. The chase. The pump. It was all fun!

But somewhere along the way, some of us forget that. We forget those first training sessions and those reoccurring PR's. It happens to the best of us. Our attention begins to chase the big numbers and we get stressed when we can't get there. We worry about upcoming competitions and missing attempts. But the off season is a time for you to reset, recharge, and refocus your attention to having fun in the gym again.

One easy thing I like to do is change the atmosphere. Look, it's the offseason. Go to a different gym. See some different people. Use different weights, different machines. It's amazing how a change of

scenery can rejuvenate you to lift harder and heavier. You'll be fueled by the new sights and sounds that it's almost like you're a rookie again. Even if a different gym is a long drive away, do it. You'll thank me later. While you're trying to find new places to lift, change up your workout playlist. Search for some new songs or just older stuff you haven't heard in awhile. Music can greatly impact a training session and if you can't see something new, at least hear something new.

I've already stated this one, but do some different exercises or movements in the gym. If you're dead set on sticking to your lifts, at least switch up the order. If you always bench first and then hit accessories, put your accessories at the beginning of your workout. This will change how you feel leading into the bench press and will also give you a fresher feel for those accessory lifts, which means you can go heavier!

My last offseason, I wanted to try something new, so I bought a strongman-style log for my garage gym. I had never used one, but always wanted to after watching the World's Strongest Man competitions throughout the years. They looked challenging but so much fun! I bit the bullet and bought one and couldn't have been happier. Every day for 2 weeks I used that log somewhere in my workout. I used it as a warmup. I used it to find a 1-rep max. I used it as a conditioning tool and completed a few reps every minute. It didn't matter how I used it,

it was something new and different and I was pumped to go lift every day again. Find your own new toy and have at it!

Take your workout outside. This one is trickier for some people, depending on your gym. But if you're lucky enough to own your own equipment or have a great gym that allows their weights to be moved outdoors, do it! A little sunshine in your workout can turn up the heat in more ways than one. And there's extra motivation if you can workout safely where cars can see you as they drive by. You know there's always someone watching so you'll make sure to go extra hard for every set.

Lastly, do something new every day. Let's face it. It's the offseason and you don't have to worry about what your 1-rep maxes are. So, do something different in the gym. You don't want to get burned out on squat, bench, and deadlift. If you switch it up during the offseason, you can look forward to finally going back to it during competition training.

Go for a 12-rep max on a lift, or see how many pushups you can do without stopping. If you want to stick to the lifts, put yourself against the clock. See how many deadlifts you can hit in one minute. By changing your focus, you have a fresh start and instantly you're back to that beginning stage again where there are no bad days because you're an empty slate. I once hit an all-time PR by finding a 6-rep max back squat while working out in my driveway while it was raining. I had never done that before (and probably never will again) but you can bet that I was pumped to hit a PR on that day!

### SHAKE THE BLUES

As a football coach, I am constantly stressing the importance of offseason workouts and training. It is our time to analyze the team's performance last season and adjust accordingly. Weaknesses are defined, and the necessary changes are made to the program. Players buy in because it's something different and new and now they have the next season to look forward to. Your training program is no different. It doesn't matter if you're a rookie to competition or a grizzled veteran who has many medals currently on the wall, we all can kick the door down and attack the gym with a smile and enthusiasm to shake off those offseason blues. **PM**

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## “JUSTIN” ZOTTI

BY KEN WHETHAM

**J**ustin Zotti is one of Canada’s up and coming young raw powerlifters and there is a reason that Justin is referred to as “Full Zotti”. His foot never comes off the gas pedal. I’ve never seen anyone train or compete with as much intensity and ferocity. There is no “off switch” or settling for anything less than full boar “guns a blazing” both on and off the platform. He has already competed at the WPC World Championships and The Arnold’s. The sky is the limit for this Canadian powerlifter.

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

I am 24 years old and I reside in Grimsby, Ontario Canada. I'm currently working as a Service Advisor for General Motors.

**What is your educational background?**

I attended The University of Guelph and studied philosophy.

**What are your current rankings and records?**

I hold four WPC records in the raw classic Junior division with a 749 lb Squat, a 446 lb Bench, a 738 lb Deadlift and a 1934 lb Total in the 220 lb. weight class.

**How long have you been powerlifting?**

I got started in powerlifting two and

**"AFTER ONE TOO MANY KNOCKS ON THE HEAD, I WAS ADVISED THAT MAYBE I SHOULD TAKE A STEP AWAY FROM FOOTBALL. I WENT TO A POWERLIFTING GYM THAT OPENED UP RIGHT AROUND THE CORNER FROM ME AND THE COACH THERE GOT ME HOOKED ON DAY ONE"**

a half years ago. My friend Brody Arndt convinced me to try my first meet and I've been hooked ever since.

**What got you interested in the sport?**

No matter what sport I was doing,

I always loved to train whether I was injured or not and I was always in the gym. After one too many knocks on the head, I was advised that maybe I should take a step away from football. I went to a powerlifting gym that opened up right around the corner from me and the coach there got me hooked on day one.

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

Yes I have always competed raw. I have considered lifting in gear often, but the logistics of coordinating a team for training is just too much for me. It's always a possibility in the future.

**What is your most memorable competition and why?**

My most memorable competition is the most memorable for a reason you



wouldn't expect. I competed in an RPS meet two years ago and it was the first meet where everything went wrong for me. I tore my erectors trying to go after a 680lb squat and it was this occurrence that taught me I needed to train smart. I started with a coach who helped me with programming and overlooked my training and I've never looked back.

**Post-workout Canadian bacon and beer are one of the best kept training secrets that Canadian lifters don't want anyone to find out about, what are some of your powerlifting secrets?**

My biggest secret in terms of success in powerlifting is visualization. I used to do this for football where I would mentally walk through the play hundreds of times before I got there, so when it was time for the actual play it was just another walk through in my head. I have brought this with me to powerlifting. Every top set, every back off set, I close my eyes and I hear an announcer say, "the bar is loaded". When I open my eyes I'm on the platform.

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

Yes I tore my erectors at one of my early meets. I still cannot tie my own shoelaces anymore. I can't do deficit deadlifts or straight leg deadlifts. That injury was the best and worst thing that has ever happened to me. I definitely

learned from it.

**Where do you train and do you have a coach or training partners?**

I train out of my garage and The Warehouse Strength Academy in Kitchener, Ontario whenever I can make it

out there. My coach is Alastair MacNicol. During my time with Alastair I've seen large and consistent progress, without any training and fatigue related injuries. He has put on over 250+ on my total to date with my next competition lining up in Sept 2017 I am hoping to push that over 300lbs and hit a 2000lb raw total.

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

The type of training I do is based off of linear progression. I go through very long blocks of hypertrophy followed by a twelve week strength block ending with a four week peak and of course there are deload weeks throughout. My training blocks are around 25-36 weeks between meets. I don't get to "scratch the competitive itch as often as I'd like but Alastair and I have seen incredible results with this.

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

No I use primarily straight weight in my training.

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

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I have a base nutrition plan written by Eiren Gauley however I only follow it for the second half of my strength block heading into my meet. Other than that I eat whatever I feel like.

**How do you prepare mentally for an attempt?**

Mental preparation is a very large part of what makes me an "OK" lifter. My preparation is just that, mental. I am not a calm cool and collected lifter. On meet day I mentally put myself through things that make me quite pissed off. I think a lot about my family members and not letting them down. My father gave me his last name and I will not have his name be associated with failure. That is why when I fail I am broken because I've let my family down.

**What are your best competition**

**"MENTAL PREPARATION IS A VERY LARGE PART OF WHAT MAKES ME AN "OK" LIFTER. MY PREPARATION IS JUST THAT, MENTAL. I AM NOT A CALM COOL AND COLLECTED LIFTER"**

**numbers?**

- 750 lb Squat
- 465 lb Bench Press
- 760 lb Deadlift

**Best gym numbers?**

My gym numbers are much lower than my competition numbers. I feel that testing in the gym is a very large waste of a max effort. The only place where your

lift matters is on the platform, so why waste it for Instagram?

**What are some of your short-term and long-term goals over the next five years?**

My short-term goal is to secure my first 2000-pound total. In the long term I would like to settle into a pattern of getting a little better each training cycle so that when it's all said and done I might be regarded as someone who did something worthwhile in the sport.

