

**TRAINING FOR SUCCESS** WITH TRAVIS MASH

# POWER

SEPTEMBER/OCTOBER 2018

## A 1,113LB. SQUAT? HOW? BY VLAD ALHAZOV

INTERVIEW BY JESSE BURDICK AND MARIEL TAGG



**MARK BELL'S  
POWER PROJECT #68  
WITH JAY CUTLER**

September/October 2018 Volume 9 No. 5

\$5.75 US \$6.75 CDN



This content is copyright protected and provided for personal use only - not for reproduction or retransmission.

For reprints please contact the Publisher.

**GET DIESEL**  
ELITE SPORTS NUTRITION



Barbara Lee  
GET DIESEL Athlete  
@msbarbellbarbie

**ARE YOU DIESEL?™**



Natural BCAAs - Women's Pre-workout - Creatine (ETHER) - Pre-Workout - Joint Relief - Libido

GET DIESEL NUTRITION | SINCE 2002 | GETDIESEL.COM | 100% VETERAN OWNED

AVAILABLE AT:



FeFiFo.com  
BIG STORE - LITTLE PRICES

Now Available On:  
amazon.com



ALSO AVAILABLE IN COUNTRIES WORLDWIDE. RETAILER LINKS AT GETDIESEL.COM

STATEMENTS HAVE NOT BEEN EVALUATED BY THE FDA OR HEALTH CANADA. THESE PRODUCTS ARE NOT INTENDED TO PREVENT, TREAT OR CURE ANY DISEASE.

Content is copyright protected and provided for personal use only - not for reproduction or retransmission.

For reprints, please contact the Publisher.

@get\_diesel on IG



# POWER

MAGAZINE

VOLUME 9 • ISSUE 5

#### PUBLISHER

Mariel Tagg  
mariel@howmuchyabench.net

#### 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,  
Kristofer Peebles, 9for9 Media

#### ART DIRECTOR/PRODUCTION

Paul Graff  
paulgraff1964@gmail.com

#### SUBSCRIPTION RATES:

US Addresses: \$29/1 year  
US Addresses: \$49/2 years  
International Addresses: \$65/1 year  
International Addresses: \$115/2 years

#### Address changes send to

andee@thepowermagazine.com

#### SUBSCRIPTIONS AVAILABLE AT

www.thepowermagazine.com  
www.SuperTrainingGym.com

**POWER Magazine** (ISSN 2150-5411) is published bi-monthly by Power Media. POSTMASTER: please send address changes to **POWER Magazine**, 1891 Enterprise Blvd., Sacramento CA 95691

#### Printed in the USA



Disclaimer: Advertisements from Power to third-party companies/ websites do not constitute an endorsement by Power of the parties or their products and services. The appearance of advertisements and product or service information does not constitute an endorsement by Power, and Power has not investigated the claims made by any advertiser. Product information is based solely on material received from suppliers.

Cover Photo by Nick Edlin

POWER is published 6 times per year by POWER MEDIA. Nothing in POWER may be reprinted, either wholly or in part, without the written consent of POWER MEDIA.

Please consult a physician before beginning any diet or exercise program. Use the information published in POWER at your own risk. The information, products and services contained in POWER may be outdated or include opinions, omissions, inaccuracies or other errors. All information is provided (to the fullest extent of the law) on an "as is or seen" basis and POWER MEDIA makes no representations or warranties (expressly disclaims) of any kind, express or implied with respect to said publication, including the information, content and materials of POWER. Except if specifically stated, to the fullest extent permitted by law, neither POWER MEDIA, nor any of its partners, related or affiliated companies, employees or associates, will be liable for damages arising out of or in connection with the use of POWER or the information, content and materials included in POWER. This is a comprehensive limitation of liability that applies to all damages of any kind, including (without limitation) compensatory, direct, indirect or consequential damages, loss of data, income or profit, loss of or damage to property and personal claims of third parties, health or otherwise

WANT MORE  
**POWER**  
MAGAZINE

GO TO  
**WWW.THEPOWERMAGAZINE.COM**



**MARK BELL'S SLING SHOT®**

**Check out the NEW Sling Shot®  
product and apparel line**



**Available exclusively at [WWW.MARKBELLSLINGSHOT.COM](http://WWW.MARKBELLSLINGSHOT.COM)**

Content is copyright protected and provided for personal use only – not for reproduction or retransmission.

For reprints please contact the Publisher.

# CONTENTS

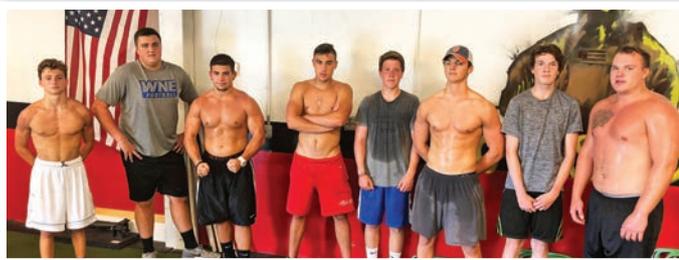
SEPTEMBER/OCTOBER 2018

## FEATURES



### 18 A 1,113lb. Squat? How? By Vlad Alhazov

INTERVIEW BY JESSE BURDICK  
AND MARIEL TAGG



### 28 Life and Lifting

BY ZACH EVEN-ESH



### 44 Mark Bell's Power Project Ep. 68 with Jay Cutler



### 36 Training for Success

WITH TRAVIS MASH



### 50 Setting Records with Pierre Garcia

BY PIERRE GARCIA



## COLUMNS

**10 Strong Spotlight: David 'The Beast' Douglas**

**14 This Chick Can Kick Your Ass... And You May Like It! Katie Jones**

**56 Instagram Highlight: Sebastian Oreb**

**66 ST Corner by Steven Granzella**



## DEPARTMENTS

**62 Top 50 Rankings**



# PRORAW BIG3 DUGS

**JUDGEMENT DAY**  
**OCTOBER 14 2018**  
MELBOURNE AUSTRALIA

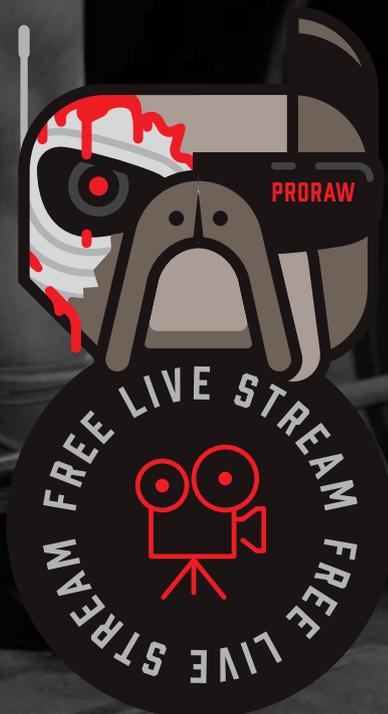
**\$50,000**

ANDREY MALANICHEV  
ERIC LILLIEBRIDGE  
VLAD ALHAZOV  
ZAHIR KHUDAYAROV  
DAN BELL  
ODELL MANUEL  
GAWAIN JOHNSTONE  
PETR PETRAS  
SHAWN DOYLE



@PRORAWPOWERLIFTING

[WWW.PRORAWPOWERLIFTING.COM](http://WWW.PRORAWPOWERLIFTING.COM)



Content is copyright protected and provided for personal use only - not for reproduction or retransmission.

For reprints please contact the Publisher.



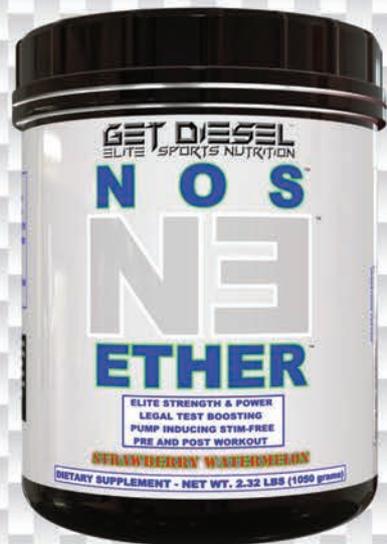
# COCK DIESEL™

## PERFORMANCE NUTRITION



If your training goal is to be as strong as possible at your weight class then you need NOS ETHER™. ETHER® is a high performance creatine delivery system that exceeds other creatine containing products by leaps and bounds. NOS ETHER is great for strength gains, recovery, power in the 1-3 rep range, and explosive power out the bottom of squats and bench. NOS ETHER also produces “skin tight” nitric oxide pumps, is great for libido and helps to improve muscle-to-fat ratio. Break PRs month after month with NOS ETHER!

ARE YOU DIESEL?™



# GET DIESEL™

## ELITE SPORTS NUTRITION

GETDIESEL.COM

FEFIFO.COM | #PRKILLA™

Available at:

amazon.com™



1-800-697-4969

These statements have not been evaluated by the FDA.

This product is not intended to treat, prevent or cure any disease.

Content is copyright protected and intended for personal use only.

Not for reproduction or retransmission.

For reprints please contact the Publisher.