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

I've gone from trying to max out almost every day in the pursuit of a big number to realizing that the slow and steady approach to training always bears fruit.



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

The one lifter that not a lot of you have heard of that I honestly looked up to the most is my coach, Alastair Mac-Nicol. I used to hate this man, anything he said or did would piss me off. He has a technical mastery of all three lifts that is un-paralleled in this sport. He's a human crane and someone who I could actually see with my own eyes. A lot of the big lifters in Canada do not compete here because they think the meets aren't worthwhile enough to do a local meet. That's one thing I'm going to change.

In terms of lifters we all know there are really only three that I looked to and admired with great regard. Kirk Karwoski of course, the man was an

**"STAY IN YOUR OWN LANE AND DON'T WORRY ABOUT WHAT THE GUY BESIDE YOU IS DOING. IF YOU PAY TOO MUCH ATTENTION TO THOSE AROUND YOU, YOU WON'T GET VERY FAR. STICK TO WHAT YOU'RE DOING AND ENJOY THE PROCESS"**

absolute madman with the squat form of a god. Pete Rubish is another who I loved watching, how much energy he put into every lift. He has inspired me to focus emotionally and mentally for every training session. Eric Lillibridge is the third lifter I admire. He is a consummate

professional with a massive squat and who doesn't love that?

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

Stay in your own lane and don't worry about what the guy beside you is doing. If you pay too much attention to those around you, you won't get very far. Stick to what you're doing and enjoy the process.

Surround yourself with people who have done a meet or two and I would recommend getting a coach. You need all the help you can get now because you don't want to spend two years trying to fly blind. A coach will help you focus and get you pointed in the right direction.

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

I definitely get amped up for meets.

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I usually put myself in a corner and rock back and forth until my handler tells me it's time to go. Then I get to do what I was put on this earth to do, move heavy weight. Meet day is the day when everything you've worked for comes to a peak. My handlers Tori Goulart and Zackary Parker are absolute saints for putting up with me.

**What is your favorite lift and why?**

My favorite lift is by far the squat. It is the lift I'm most efficient in and see the most success with. It's always been a natural movement for me. It's one where you have so many things running through your mind. It's the longest lift of the day; you have to walk it out, settle, commanded down, and rise, hold at the top and walk back in. It's the lift where everything needs to be perfect. It's complete focus the whole time. I love it.

**What assistance exercises helped each of your lifts the most?**

For squatting the best assistance exercise I use is a high bar pause squat. For bench I do a lot of lat pull downs. I

**"AS SOMEONE WHO IS DRIVEN TO SUCCEED I PUSH EXTREMELY HARD TO MAKE THOSE GOALS INTO A REALITY AND IF I DON'T REACH THOSE GOALS I AM HURT AND ANGRY, YES"**

find the feeling of a lat pull down similar to the feeling when you bend the bar into your hands. Last I find seated cable rows help with my deadlift. I find holding them at the top and feeling the back engage translates into better floor speed and ultimately a better lock out.

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

The very rare time you can catch me not training, I'm at home with my wife, Bethany and our two dogs. I'm a big homebody so I just love being with them and relaxing.

**Now that you're at your current level of strength, do you get impa-**

**tient trying to make specific gains?**

I wouldn't say I get impatient, however I make very lofty goals for myself going into every single training cycle. As someone who is driven to succeed I push extremely hard to make those goals into a reality and if I don't reach those goals I am hurt and angry, yes.

**What drives you?**

When I was born my father gave me his last name and as someone who has decided to be a powerlifter and to be the best one I can be, I don't want my fathers last name associated with mediocrity or failure. My family drives me the most. I want to make them proud of everything I do. I want people to know who the Zottl's are because at one point there was one that came along who was pretty damn good at lifting things.

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

I would want to be Thor, because he has superb hair, wicked boots and I also have hammer inadequacy issues so that would help! **PM**

# TOTAL HUMAN OPTIMIZATION

# MARK BELL

# ON THE ONNIT PODCAST

## EPISODE #15

**Host:** Kyle Kingsbury

**Guest:** Mark Bell



Mark Bell at Onnit HQ in Austin, TX with  
Senior Kettlebell Coach Eric Leija

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Mark Bell on the Total Human Optimization Podcast with host Kyle Kingsbury

**KYLE:** Welcome to the Onnit Podcast! I am your host Kyle Kingsbury and I am joined by the most jacked and tan, the smelliest of the smells, Mark ‘Smelly’ Bell, here at Onnit. He is a fantastic dude. I got to meet this guy at my old strength coach Jesse Burdick’s wedding where he was the best man. If you’re familiar with Mark, he’s a powerlifter, he’s squatted over 1,000 lbs., he’s dropped a ton of body fat using the ketogenic diet, he’s quite inspirational and really dives into the nonsense and the dogma that is attached to all forms of weightlifting, how to get the most out of exercise and things like that. He’s also the host of Mark Bell’s Power Project podcast, which he’s had a number of great guests on including myself. I think you guys are going to dig this guy, and then you can dig a little deeper into the Power Project if you’re not familiar with it already. Thanks for listening.

Onnit Podcast, my man. Mark ‘Smelly’ Bell.

**MARK:** I can’t believe I’m here!

**KYLE:** How did you get the nickname Smelly?

**MARK:** Two mean older brothers growing up, and I hated

taking showers. My other nicknames were worse than Smelly. Vinegar Butt was my first nickname and thank God that didn’t stick. I had a bunch of terrible nicknames and they just used to beat the sh\*t out of me and make fun of me. They realized that ‘Smelly’ made me sad and made me cry so the name stuck. Here I am, I’m Smelly and I’m stickin’ to it.

**KYLE:** So, we’ve got you here in Austin. I’ve been a fan of you for a long time.

**MARK:** Yeah where did we meet?

**KYLE:** Jesse Burdick’s wedding!

**MARK:** Yeah that was a crazy wedding! We were talking about it the other day like, “Was that real? Did they really roll out a taco truck after we ate? And they really rolled out a dessert truck after we ate?”

**KYLE:** I think they knew the clientele they were serving. Like, “Hey, we’ll have dinner. But all you f\*ckers are going to be starving once we start dancing and moving so we’ll have our late night course.”



Mark with Onnit CEO  
Aubrey Marcus

**MARK:** You said Starrett was talking trash, right? He was like, "I'm going to eat four pounds of ice cream."

**KYLE:** Yeah! Kelly Starrett was like, "We doin' this? We goin' off diet? We gonna high-carb it up?" I'm like, "Carb night, man, let's get down." And I had four scoops of ice cream and couldn't even move and he was still working on his first and was like, "Ugh, you beat me."

**MARK:** There were so many kids there that all the deserts got scavenged and I didn't get much. I was kind of sad. I need a do-over.

**KYLE:** I don't think you would have eaten much though. And it was so hot, the thing that really freaked me out was that everyone up there, including Kelly and Jesse, were just beading sweat off their face. And I was too, just watching these guys.





But you had no sweat on your head. So I thought maybe something was wrong with you. Like, maybe you had heat stroke or something was going on where your body was in shock.

**MARK:** Hey, buddy, never let 'em see you sweat.

**KYLE:** \*laughs\* Never let 'em see you cry, I think is the saying. But okay, never let 'em see you sweat either. Is that interchangeable?

**MARK:** Yeah, you want people to think that it's easy. And you want people to think that you don't actually have a job or actually work for a living. That's like the people in my family, they still don't know what I do for a living.

**KYLE:** It's so easy I don't even sweat when I work out.

**MARK:** That's right. Yeah, last time I was here I jumped into a class with Esik and we were messing around with those steel maces and he said he was trying to break me

but that I just had a smile on my face the whole time. I was like, "That's because I'm too dumb to realize how bad it hurts."

"HE ACTUALLY THOUGHT I WAS SMART BECAUSE I GRABBED A 10-LB. MACE OR SOMETHING. AND I WAS LIKE, "MAN, I'M NOT SMART BUT I'VE BEEN TRAINING FOR A LONG TIME AND I KNOW THAT ANYTHING DIFFERENT IS DIFFERENT. AND YOU'VE GOT TO BE CAREFUL."

**KYLE:** Well I'm sure the heaviest weight we had was still a pecker weight for you.

**MARK:** Yeah, well, he actually thought I was smart because I grabbed a 10-lb. mace or something. And I was like, "Man, I'm not smart but I've been training for a long time and I know that anything different is different. And you've got to be careful."