## DAVID 'THE BEAST' DOUGLAS

BY WADE ZENO



Photo by Carleen Cuevas

**Age:** 31  
**Height:** 6 foot  
**Weight:** 350lbs  
**Hometown:** Lancaster, California  
**Gym:** Lock It Out Barbell  
**Max Squat:** Comp: 903lbs wrapped / **Gym:** 927lbs wrapped  
**Max Bench:** Comp: 611lbs / **Gym:** 633lbs  
**Max Dead:** Comp: 782lbs / **Gym:** 810lbs  
**Best Total:** 2226lbs  
**Athletic Background:** Varsity soccer, Kicker on football team, track and field.  
**Instagram:**  
 @davidthebeastdouglas

**David "The Beast" Douglas – the man who inspired Tech N9ne's hit single... No but in all seriousness, you definitely exemplify beastly characteristics with your inhuman strength. How long have you had this nickname? How did it come about?**

**DOUGLAS:** Funny, I love that damn song by Tech N9ne. I was 140lbs in high school playing soccer. The gym never mattered to me because I was always on the field sharpening my stamina and agility. I felt like I wanted more. I talked to the head coach of our football team who, at the time, was dominating for the past couple of years. I wanted to see if I could try out for the team. I jokingly asked him about playing any other position besides kicker, and he replied "You're just too small to play any other spot" which he didn't mean in any negative way, but that reply rang in my head over and over again.

I carried out that senior year playing soccer and dueling it out with the varsity football field goal kicker, but I was still left with that reply that kind of bugged me a

bit as if I wasn't worthy of being on that field among bigger guys. Soccer didn't really pan out the way I wanted, but that left the door open to life throwing a clean slate to draw ideas onto. I joined the Marines at 145lbs in 2006.

I went through boot camp and put on about 5lbs in training. It wasn't until I got to my MOS school in North Carolina that I was able to morph into what I am living today. While everyone else went partying or whatever they did after school, I went to the store and picked up a Muscular Development Magazine. I started flipping through the pages of the first one I bought and I'm not going to lie to you, that reply from years ago rang true in my head. For some reason, I had something to prove that didn't even matter anymore.

I looked at the guy on the magazine who happened to be Johnnie O Jackson, and I said to myself, "I want to be as big as him." I went to the gym that week and saw a group of big guys in there. I went right up to them all excited and asked the question, "How do I get bigger?" The biggest one looked at me, chuckled a bit,

turned back to the rest of them, mumbled some stuff and acted like I wasn't even there. I felt like a chump. I didn't even work out, I just left. That put me over the edge though, along with some other choice words from them. I knew I had to start somewhere, but the surprising part was that I chose to change my mindset right then and there to lock me onto my new mission. I told myself, "If I think like a beast, I will become a beast".

I latched onto that phase and that name like cement for the next days, months, years. My mind was obsessed with changing the way I ate and trained. I researched how to train on YouTube. I knew I had to stay committed to that thought process if anything was to happen. I gave myself the nickname "BEAST" at 150lbs, silently thinking people would just laugh at me coupling that name to myself, blind to what my end goal even looked like, thinking that if I just put my head down and worked, I will come up a different man.

I had no idea that it would lead me to where I am today—with the same mind-

set, the same obsession, just a different frame. I thought I wanted to be a body-builder, but got iron drunk off throwing weight around the gym.

**You often post throwback photos to your Marine days, where you were still incredibly jacked (by the way, thank you for your service!). Aren't there weight/size restrictions in the military? Did these restrictions make putting on size and/or strength difficult during that phase of your lifting career?**

**DOUGLAS:** Thank you, brother. So, there are weight restrictions in the Marine Corps that you have to be a certain weight per your height. If you exceed your weight, they go to a body fat test which they use a taping formula. If you are under 18% body fat you are good, but if you exceed that then you are put on



Photo by Bentley Photography

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

**GREAT FOR:**  
**Stamina**  
**Drive**  
**Virility**

**Helps counter the effects of:**

**HRT**  
**Stress**  
**Stimulants**

**GETDIESEL.COM**

Available at:  
**amazon.com**

**DPS**  
THE POWER  
 1-800-697-4969

These statements have not been evaluated by the FDA. This product is not intended to treat, prevent or cure any disease.



***Coq DIESEL™ – The gift that keeps on giving!™***



Photo by Apeman Strong

a BCP (body composition program) that adversely effects your military career the higher up you go. This is also tied into if you can pass the PFT (physical fitness test) and the CFT (combat fitness test). It's hard for the biggens in the military, but as long as you can do your job, pass your physical tests, and stay under that body fat percentage you are good. It definitely got harder heading towards 300lbs. I do credit my command and higher ups I had while I was in, that were extremely supportive of what I was doing and honestly pushed me to keep going.

**How long have you been lifting and how did you get started?**

**DOUGLAS:** I started in 2007 so 11 years and counting. My first duty station that I was assigned to was Camp Kinser in Okinawa, Japan in 2007. I had started actually lifting since MOS, but I didn't start competing until Japan. They have a festival called "Kinserfest" every year and I got "voluntold" by one of my higher-ups to do the bench competition. I did the competition, benched 450, took 1st place, got hooked, and the rest was history.

**There's been a lot of debate and controversy lately over Wilks Score vs**

**total as the go-to powerlifting metric. As someone with both a large Wilks and a large total, what is your stance on the matter?**

**DOUGLAS:** Honestly I don't give a damn. I just want to lift. I get both sides though. You should be credited for a big total and all the respect that comes with it at any weight, but I also see the pound-for-pound aspect of it. Both have pros and cons.