**KYLE:** The first one I bought was a 7-pounder but I didn't realize the weight was shorter so that kind of messed with the mechanics a little bit.

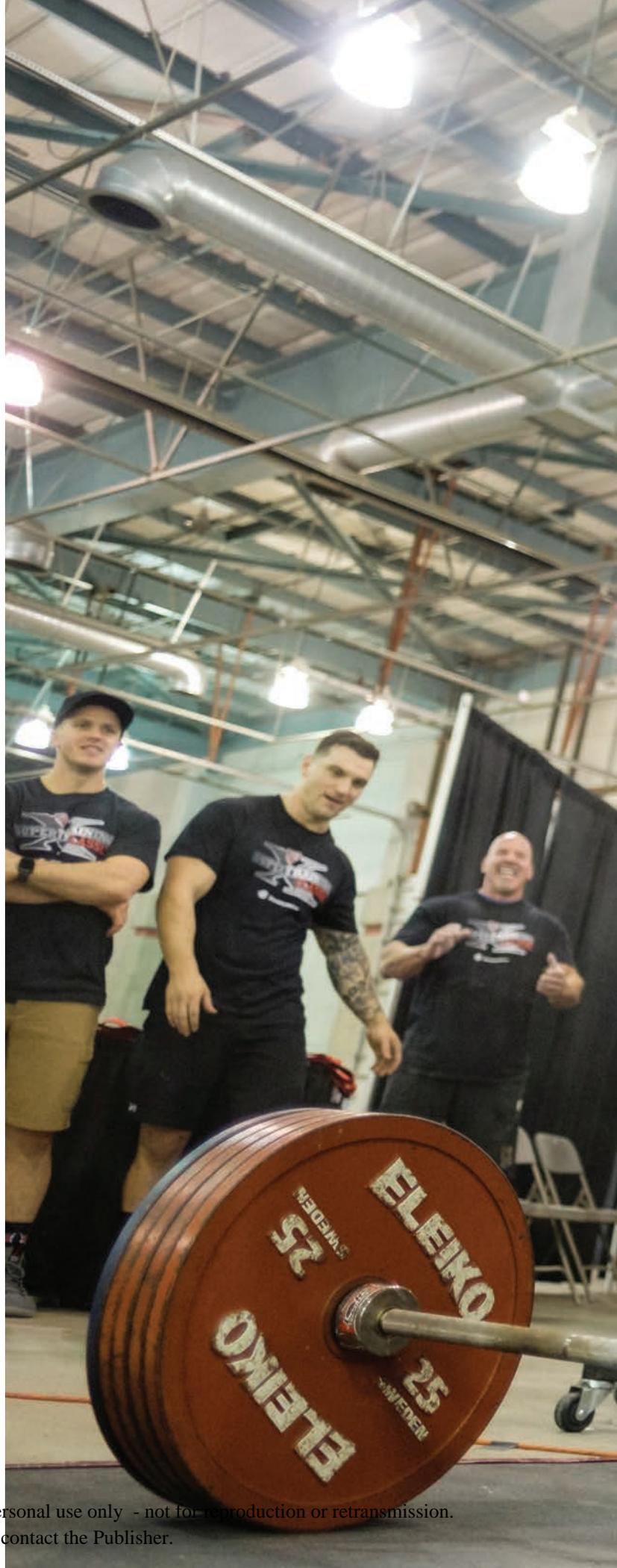
To hear the rest of the Total Human Optimization Podcast #15 "How To Get Strong, Be Balanced, and When To Diet" visit the Onnit YouTube Channel or search iTunes Podcasts. **PM**

# SIMPLE WAYS TO KEEP IT KETO

BY MATT VINCENT

Over the last 18 months, I have dropped 60 lbs. and a considerable amount of body fat. Diet and proper nutrition have never been a concern of mine. Like a lot of strength athletes, more seemed to be better. Eat, lift heavy, and recover—that was the plan for most of my life. I wasn't on a perpetual bulk but I knew that, to be my best for competition, I needed to be in a certain weight category. My performance was the most dialed in when I weighed between 275–285 lbs. I went over this weight a few times depending on the way my season went. Too many indulgences and drinks added a few more pounds, and I usually ended my season closer to 295 lbs.

When 2016 ended and I went in for knee surgery, I planned on taking 2017 off to rehab properly. During this time, I committed to finally dropping the bullshit weight and rebuilding the right way. It was also an obtainable goal I could manage while being laid up and on crutches. Here are a few of the rules that I had to set and hold to make this work. I, like a lot of people, have had little to no success with dropping weight or fat in the past. I always tap out early on the account of "I'm losing strength" or "I need to weigh this much to perform my best." The truth is that those are lies I told myself to quit with a reasonable excuse. But now I don't need the extra weight. So how do I make a plan that sticks for me?





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## **RULES FOR ME:**

### **1. MY FOOD OPTIONS INCLUDE THINGS THAT HAD A FACE, PLUS GREEN VEGETABLES.**

Those are the only two options. Meat and green veggies. Get away from shakes and supplements and eat real food. This has allowed me to cut sugar to almost zero. Green veggies help with fiber intake so your poops don't get ruined. Speaking of poops: this is an eye opener for those who haven't ever spent months in a caloric deficit. I poop a lot less when I'm not eating like an asshole. It makes sense that less going in will mean less coming out. Just prepare for that mentally.

Outside of meat and veggies, I use some sauces but do my damndest to keep them in the high fat column—either fat based sauces or things like mustard. With this simple change, I highly recommend that you don't track your calories for the first two weeks. Instead, just work on not messing this up. Eat as much of these things as you want so you don't dive into the wrong stuff and binge. Remember: until you get to tracking things, weight may not move for you.

This is not some magic diet. Calories-in-versus-calories-out still matters. But step one: eat the right things all the time. Establish that habit and hold that standard for yourself. These are foods and options you can eat anywhere.

### **MY FAVORITE OPTIONS:**

- Ground meat and salad with ranch and cheese
- Chicken wings with hot sauce and ranch
- Ribeye steak and avocado
- Beef jerky
- Nuts

### **2. WHY YOU'RE CRAVING CARBS.**

I am not a scientist, nor can I back any of this up. But my experience is that it takes two weeks to get out of that zone where you're subject to cravings. Fight through this and it gets much easier. One reason for the cravings is your gut biome telling you it needs sugar because of all the yeast living in your guts. See, without sugar it will die. So you have to ignore this bullshit in you to let it die then get on the other side. (I'm sure this is far more biologically complicated but, whatever I'm not a doctor. Just a dude

who found what worked for me.) I don't have a great answer for those cravings but I use the Keto Hot Chocolate recipe that Smelly gave me to curb these cravings. This helps at night and has the added benefit of a hot liquid filling my stomach and putting me to sleep.

### **MY FAVORITE OPTIONS FOR SWEETS:**

- Coconut oil peanut butter
- Freeze coconut-based cool whip and eat like ice cream
- Ready Whip heavy whipping cream
- Unsweetened hot coco mix, MCT oil, cinnamon, heavy whipping cream, Low carb chocolate protein

### **3. REBUILD THE ENGINE.**

We have been told for decades we need all this protein and all this food to get big and strong. That is true for some of us, and the body-building style diet (high-carb/low-fat) has worked successfully for lots of people. But chances are if you are reading this with interest, that is not the plan for you. After you are in the habit of eating this way, start experimenting with things like intermittent fasting. This has worked great for



me. I have never been a hungry guy in the morning so just having some coffee has been awesome for me. I usually start fasting starting after my 8 p.m. dinner until 12 p.m. the next day. I also try to do some type of exercise or movement during this window. Burning those calories keeps the engine running and metabolism going.

The big trick for this is not letting yourself get to the point of starving. When you're starving is when you make poor food choices. Just do the best you can with this. If you're starving then you likely need more fat in your diet. I have been my most successful when my fat consumption accounted for about 70% of my daily caloric intake.

I think of it like this: you're attempting to rebuild your engine to burn a different fuel source more efficiently. While sugar will burn fast and hot, most of us don't get the right amounts of it. So this fire roars then dies and we crash. Fat, however, is going to burn like an oil lamp. Low and slow for a long time. Giving you more consistent predictable energy for the day. This is the change we want to make.