**Has your military experience influenced your training methods and style at all? How so?**

**DOUGLAS:** Yes and no. I have a hunger for pushing myself maybe even more than I should at times. You toughen up and get it done. I am glad I have a solid coach in Josh Bryant though who gives me the blueprint to continue down a successful lifting path.

**At the US Open this year, you seemed to have a misgroove on your opening bench attempt but came back and smashed it on your 2nd attempt. This probably expended a lot of energy and cost you some pounds on your 3rd attempt. How do you deal with and overcome mishaps like this**

**on meet day?**

**DOUGLAS:** It was a hard pill to swallow, but there isn't anything you can do about it. You have to take it on the chin and move on. Keeping your eyes forward and knowing you have other lifts you need to focus on kept me getting to the finish line. I knew I could analyze it later. Exactly what you said though, I came up high on my chest outside of my normal groove. In hindsight, I almost wish I would have told them to take it, but I didn't know I would fight that hard to get it back on track which lead to an infuriating grind time, but again, it is what it is. Put the headphones back on, put some fuel back in the tank, and get ready to go back to work.

**Your Instagram is full of original, motivational quotes. Which one is your favorite and why?**

**DOUGLAS:** All of them have a reason behind them and are something I repeat to myself during certain situations. I knew that other people could be going through similar things and relate to them so I wanted to share them so that even if it added just a few more drops to their motivation tank. A couple of my favorites are:



Photo by Frazier Graphix



Photo by Jeff Frank

"I can't complain about having a lot on my plate if the goal was to eat" and "Time to eat". I always relate a lot of things to eating (go figure) but the analogy has always stuck with me and that hunger for more.

**Even as a superheavyweight, your shirtless pictures on Instagram indicate that you're still able to maintain somewhat moderate-to-low body fat composition. Is there any dieting**

**and/or conditioning involved to help with this?**

**DOUGLAS:** I would love to say that I was awesome at dieting, but I suck. My wife keeps me in check with good foods for the most part, 90% of the time, but I color outside the lines more than I would like sometimes. I will say that I jumped on Stan Efferding's vertical diet awhile back and haven't looked back since. I plan on

making a big cut after Boss of Bosses and a bench-only meet and still actively use the vertical dieting.

**Who are some strength athletes (past or present) that inspire you and why?**

**DOUGLAS:** My coach, Josh Bryant, just for the sheer knowledge of the sport this man has and the creditability in transforming his athletes. Ray Williams for his God-given gift to lift and his talent to keep pushing the envelope. Captain Kirk for his personality and don't give a damn energy.

**How frequently do you compete? Do you think there's a limit to the amount of meets someone should do in a year?**

I use to compete almost every other month when I was younger. Now that my lifts have gone up, harder on my body, I would rather have a full prep to get to the next meet than just jump back into another one a few weeks or a month later. I do about 2 big meets a year now. If you are younger, have at it, get the experience. As you climb the mountain you should start picking your battles and conserving your body for the important meets of your choosing.

**DOUGLAS:** I'd like to give a shout out to my wife Elizabeth, kids, Angie, Lucas, Ava, Abby, Tiffany, Maleeya, and Max. Then my entire Lock It Out Barbell family. Without them I wouldn't be who I am. **PM**



Photo by Sgt. Mariner USMC

# THIS CHICK CAN KICK YOUR ASS.... AND YOU MAY LIKE IT! KATIE JONES

INTERVIEW BY WADE ZENO

**Age:** 22

**Height:** 5'5"

**Weight:** 130lbs

**Hometown:** Whittier, CA

**Occupation:** 911 EMT, LA County Fire

**Gym:** Metroflex LBC

**Max Squat:** 345lbs

**Max Bench:** 205lbs

**Deadlift:** 350lbs

**Athletic Background:** Volleyball in high school, and college. Soccer in high school, track, diving, and ice hockey.

**POWER:** It appears that you've only been competing for about two years now. In that time, you've managed to not only become an elite lifter but also a world record holder in the junior division. What record do you hold? How did you get to where you are today?

**KATIE:** Yes. I have been competing for two years, but have only been consistently training for a year. I hold the world record in bench press. I got where I am today in lifting by realizing my weaknesses, learning how to fix them by taking advice from anyone who had advice to offer, and researching. I also found success in training EVERY single day you are supposed to no matter how you feel, and working the hardest I ever have.

**POWER:** You just recently had an amazing performance at USPA Nationals. How did your performance at this meet compare to previous ones? How did you prepare for this meet?

**KATIE:** Thank you! This performance at Nationals was completely different than any meet I've ever done. I added 100lbs to my total in six months just by fixing technical issues I had never addressed in previous meet





Photo by Corey Ray Sims



Photo by Corey Ray Sims



Photo by Corey Ray Sims

preps. My attitude during nationals was completely different. I decided, in this meet, I would have fun, I laughed and goofed off instead of being serious and trying to use aggression—just by learning how I lift (happily) and fixing my mistakes. I prepared for this meet by changing my diet, eating clean and timing my meals around when I work out. I never missed a training day, even when I had a 103 fever I got into the gym and got everything for that day done. I did a 12-week program leading into this meet, which gave me tons of time to make sure I could hit the exact numbers I wanted at nationals.

**POWER:** You've made some huge progress with your lifts over the years! Which lift are you most proud of?

**KATIE:** I am most proud of my squat and thank you! I went from having a horrible knee-caving problem when squatting to it being non-existent.

**POWER:** We all agree that making progress requires hard work, time, and consistency. However, have you ever made any adjustments that immediately improved your training?

**KATIE:** Yes I have. I switched from high bar squatting to low bar and immediately my knee cave went away

and I added 50lbs to my squat. With bench, I always had the issue of my butt coming off the bench in competition. Once I moved my feet out wider my butt never moved off the bench.

**POWER:** Not only have you worked to become STrong, but you've managed to maintain great physique during the process. To what do you attribute your success? What difficulties and challenges have you faced during the process?

**KATIE:** Thank you! I don't just powerlift which I think makes a huge difference with how I look physically. I run around 6-10 miles a week, on top of Olympic lifting, and circuit training. Also being able to have a company like RPStrength help me with my diet during my whole competition prep was the best gift I could have ever received. They educated me on how to eat for specific training days, and why I need specific foods before and after I train. I am going through a court case for being assaulted and battered, and I stress eat so in like one day if I had court I would just eat and eat and eat, and gain weight like crazy, so learning to control my emotions and keep my weight regulated during competition

prep is the most difficult thing for me at this time.

**POWER:** Would you ever consider venturing into other strength sports?

**KATIE:** I am obsessed with CrossFit and Olympic lifting so if I was good enough at them both, I would love to be able to compete in both.

**POWER:** What are some of your long-term powerlifting goals?

**KATIE:** I want a 400lb squat like my life depends on it—a 225lb bench, and a 400lb deadlift.

My most important powerlifting long term goal is to stop comparing my lifts to others and focus on how much improvement I've made regardless of what someone else is doing.

**POWER:** What are three things people don't know about you?

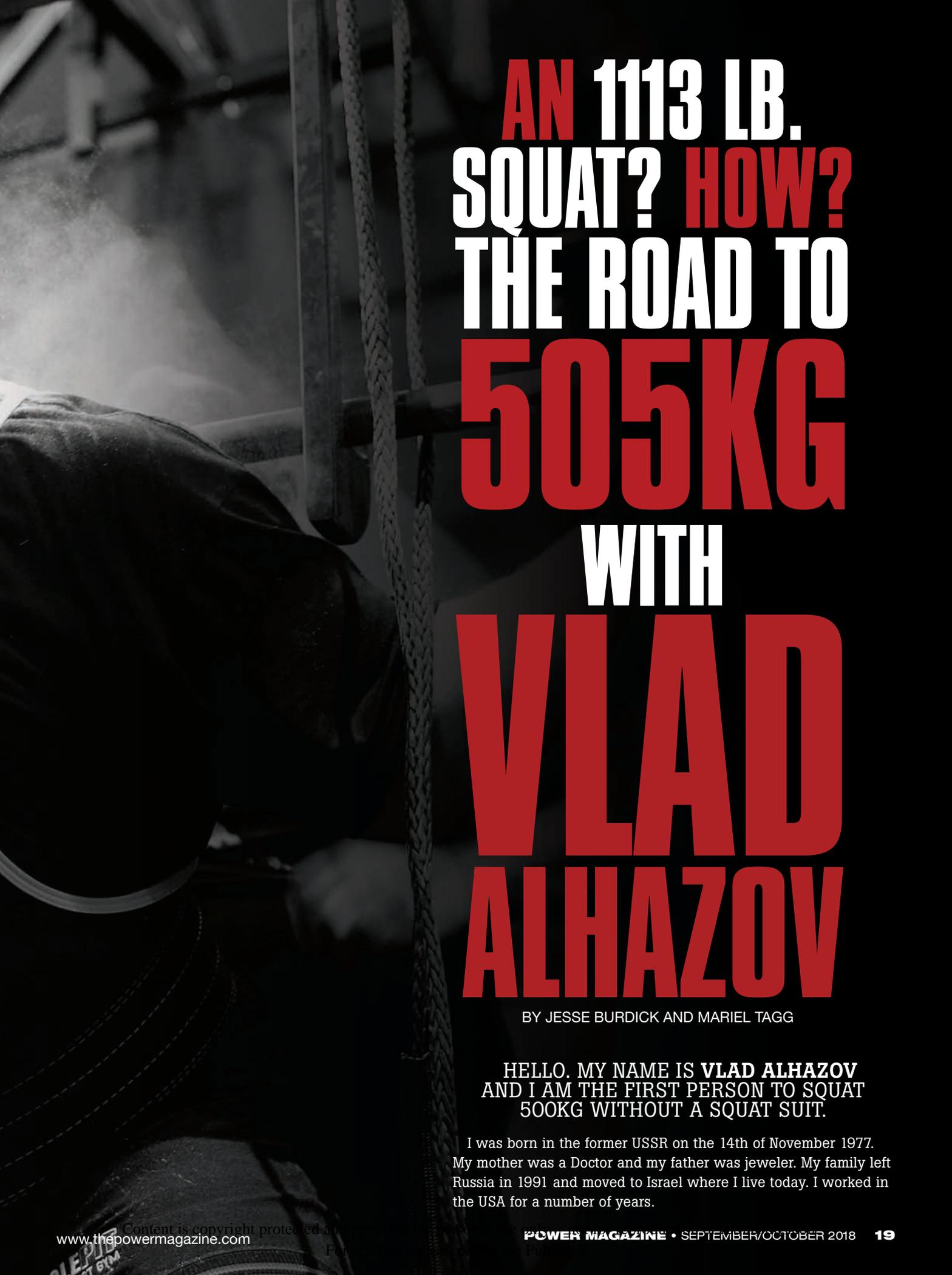
**KATIE:** I have 3 jobs: I work as a 911 EMT in Compton, CA, I'm a personal trainer, and I am a teacher's assistant in Special education for kindergarten. I have 6 dogs because dogs are everything. I love extreme sports and my absolute favorite thing to do on this earth is ski.