### **CHANGE YOUR LIFE.**

Those are a few tips that have worked for me. This change in lifestyle is a big one. Friends and family will think it's wrong and bad for you. F\*CK THEM! They are hammering down alcohol sugar constantly complaining about all the shit you're going to eliminate. Have the mental fortitude to hold the line and be accountable to yourself. Do this for you,



because you want a better life. This is not complicated.

How do you incorporate cheat meals? Don't. HOLD THE LINE! There will be a period of time once you hit some goals that you can start letting loose every now and then. But this is one meal in a month. I think of it like this: most of the meals I eat are truly just fuel. I love food, don't get me wrong. But I have essentially lived with constant cheat meals for 33 years of my life. It's time to buckle down and quit giving myself bullshit excuses. Occasionally you're doing something where the meal you're going to eat is going to be the experience. When it is an opportunity to have a meal that could possibly be in the top five things you have ever consumed, then yeah, have some. But quickly get back on the clock and get your shit together.

It was easier for me to look at this differently than being on a diet. This was a change in my life and the way I will continue to live. Once the benefits to my blood work, how I feel physically with less inflammation, and mental clarity started to happen, I knew I was in it for the long haul. This is the plan that allows me to make the most of my time and life.

It is easy to give up, be fat, tell yourself you'll do it Monday, and say "this didn't work for me, I am different." It's all bullshit. I know I have said all of that. Until I said, "I am going to make this work and own my life," I never made the progress. If you need help staying on point, hit me on IG ill answer and give you my advice the best I can. Now the ball is in your court: this is just the simple starter guide. Get after it. Spread HVIII & Always Party. **PM**

# TURNING PASSION INTO BUSINESS

## RUNNING A PRIVATE POWERLIFTING GYM

### PART 2

BY ZAC WHALEN

Let's face it—good, hardcore powerlifting gyms are scarce. Starting a gym in general is tough, and starting a niche gym with a narrow focus is even tougher. Despite working a full-time job outside of powerlifting, I made the leap

to co-found RiverCity Barbell in 2012 and have luckily had a pretty solid run so far. At present, RiverCity Barbell occupies a 6,000-square-foot building packed full of equipment that the business paid for, and is the home to almost 100 members,





“NO MATTER THE SIZE OR SCOPE OF YOUR GYM, YOUR MOST VALUABLE RESOURCE IS YOUR MEMBERS. IT IS CRITICAL THAT YOU CULTIVATE A PLACE THAT YOUR MEMBERS LOVE TO GO”

with others, in hopes that our experiences may help you.

**BE EXCLUSIVE**

No matter the size or scope of your gym, your most valuable resource is your members. It is critical that you cultivate a place that your members love to go. The best way to ensure this is to create a close-knit community within your gym. Everyone who walks through our doors gets the same message—we will give you a free week to come and train. Once

with over 90% actively competing in strength sports. I first wrote about our motivations and drivers in the 2017 July/August edition of Power Magazine, and have gotten a lot of great responses from

folks with similar aspirations, and also questions from people who had also made the leap and were struggling to keep things going. I wanted to provide some of the specifics that I have shared

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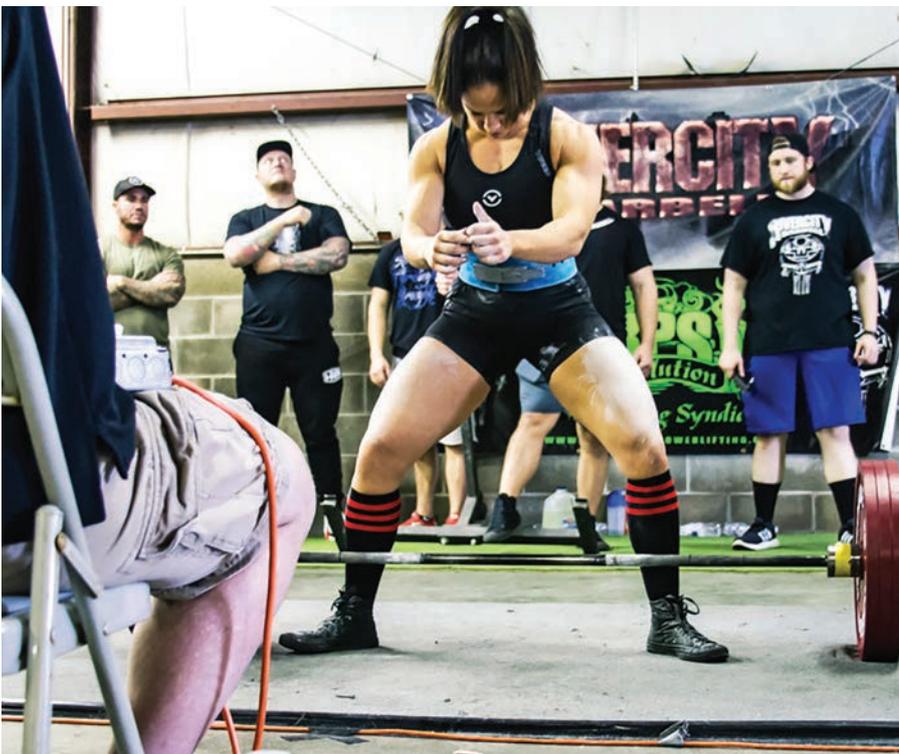
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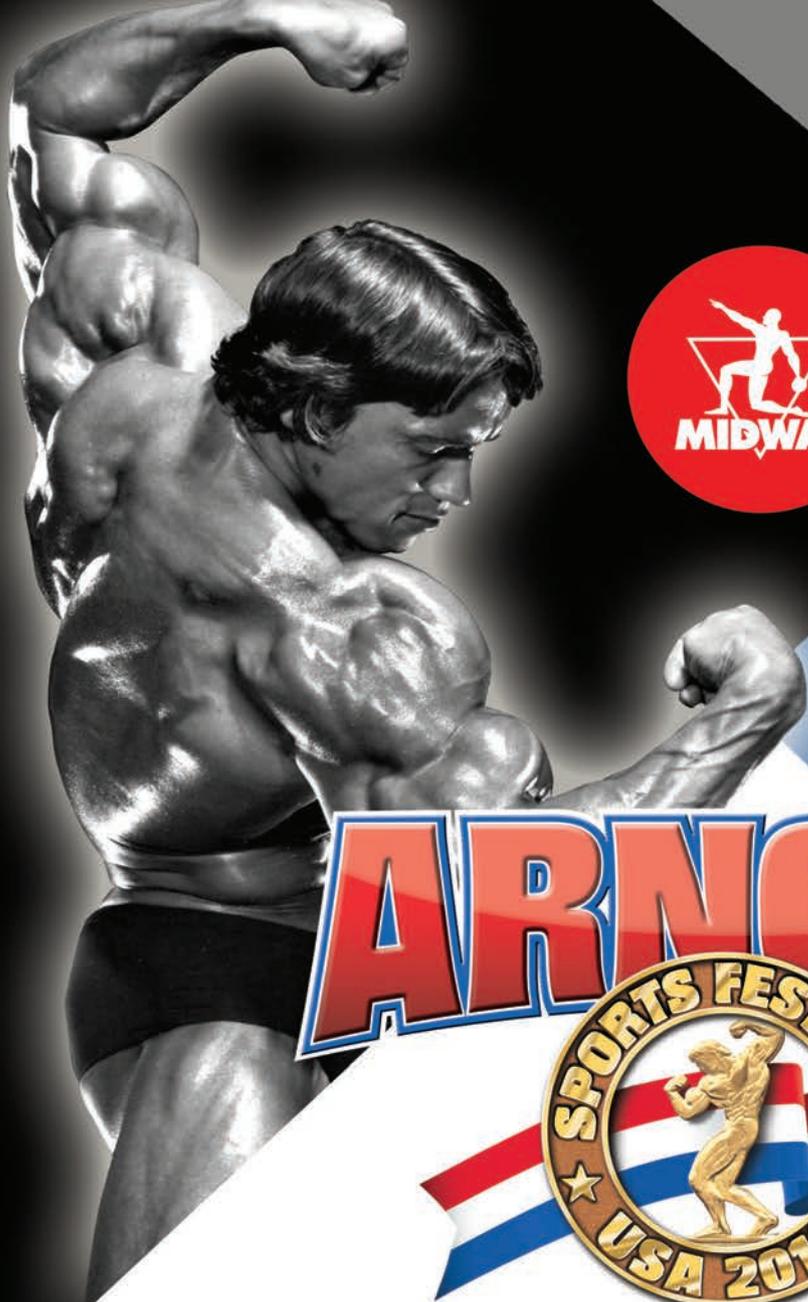
the week is over, we can both decide if you are a good fit for us, and whether we are a good fit for you. Our evaluation process has nothing to do with strength or the level of fitness of the prospective member. The main criteria we use in-

cludes how coachable the person is, does their personality fit, and do they seem trustworthy. At our facility, we offer 24-hour access, so it is important first and foremost that members aren't a danger to the equipment, themselves, or other

people. Our business plan is to integrate members into groups. That way everyone has training partners of similar strength and experience who can act as spotters, and ultimately coaches to each other. At this stage, we have groups training at all