**SOCIAL MEDIA INFO:**

**Instagram:** @Kayteejones\_  
**Snapchat:** Katiejones224



Photo by Nick Edlin



**AN 1113 LB.  
SQUAT? HOW?  
THE ROAD TO  
505KG  
WITH  
VLAD  
ALHAZOV**

BY JESSE BURDICK AND MARIEL TAGG

HELLO. MY NAME IS **VLAD ALHAZOV**  
AND I AM THE FIRST PERSON TO SQUAT  
500KG WITHOUT A SQUAT SUIT.

I was born in the former USSR on the 14th of November 1977. My mother was a Doctor and my father was jeweler. My family left Russia in 1991 and moved to Israel where I live today. I worked in the USA for a number of years.



Photo by Nick Edlin

“ I ALWAYS WANTED TO KNOW HOW STRONG A HUMAN BEING COULD BECOME. THIS WAS THE BEGINNING OF MY POWERLIFTING JOURNEY”

As a child, I was very active and enjoyed a lot of sports. I was involved in swimming, boxing and what you now call mixed martial arts. Mostly, I loved boxing.

After moving to Israel, I made some friends who were involved in weightlifting. At that point in time, I was 15 years old. However, I preferred the base movements as I was able to lift heavier weights. I was always leaning towards powerlifting. I enjoyed testing my strength. I always wanted to know how strong a human being could become. This was the beginning of my powerlifting journey.

My best result was in competition



Photo by Nick Edlin

"I TRAIN 3 TO 4 DAYS  
A WEEK DEPENDING  
ON WHAT I FEEL I NEED TO  
DO AND WHAT MY BODY  
TELLS ME I CAN DO"

where a took the world equipped squat record of 1250lbs and totaled 2805lbs (1250-620-935). At that point in time I was already training at Westside Barbell in Columbus, Ohio, under the watchful eye of Louie Simmons. I trained there for 10 months.

My training hasn't really changed from equipped to raw. In equipped, you have to train as a team as it requires a lot of assistance. You will never achieve much by yourself. I loved everything about equipped lifting, apart from bursting blood vessels in my eyes and blood noses. People who say that equipped lifting is easy and gear lifts all the weight are delusional. Training and competing in gear takes a lot of practice and skill. You are constantly dealing with heavy weights and it's



Photo by Nick Edlin

# FORZA STRENGTH SYSTEMS

## BENCH OF CHAMPIONS

### F200 Super Bench

Price \$1195/ S&H \$295

Durable Powder Coat Finish

Competition Gripper Pad

Spotter's Platform

Adjustable Bar Catchers

4X2" & 3X3" Steel Tubing

Easy 4 Bolt Assembly



Safety Arms Option  
\$475/Pair



Bar & weights not included.

Check out our Full Line of Used Equipment

**ORDER TODAY! - 1.800.769.9259**



Made in the USA

**FORZASTRENGTH.COM**



Photo by Nick Edlin

almost a craft.

Between training raw now and during the peak of my equipped lifting career I haven't really changed much. I train 3 to 4 days a week depending on what I feel I need to do and what my body tells me I can do. Some training sessions are broken up in to morning and evening. Once again, that depends on how I feel. I listen to my body very carefully and advocate the same approach to every one I train. I finish all my heavy work 3-4 weeks before a competition and start my recovery process. I have a lot of meat on me to recover so I increase my protein and calorie intake as much as possible before a competition. In 2008 after the Arnold Classic, I met Louie Simmons and he invited me to Westside. I started squatting sumo which helped a lot and started using bands during my deadlift training. It was then that I showed my best results overall of 2805lbs.

My injury took place during my time at Westside. I was attempting a squat

**"NOW I TRAIN AND COMPETE RAW BECAUSE IT'S LESS TAXING ON MY CENTRAL NERVOUS SYSTEM AND MY BODY. I AM ABLE TO REST MORE AND RECOVER BETTER"**

of 1345lbs (610kg). Prior to that, I had already squatted 1102lbs (500kg) for a triple and 1212lbs (550kg) for a double. I kept missing depth on those attempts because the squat suit was so tight. My knee collapsed and I tore pretty much every tendon. Prior to the operation, the hospital asked me to sign a declaration. It stated that should the operation be unsuccessful, I would not take them to court. In order for me to be able to walk at all, the tendons had to be grafted from a cadaver and there was at best a 50% chance that the operation would work and my body would accept the graft. There was no mention of train-

ing or squatting 500kg. I was very depressed.

Recovery was very long. Due to the amount of damage to me knee and the atrophy of the surrounding muscles, it took 8-10 months for the knee to bend. It was over a year before I could get around. After 2 years of rehabilitation, I was able to go back to training.

I decided to come back because, apart from the knee, everything else was still healthy and strong. Healthiest of all was my desire to lift. Now I train and compete raw because it's less taxing on my central nervous system and my body. I am able to rest more and recover better. My day and my diet are very simple. I wake up, I work as a coach, I train and I recover. In between all that and my family life, I eat.

**POWER: So you didn't start lifting until you were 15? How did you first train? Was there a squat or a deadlift that made you know that you wanted to be a lifter?**

**VLAD: I actually started squatting**

# SLING SHOT HIP CIRCLES

Activate your hips and glutes,  
improve your squat depth and increase  
flexibility with the Sling Shot Hip  
Circles. Available online at  
[www.MarkBellSlingShot.com](http://www.MarkBellSlingShot.com)

[www.MarkBellSlingShot.com](http://www.MarkBellSlingShot.com)





Photo by Nick Edlin

when I was 21 or 22. Before then I just did deadlifts and bench press because I thought I would never grow if I squatted. It was like a scary dream I had. If I squatted I wouldn't grow. And today I am like 6'3".

**POWER:** How did you perfect your craft?

**VLAD:** I did it over about 15 years of experience lifting.

**POWER:** Can you give us an example of training with some explanation with it? Do you train with a group? Do they do the same training as you?

**VLAD:** No. I was working out with Louie Simmons at Westside Barbell from 2007-2008 and in July of 2008 I had my last biggest knee injury and I

"THESE DAYS I AM ONLY LIFTING RAW. I WARM UP TO 805 LBS. AND DO NOT WEAR A BELT OR KNEE WRAPS UNTIL I HIT 805. I JUST USE KNEE SLEEVES. AFTER 805, I GOT TO 880 OR 900LBS AND SEE HOW THAT FEELS. IF I FEEL STRONGER I DO DOUBLES IF I FEEL NOT AT MY BEST I DO SINGLES. AFTER THAT I WEAR A BELT AND KNEE WRAPS"

had a knee replacement. I had my left knee replaced. I was working out with a program by Westside Barbell. These days I am only lifting raw. I warm up to 805 lbs. and do not wear a belt or knee wraps until I hit 805. I just use knee sleeves. After 805, I got to 880 or 900lbs and see how that feels. If I feel stronger I do doubles if I feel not at my best I do singles. After that I wear a belt and knee wraps.

**POWER:** You spoke of recovery processes, what do you do for recovery?

**VLAD:** A lot of massage, hot tubs, cardio exercises like bicycling and rowing. I like to do those exercises because they have helped me have less cramps in my muscles and build



Photo by Nick Edlin



Photo by Nick Edlin

“I NEVER USED CHAINS. I LIKE TO DO RESISTANCE BANDS WORK, PARTICULARLY ON THE DEADLIFT.”

my recovery system.

**POWER:** How did squatting sumo and the use of bands on the deadlift change things for you?

**VLAD:** Actually, I never used chains. I like to do resistance bands work, particularly on the deadlift. Actually, on the squat, Louie changed my technique to sumo style. Before, I just did conventional but Louie noticed that my hips were very strong and abs were very strong. He suggested I try sumo style on the squat and since then I've changed my technique and my squat went up about 60-70lbs in a couple months.

**POWER:** Talk about the depression of hearing your surgery only had a 50% chance of being successful.



Photo by Martin Rock

**VLAD:** First the doctor said that I would no longer be a normal human because I would now have 3 ligaments from a dead body inside of my left knee. They were the ACL, MCL and PCL. Those were all removed from a dead body and put into my left knee. The doctor said there was a very low possibility that I would ever be able to squat again. He said I would never come back to powerlifting professionally like I had before. I said, "okay." My first full meet after surgery was 2017, last year, and I hit 500kg or 1100lbs.

**POWER:** What are you training for now?

**VLAD:** My next goal is October in Germany. It will be a big show — deadlift only. By the way, in 2015 Eddie Hall pulled 420kg. Last year, I did 975lbs. I was competing with Steve Johnson from Chicago. I hope he will be there this year and it will be interesting.