**“OUR BUSINESS PLAN IS TO INTEGRATE MEMBERS INTO GROUPS. THAT WAY EVERYONE HAS TRAINING PARTNERS OF SIMILAR STRENGTH AND EXPERIENCE WHO CAN ACT AS SPOTTERS, AND ULTIMATELY COACHES TO EACH OTHER. AT THIS STAGE, WE HAVE GROUPS TRAINING AT ALL LEVELS, FROM NATIONALLY RANKED “PRO” LIFTERS TO ENTRY LEVEL BEGINNERS”**



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levels, from nationally ranked “pro” lifters to entry level beginners. If anything, the main reason you won’t last at our gym is that you are unsafe, or you don’t fit in with other members.

#### **TARGET THE RIGHT DEMOGRAPHIC**

A hardcore powerlifting gym is a lot of things, but at the core for it to be successful, it has to be a business. This means that to cover your overhead (rent, utilities, supplies, equipment) you have to have a predictable stream of monthly income. For this reason, our target demographic of clientele is people who place powerlifting and strength sports in their top 3 priorities in life. However, we tend to avoid people who keep lifting at priority number 1 all the time. In a competitive sport filled with obsession and excess, we all know examples of

**“SINCE WE HAVE CLOSE RELATIONSHIPS WITH MOST ALL OF OUR MEMBERS, WE TRY TO GET INVOLVED WITH THEIR LIVES IN AND OUT OF THE GYM TO MAKE SURE THEY ARE MAKING GOOD CHOICES?”**

people who have trouble drawing that line. For most people, family and career commitments need to take precedence at various points in the year for that person to live a stable and fulfilled lifestyle. When you take into consideration food,

supplements, gym membership, meet entry costs, travel, and possible medical costs, strength sports aren’t the cheapest hobby you could have. I’d argue that unless you are able to achieve high level sponsors, you won’t be at your best unless you can afford to devote financial assets towards pursuing high levels of strength. To have the means to do so, it is important that you put the proper emphasis on building a solid long-term career. If that means missing a workout every once in a while, so be it. Since we have close relationships with most all of our members, we try to get involved with their lives in and out of the gym to make sure they are making good choices. Selfishly from an owner’s standpoint, I don’t want to create a large demographic of people who have trouble paying their bills.

## HAVE A SOLID VALUE PROPOSITION

Progress in the gym, in the form of PR's, is the compensation package for all the time that your members spend training. When you go to work you do so for the paycheck, and when you go to the gym you do it to make progress. If you're lucky enough to find a job that pays well, you're probably willing to keep your drama to yourself, act professionally, and treat others with respect. Conversely, the minimum wage jobs all tend to be plagued with employees that don't show up on time or at all, and have a propensity for more internal issues during the times they are there. The reason is that minimum wage jobs are a dime a dozen. If you leave one, there's always another one on the next corner. Bad gyms are the same way. If you come in time after time and nothing moves forward, suddenly the gym doesn't hold much value for you. The respect level you have for the facility and the people within it can start to diminish. As long as people are progressing consistently, you run a much higher likelihood of keeping them there and keeping them happy. Finding a good gym with solid equipment, good coaching and a great atmosphere is hard to come by. For anyone getting started in building a gym, I always advise to start slow, and for us, it was in a 2 car garage. When the group is small, everyone should get enough personal attention to make big improvements. You know you have something when you end up with more people than space and things get cramped. Upgrade your space when you can't afford not to, but know that things get more difficult as the operation grows, and you can't devote as much attention to each person. If your members are continuing to progress and are hitting PR's consistently, your marketing budget should be non-existent, and word of mouth alone should get enough people in the door to fill up whatever space you are occupying. We have found that when morale is high, people tend to work a lot harder, and success always breeds success.

## KNOW WHEN TO CUT SOMEONE LOOSE

With any close knit community, it only takes a few bad eggs to completely derail things for everyone. If there is

## NO QUESTION ABOUT IT, OWNING A GYM CAN BE A VERY REWARDING ENDEAVOR, BUT IT ISN'T EASY. THE KEY IS TO KEEP AN OPEN MIND, KEEP LEARNING, AND NEVER BECOME COMPLACENT?

a baseline expectation of standards in place, most people who want something different will follow along or leave on their own accord, but sometimes hard decisions need to be made. Anyone who has trained at RiverCity knows that we allow a lot of leeway for members to do as they want, as long as it doesn't negatively impact anyone else. Sometimes, for the greater good of the group, people have to be eliminated. The key

here is to never get to a place where you are too revenue dependent to make these tough choices. This is where keeping overhead down becomes so important. Always assume an attrition rate of losing members when making any new investments. People take on new jobs, move away, or lose interest. In a perfect world, I would never advise anyone to get into any debt to create a gym, and only invest money of your own that you can afford to lose and that isn't earmarked for daily expenses or bills. The depreciation rate on equipment is high – you'll be lucky to get half of what you invested back out if you have to sell at some point.

No question about it, owning a gym can be a very rewarding endeavor, but it isn't easy. The key is to keep an open mind, keep learning, and never become complacent. 5 years ago, I would have never dreamed that we would have made it to where we have, so if you're inclined, keep putting one foot in front of the other and one day you might also exceed your own expectations. **PM**



# Super Training Corner

## 4-week Bench Program

By Steven Granzella

**W**e all know that guy who has never trained a day in his life, walks into a gym with his buddies and deadlifts 405lbs. However, you rarely see the same lanky, boney-body guy get under a 315lbs bar and bench press it without getting the spot of a lifetime. The bench press is a movement that takes time to build to take to the next level. If you already have a knack for it, good for you, but there's always more weight to be pushed.

It's no surprise that Super Training Gym loves us some bench press. With Mark Bell at the helm and bench pressers like Stan Efferding (606lbs) and Eric Spotto (722lbs) training and setting World Records, ST Gym is known for its benching. Environment, intensity, main work, accessory work and recovery are all critical factors to bringing your bench press up 10lbs+. If you can't change your environment (although you should try), there are things you can change. Follow along for a 4 week wave from Team ST and track your progress.

Each training session should be finished with a variety of both low- and high-rep accessory movements to strengthen your back, shoulders and arms. The idea is that an increase in overall volume will be lessened as weights get heavier to maximize recovery for your next training session. Tune back in next issue and follow along with Super Training Gym – "The Strongest Gym in the West!" **PM**

### WEEK 1

**Day 1-** Pause Bench Press: 75% x 4x6 reps

Sling Shot Bench Press: 85% x 2x6 reps

**Day 2-** Close Grip Bench Press: 60% x 5x10 reps

Heavy Flat Dumbbell Press: 5x10 reps

### WEEK 2

**Day 1-** Pause Bench Press: 77% x 5x5 reps

Sling Shot Bench Press: 87% x 2x5 reps

**Day 2-** Wide Grip Bench Press: 60% x 5x10 reps

Heavy Incline Dumbbell Press: 5x10 reps



### WEEK 3

- Day 1- Pause Bench Press: 82.5% x 6x4 reps
- Sling Shot Bench Press: 90% x2x4 reps
- Day 2- Close Grip Bench Press: 65% x 3x8
- Heavy Flat Dumbbell Press: 3x10 reps

### WEEK 4

- Day 1- Pause Bench Press: 90% x 3x2 reps
- Sling Shot Bench Press: 95% x2x2 reps
- Day 2- Wide Grip Bench Press: 65% x 3x8
- Heavy Incline Dumbbell Press: 3x10 reps

# **BENCH HEAVY**

**CHOOSE THE SLING SHOT THAT IS**

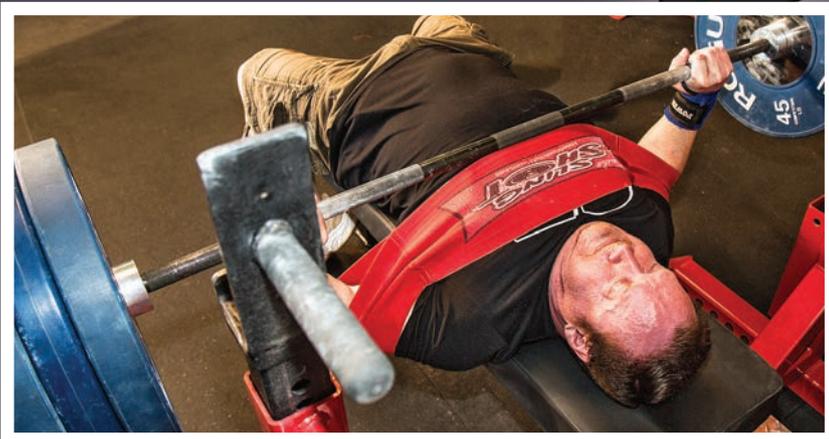


**LEVEL 1: REACTIVE SLING SHOT®**

*Mark Bell*

# **SLING SHOT**

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**LEVEL 2: ORIGINAL SLING SHOT®**



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**LEVEL 4: MADDOG SLING SHOT®**



**GREAT FOR PUSH UPS TOO!**

# Current Top 50 Rankings: Men

## SQUAT

Rank	Name	Federation	Date	Squat
1	Arkadiy Shalokha	USPA	2017-04-15	661
2	Rostislav Petkov	USPA	2017-04-15	639
3	Kevin Torres	USPA	2017-04-15	633
4	Tyler Goins	365	2017-10-28	628
5	Jacob Fisher	RPS	2017-06-03	611
6	Kyle Hoyt	XPC	2017-03-04	605
7	Derek Mead	USPA	2017-10-21	600
7	Nazareth Stotts	USPA	2017-09-30	600
9	Gerald Dionio	USPA	2018-01-06	589
10	Nick Henwood	RPS	2017-10-28	580
11	Joe Keith	USPA	2017-05-06	578
12	Joao Lazarin	USPA	2017-11-18	573
12	Nathan Walton	USPA	2017-03-03	573
12	Will Harrington	USPA	2017-10-07	573
12	Steven Archer	USPA	2017-05-13	573
16	Michael Holt	USPA	2017-08-19	562
17	Joe Fazio	XPC	2017-03-03	560
18	Chance Brady	XPC	2017-03-04	555
19	Alex Tindal	USPA	2017-05-20	551
20	Robert Crain	APA	2017-12-09	540
20	Eric Tong	USPA	2017-06-17	540
20	Zachary Hall	RPS	2017-03-25	540
20	Reggie Dukes	USPA	2017-10-28	540
24	John Rudolf	RPS	2017-04-08	535
25	Braden Moss	USPA	2017-11-11	534
26	Edgar Acevedo	USPA	2017-08-19	529
26	Kyle Keough	USPA	2017-04-15	529
26	Jay Semifero	APF	2017-05-27	529
26	Daniel Thiel	APF	2017-05-27	529
30	Anthony Pirie	HERC	2017-11-18	525
30	Terrance Wilkerson	XPC	2017-03-03	525
32	John Wells	USPA	2017-08-26	523
33	Thomas Sodini	XPC	2017-03-04	520
34	Anthony Creatura	RPS	2017-03-25	515
35	Henry Millard	USPA	2017-11-11	512
35	David Russell	SPF	2017-06-03	512
37	Jorge De Jesus	RPS	2017-03-18	510
38	Sean Fagan	XPC	2017-03-04	505
39	Mike McKivigan	IPL	2017-11-04	501
39	Dexter Dionio	USPA	2017-05-06	501
41	Bryan Perrino	RPS	2017-03-25	500
42	Joshua Cioca	XPC	2017-03-04	490
43	Nicholas Skaggs	USPA	2017-05-06	485
43	Ryan Glogosh	USPA	2017-07-08	485
43	Delvin Allen	USPA	2017-10-07	485
43	David Thompson	USPA	2017-04-01	485
47	Bradley Starling	APA	2017-07-08	480
48	Vincent Falzetta	APF	2017-05-27	479
48	Aaron Purdy	USPA	2017-07-29	479
48	Trent Lott	USPA	2017-11-18	479

## BENCH PRESS

Rank	Name	Federation	Date	Squat
1	Zack Ruhl	USPA	2017-12-09	501
2	Phillip Brewer	USPA	2017-11-18	486
3	Brandon Maddox	IPL	2017-11-18	435
4	Charlie Paige	USAPL	2017-03-04	424
4	Taylor Atwood	USAPL	2017-10-14	424
4	AJ LaFleur	USPA	2017-04-08	424
7	Rostislav Petkov	USPA	2017-04-15	418
8	Branden Ha	USPA	2017-11-18	410
9	Philip Wright	USPA	2017-12-02	402
9	Ruben Castro	USPA	2017-02-18	402
9	Arkadiy Shalokha	USPA	2017-04-15	402
12	Kyle Keough	USPA	2017-04-15	396
12	Kevin Torres	USPA	2017-04-15	396
12	Gerald Dionio	USPA	2018-01-06	396
15	John DiFrancesco	USAPL	2017-10-14	391
15	Josh Hyaduck	USPA	2017-12-09	391
17	Johnathan Roddey	USPA	2017-10-21	385
17	Shawn Strauther	APF	2017-03-25	385
17	James Love	RAW	2017-02-25	385
17	Shaun Strauther	APF	2017-05-27	385
17	Nathan Walton	USPA	2017-03-03	385
17	Kamaran Martinez	USPA	2017-07-08	385
23	Stephen Lehew	USAPL	2017-03-04	380
24	Nick Henwood	RPS	2017-10-28	375
25	Bernardo Separa	USPA	2017-06-11	374
25	Josh Moore	USPA	2018-01-06	374
25	Reggie Dukes	USPA	2017-10-28	374
25	Joao Lazarin	USPA	2017-08-27	374
25	Will Harrington	USPA	2017-10-07	374
25	David Shelton	USAPL	2017-10-14	374
25	Peter Hoang	USAPL	2017-03-04	374
25	Josiah Harris	USAPL	2017-03-04	374
33	Nathaniel Andrade	USPA	2017-08-05	369
34	Kyle Hoyt	XPC	2017-03-04	365
34	John Rudolf	RPS	2017-04-08	365
36	Crisanto Matta	IPL	2017-11-04	363
36	Robert Axselle	USPA	2017-02-25	363
36	Bobby Morgan	USPA	2018-01-13	363
36	Joe Greene	USPA	2017-04-01	363
36	Tyler Goins	365	2017-10-28	363
36	Neil Osano	USAPL	2017-10-14	363
36	Mike McDonald	USPA	2017-11-11	363
36	Nasir Nantambu	RAW	2017-10-05	363
44	William Lam	RPS	2017-11-11	358
44	Steven Conroy	USPA	2017-05-13	358
44	Matthew Sowards	USAPL	2017-10-14	358
47	Scott Sullivan	USAPL	2017-03-04	352
47	Eric Landau	USPA	2017-04-01	352
47	Derek Mead	USPA	2017-10-21	352
47	Wayne Schmitt Jr	USPA	2017-05-13	352
47	Jeffrey Winkler	USPA	2017-09-09	352

# 165 lbs. - Raw with Wraps

## DEADLIFT

Rank	Name	Federation	Date	Squat
1	Gerald Dionio	USPA	2018-01-06	677
2	Vashon Perryman	USPA	2017-06-24	672
2	Joe Greene	USPA	2017-04-01	672
4	Nathan Walton	USPA	2017-03-03	661
5	Josh Hyaduck	USPA	2017-12-09	655
6	Stephen Lehew	USAPL	2017-03-04	650
6	Taylor Atwood	USAPL	2017-10-14	650
6	Kyle Keough	USPA	2017-04-15	650
6	Kevin Torres	USPA	2017-04-15	650
10	Eric Lapointe	USAPL	2017-10-14	644
11	Nate Bugni	USPA	2017-03-25	639
11	Joao Lazarin	USPA	2017-08-27	639
11	Xavier Romero	USPA	2017-07-08	639
11	Rostislav Petkov	USPA	2017-04-15	639
11	Lawrence Abner	USAPL	2017-10-14	639
11	Jamaal Grimes	USPA	2017-10-28	639
17	Keith Correa	USPA	2017-10-14	633
17	Gage Carreon	USPA	2018-01-13	633
17	Wayne Schmitt Jr	USPA	2017-05-13	633
20	Charles Reiss	RPS	2017-05-20	630
21	Peter Hoang	USAPL	2017-03-04	628
21	De'Marcus Williams	USPA	2017-09-23	628
21	Matthew Schenone	USPA	2017-03-05	628
24	Dennis Levine	USPA	2017-08-19	622
24	Maxx Chewning	USPA	2017-07-29	622
24	RJ Hizon	USAPL	2017-03-04	622
24	Vincent Falzetta	APF	2017-05-27	622
24	Kevin Nguyen	USAPL	2017-03-04	622
29	Mason Cabney	IPF	2017-06-24	618
30	Dustin Zuniga	USPA	2017-12-09	617
30	Arkadiy Shalokha	USPA	2017-04-15	617
32	Brandon Maddox	USPA	2017-05-13	611
32	Robert Cooper	USPA	2017-07-29	611
32	Aaron Osborne	RAW	2017-05-06	611
32	Adam McMullen	USPA	2017-10-28	611
36	Reggie Dukes	USPA	2017-11-11	606
36	Sherman Mathis	USPA	2017-05-13	606
36	Ryan Glogosh	USPA	2017-07-08	606
36	Scott Sullivan	USAPL	2017-03-04	606
36	Josiah Vivero	USAPL	2017-10-14	606
36	Michael Escano	USPA	2017-03-04	606
42	Chance Brady	XPC	2017-03-04	605
43	John Gutmiedl	USPA	2017-09-16	600
43	Kyle Coogan	USAPL	2017-10-14	600
43	Alfred Resngit	USPA	2017-07-08	600
43	Jordain Sanguyo	USPA	2017-08-26	600
43	Derek Mead	USPA	2017-10-21	600
43	Terrance Wilkerson	XPC	2017-03-03	600
43	John Rudolf	RPS	2017-04-08	600
43	Christian Williams	USPA	2017-03-25	600

## TOTAL

Rank	Name	Federation	Date	Squat
1	Rostislav Petkov	USPA	2017-04-15	1697
2	Arkadiy Shalokha	USPA	2017-04-15	1681
2	Kevin Torres	USPA	2017-04-15	1681
4	Gerald Dionio	USPA	2018-01-06	1664
5	Nathan Walton	USPA	2017-03-03	1620
6	Kyle Keough	USPA	2017-04-15	1576
7	Joao Lazarin	USPA	2017-11-18	1570
8	Derek Mead	USPA	2017-10-21	1554
9	Tyler Goins	365	2017-10-28	1532
10	Nazareth Stotts	USPA	2017-09-30	1515
11	Joe Keith	USPA	2017-05-06	1504
11	Jacob Fisher	RPS	2017-06-03	1504
13	Nick Henwood	RPS	2017-10-28	1500
13	Kyle Hoyt	XPC	2017-03-04	1500
13	John Rudolf	RPS	2017-04-08	1500
16	Will Harrington	USPA	2017-10-07	1488
16	Reggie Dukes	USPA	2017-10-28	1488
18	Chance Brady	XPC	2017-03-04	1485
19	Steven Archer	USPA	2017-05-13	1466
20	Joe Fazio	XPC	2017-03-03	1435
21	Terrance Wilkerson	XPC	2017-03-03	1430
22	Michael Holt	USPA	2017-08-19	1421
22	Edgar Acevedo	USPA	2017-08-19	1421
24	Jamaal Grimes	USPA	2017-10-28	1416
25	Bryan Perrino	RPS	2017-03-25	1415
26	Alex Tindal	USPA	2017-05-20	1410
26	Vincent Falzetta	APF	2017-05-27	1410
28	Jay Semifero	APF	2017-05-27	1401
29	John Wells	USPA	2017-08-26	1399
30	Braden Moss	USPA	2017-11-11	1394
31	Sean Fagan	XPC	2017-03-04	1390
32	Ryan Glogosh	USPA	2017-07-08	1388
33	Henry Millard	USPA	2017-11-11	1383
34	Joshua Cioca	XPC	2017-03-04	1380
34	Zachary Hall	RPS	2017-03-25	1380
36	Anthony Pirie	HERC	2017-11-18	1375
36	Anthony Creatura	RPS	2017-01-28	1375
38	Daniel Thiel	APF	2017-05-27	1372
39	Thomas Sodini	XPC	2017-03-04	1370
40	Eric Tong	USPA	2017-06-17	1361
41	Aaron Purdy	USPA	2017-07-29	1355
42	Dexter Dionio	USPA	2017-05-06	1350
42	Trent Lott	USPA	2017-11-18	1350
44	David Russell	SPF	2017-06-03	1344
45	Michael Asare	RPS	2017-05-20	1342
46	Michael Wasyl	IPA	2017-07-15	1335
47	Nick Zemlachenko	RPS	2017-01-28	1320
48	Jakes Adei	USPA	2017-07-29	1317
49	Joshua Halle	RPS	2017-04-22	1315
49	Raul Torres	RPS	2017-03-25	1315

# Current Top 30 Rankings: Women....

## SQUAT

Rank	Name	Federation	Date	Squat
1	Jenn Rotsinger	USPA	2017-04-15	385
2	Stefanie Cohen	USPA	2017-04-15	374
3	Lisa Guggsberg	RPS	2017-09-30	363
4	Tiffany Baxter	USPA	2017-05-13	275
4	Katelyn Huller	IPA	2017-07-08	275
4	Kayla Forcier	APF	2017-12-02	275
7	April Shumaker	USPA	2017-06-24	270
7	Jaclyn Do	RPS	2017-05-06	270
9	Kristen Archibeque	USPA	2017-07-08	262
10	Aliana Richardson	APA	2017-10-07	255
11	Janie Baythavong	USPA	2017-07-22	248
12	Anna Glogower	AAPF	2017-09-23	242
12	Kimber Buehler	USPA	2017-08-20	242
12	Anita Medolla	USPA	2017-06-24	242
15	Tori Creighton	SPF	2017-04-22	235
16	Lindsay Seamans	365 Strong	2017-10-28	231
17	Endira Morales	IBP	2017-10-20	230
18	Kellie Seiser	RPS	2017-03-25	220
18	Jill Whoberry	USPA	2017-03-11	220
18	Briana Maison	AWPC	2017-09-09	220
21	Evelyn Garcia	USPA	2017-09-23	216
22	Hannah Smith	RPS	2017-03-25	215
22	Amber Crabtree	SPF	2017-04-22	215
22	Lynsey Johnson	APA	2017-09-16	215
25	Claudia Przystal	APF	2017-03-18	214
25	Bernice Pimentel	APA	2017-07-15	214
27	Chelsea Stewart	APA	2017-01-31	210
28	Amanda Martinez	RPS	2017-09-16	205
28	Amber Duenkel	APA	2017-12-09	205
30	Melanie Lunghi	USPA	2017-07-15	203
30	Bex Facey	RPS	2017-05-27	203

## BENCH PRESS

Rank	Name	Federation	Date	Squat
1	April Shumaker	USPA	2017-06-24	214
1	Samyra Abweh	USPA	2018-01-06	214
3	Marisa Inda	USAPL	2017-10-14	210
4	Jenn Rotsinger	USPA	2017-04-15	203
4	Tina Daneshmand	USAPL	2017-10-14	203
6	Gabriella Coronell	USAPL	2017-10-14	192
7	Lisa Guggsberg	RPS	2017-09-30	187
8	Sarah Burkett	USPA	2017-11-19	181
8	Jessica Okimura	USPA	2017-06-10	181
10	Emma Ife	USAPL	2017-10-14	176
10	Tiffany Baxter	USPA	2017-05-13	176
10	Danielle Columby	USPA	2018-01-06	176
10	Jenny Lee	USAPL	2017-03-04	176
14	Suzanne Hartwig-Gary	USAPL	2017-03-04	170
14	Sylvia Lovanrack	IPL	2017-11-04	170
14	Kerry Self	RAW	2017-06-10	170
17	Natasha Beasley	RAW	2017-06-10	166
18	Sophia Rizzuto	USAPL	2017-10-14	165
18	Anna Glogower	AAPF	2017-09-23	165
18	Kayla Johnson	USAPL	2017-10-14	165
18	Julie Puetz	RAW	2017-03-18	165
22	Jennifer Avarell	USAPL	2017-03-04	159
22	Kaitlin Drollette	USAPL	2017-10-14	159
22	Robin Pacholder	USPA	2017-02-25	159
22	Shellaine Frazier	ADFFP	2017-03-04	159
22	Yolaunda Campbell	USPA	2018-01-06	159
22	Brianna Lanoye	USAPL	2017-10-14	159
22	Ling Phan	USAPL	2017-10-14	159
22	Jessica Reeves	USPA	2017-12-09	159
30	Katelyn Huller	IPA	2017-07-08	155

# 114 lbs. – Raw with Wraps

## DEADLIFT

Rank	Name	Federation	Date	Squat
1	Jenn Rotsinger	USPA	2017-04-15	424
2	Marisa Inda	USAPL	2017-03-04	413
3	Sylvia Lovanrack	IPL	2017-11-04	402
4	Tina Daneshmand	USAPL	2017-10-14	391
5	Lisa Guggisberg	RPS	2017-09-30	385
5	Samyra Abweh	USPA	2018-01-06	385
7	Danielle Columby	USPA	2018-01-06	369
8	Alyssa Mirasol	USAPL	2017-10-14	367
9	Tiffney Oliver	USAPL	2017-10-14	363
10	Allison Vick	USAPL	2017-10-14	358
10	Suzanne Hartwig-Gary	USAPL	2017-10-14	358
12	Leah Kiblin	USAPL	2017-10-14	352
12	Heather Faas	USAPL	2017-10-14	352
12	Robin Pacholder	USPA	2017-02-25	352
15	Yolaunda Campbell	USPA	2018-01-06	348
16	Rebecca Bruce	USPA	2017-11-11	347
16	Nicole Lamartine	USPA	2017-05-13	347
16	Melissa Fulgencio	USPA	2017-06-18	347
19	Dominique Ocampo	USPA	2017-07-29	341
19	Kerry Sachs	USAPL	2017-10-14	341
19	Katrina Lopez	USPA	2017-06-10	341
19	Jennifer Kim	USAPL	2017-03-04	341
19	Ilda Sampaio	USPA	2017-03-25	341
19	Brianna Lanoye	USAPL	2017-10-14	341
19	Rachel Wood	USPA	2017-05-06	341
26	Alisha Luna	USPA	2017-12-09	336
26	Mallory Brown	USPA	2017-03-25	336
28	Kate Cohen	USAPL	2017-10-14	330
28	Kimber Buehler	USPA	2017-08-20	330
28	Marielle Opena	RPS	2017-11-04	330
28	Jessica Okimura	USPA	2017-06-10	330

## TOTAL

Rank	Name	Federation	Date	Squat
1	Jenn Rotsinger	USPA	2017-04-15	1014
2	Lisa Guggisberg	RPS	2017-09-30	937
3	April Shumaker	USPA	2017-06-24	810
4	Tiffany Baxter	USPA	2017-05-13	755
5	Katelyn Huller	IPA	2017-07-08	745
6	Jaclyn Do	RPS	2017-05-06	705
7	Kristen Archibeque	USPA	2017-07-08	694
8	Kimber Buehler	USPA	2017-08-20	690
9	Endira Morales	IBP	2017-10-20	675
10	Aliana Richardson	APA	2017-10-07	670
11	Anna Glogower	AAPF	2017-09-23	666
11	Kayla Forcier	APF	2017-12-02	666
13	Anita Medolla	USPA	2017-06-24	661
14	Lynsey Johnson	APA	2017-09-16	620
15	Janie Baythavong	USPA	2017-07-22	617
15	Melanie Lunghi	USPA	2017-07-15	617
17	Lindsay Seamans	365 Strong	2017-10-28	612
18	Chelsea Stewart	APA	2017-01-31	610
19	Bernice Pimentel	APA	2017-07-15	606
20	Amber Crabtree	SPF	2017-04-22	590
21	Buffy Ralls	USPA	2017-06-24	589
22	Tori Creighton	SPF	2017-04-22	585
23	Claudia Przystal	APF	2017-03-18	584
23	Jill Whoberry	USPA	2017-03-11	584
25	Kellie Seiser	RPS	2017-03-25	569
26	Amber Duenkel	APA	2017-12-09	565
27	Evelyn Garcia	USPA	2017-09-23	563
28	Hannah Smith	RPS	2017-03-25	560
29	Lauren Rodriguez	SPF	2017-04-22	555
30	Briana Maison	AWPC	2017-09-09	551
30	Tiffany Bellamy	365 Strong	2017-04-22	551





# Instagram Highlight

**NAME:** Collin Whitney | **AGE:** 27 | **HOMETOWN:** Reading, PA | **GYM:** Warehouse Gym | **IG:** @ct\_whitney



### What is Whitney Strength & Performance and what is it about?

#### What was your motivation for becoming a coach?

Whitney Strength & Performance is my personal and online coaching service. My goal when I started training others was to spread the knowledge and benefits of strength training and powerlifting to anyone interested. It was such a huge part of my life and I had seen so many benefits, in and out of the gym, that I knew I wanted to help others in this same way. I used to offer my coaching and programming for free for almost a full year just to have the opportunity to gain experience and work with others.

Over the last few years, Whitney Strength & Performance has grown and transformed into a powerlifting and strength training team and community. I've had the opportunity to work with

hundreds of individuals, from beginners to world champions, who share a similar passion as myself. Having the opportunity to help others gain strength and confidence continues to be the most rewarding aspect of my life.

#### What type of content do you try to provide for your followers?

#### What do we gain by following you?

My goal with any content I produce is to provide value. It's as simple as that. Whether that is spreading information, motivation, or simply entertainment. In my opinion, social media platforms are polluted with misinformation. These days, everyone is a "fitness coach" who is trying to sell you something. Separating myself is something I pride myself in by being genuine and honest—providing knowledge I have learned from personal experience. I also try



**spirational transformation you've seen with one of your clients?**

I've had quite a few clients who have made incredible transformations, some in strength and others in confidence and overall well-being. The one that stands out the most is a personal training client that I've had the opportunity to work with on a more consistent basis in the gym. He has made astounding progress in all facets—strength, confidence, and well-being. When I first started with this individual he was recently involved in a serious car accident in which he had suffered a broken neck. He came to me for our first 1:1 session where he could squat 225lbs, bench 225lb, and deadlift right around 405lbs. He had also mentioned during the session

to engage with all of my followers, whether that's answering a specific question in a direct message or simply exchanging a few comments with people who choose to follow and support me.

**You're not only a coach but a competitor as well. What are your best competition lifts? Which lifts are you most proud of?**

My best meet lifts are a 601lb squat, 435lb bench, and 711lb deadlift. Hands down, the lift I am most proud of is the 601lb squat that I recently hit at USAPL Raw Nationals. The reason for this is that squats have always been the most stubborn lift for me. I've had to scratch and claw to even reach the point I'm at now. Sure, I'm not built the best for the squat but that has never stopped me in my pursuit to improve. My squat is still my weakest lift, yet I am most proud of it because I've had to work so damn hard for every pound.

**What are some of the struggles you face trying to coach different clients? Are there any recurring traits you've observed in clients that makes coaching them difficult? How did you get through it?**

I think the hardest clients to coach are the individuals who judge their own rate of progression on what they see others doing, whether it's someone in their own gym or maybe even someone on social media. This can really derail someone's own training progression because they are trying to match what someone else is doing. There are too many training variables that vary from person to person. This is why progression also varies so much. I try to coach my clients to love the process and trust the process. Focus on one training day at a time, building from week to week, month to month. When this happens, results are inevitable.

**What is the most impressive or most in-**

spirational transformation you've seen with one of your clients? how he was starting to abuse alcohol during his recovery and how he felt awful with low energy and ambition. Over the past year, I could say he has been my hardest working client, never missing a session and always looking to improve in any way possible. He has increased all three lifts substantially and actually competed in his first full powerlifting meet where he qualified for USAPL Raw Nationals. Just recently, after one year of working together, we re-tested all 3 lifts where he hit a 500lb squat, 305lb bench, and a 600lb deadlift. I was amazed at the progress in his strength but most proud of his transformation in attitude and confidence. **PM**





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