**POWER:** You work as a coach during the days, who are you coaching? How do you coach them?

**VLAD:** I coach people who try and want to build their strength. Actually, I have between 8-10 guys. But unfortunately,

in my country, powerlifting is not as popular as in the United States. It's growing, but not as much as I'd like it to be. But it is growing. We do not have professional powerlifting, but I help them with their lifts and getting stronger.

**POWER:** Can you talk a little bit about your family? kids? life outside of lifting.

**VLAD:** My wife is very close to me and she always supports me. I have a daughter, too. My mom lives far away but all my family supports me, which is



Photo by Martin Rock

a cool thing. My goal was to be the first man to squat 500kg or 1100 lbs and I did that. So my next goal is to hit that on the deadlift.

**POWER:** Can you give us more specifics on your diet day to day and then as you lead into a competition? foods, amounts, etc

**VLAD:** Before a contest, I put a lot of attention on my carbs. If I do not have a contest coming up I will try to eat less carbs and ore protein. Before a contest, I feel much dizzier because the work-outs are heavier so I need to use more sugar. But when I'm in the off-season I feel great.

**POWER:** What's next for you? any chance you get back into geared lifting again?

**VLAD:** Maybe, but only in the deadlift. On the squat, I don't think so. But also, the era of equipped lifting is dying and my hope is that it's just dead. I think it's dead. Except Dave Hoff, nobody uses gear.

I never thought I would be able to get back to these numbers, and I did it after a horrible injury and a left knee replacement. Last year, I got my best



total at 2458lbs or 1150kg. In Australia last year, I squatted 505kg, 200kg and 350kg on the deadlift. But somehow the judges decided not to count the deadlift because they thought I was too aggressive putting it back on the floor.

But I know I was successful on my lifts. Either way, I did my plan which was to hit over 500kg on the squat. So I have no excuses. I did my best. And I believe I'm going to hit 540kg or 1185lbs on the squat in my nest contest. **PM**

STRONG HAS MANY FORMS, FIND YOURS.



# LIFE & LIFTING

STRONG IN THE GYM & STRONG IN LIFE!

BY ZACH EVEN-ESH



Photo by Zach Even-Esh

I'm writing this article after holding a seminar at my gym. And I have to tell you, it's been a while since I've organized an event at my gym. Maybe a few years? I got away from holding seminars and I also got away from going to events.

After this seminar ended, I was so damn fired up I couldn't believe it. My friends who spoke at the event were also fired up. The attendees, fired UP! So, I looked back and asked myself, why stay in your comfort zone when being uncomfortable is what inspires you?

The things in the gym or the weight room that push you to achieve more success parallel the same things in life that

make you better. Hanging out in your comfort zone while training? Always training alone? Always consuming the same information?

Think back to The Golden Era of Bodybuilding, Arnold always had multiple training partners. And, if they weren't training together, they were all training at the same time. They all inspired one another to get better in training and in life.

They all fed off of one another's energy. They saw the other guy lifting heavy and so they had to push heavier weights. They saw Arnold investing in real estate and so the others began to travel down their own entrepreneurial path.

For a while, I just didn't want to be

around other people. I looked at everything like it was a chore, something that was taking me away from my family, etc. Until a few months ago, I started waking up early on Sunday morning before the dogs even wanted to wake up, and then I went to the gym.

I would crush the Sunday morning training and I came home with more energy, a better attitude and overall, I was a better person, regardless of what I was doing that day. What's the point here? If you want to take care of others, take care of YOURSELF! It requires discipline, of course, but if you strive to achieve more in any aspect of your life (family, business, career, etc.) then you must train your mind

**PRESENTING STRENGTH AND POWER EXPOS ACROSS THE COUNTRY!**

# THE FIT EXPO™

**SAN DIEGO**  
OCTOBER 27-28, 2018

**LOS ANGELES**  
JANUARY 26-27, 2019

**ANAHEIM**  
JUNE 22-23, 2019

**SAN JOSE**  
JULY 27-28, 2019

**CHICAGO**  
AUGUST 17-18, 2019



**GIANT  
EXPO HALL**

Celebrities, Giveaways,  
Exhibits & Demos

**MAJOR  
CONTESTS**

Bodybuilding, Arm Wrestling,  
Jiu-Jitsu & Battle of the Bars

**HEALTHY LIVING  
PAVILION**

Cooking Lessons,  
Seminars & Samples

**ATTENDEE  
EVENTS**

Compete in MaxReps  
& TheFitExpo's Best

**KIDS &  
YOUTH**

Fun For The  
Whole Family

**FOR TICKETS & DETAILS: [www.TheFitExpo.com](http://www.TheFitExpo.com)**

Content is copyright protected and provided for personal use only - not for reproduction or retransmission.  
For reprints please contact the Publisher.



Photo by Zach Even-Esh

and body FIRST.

All too often I hear about or get asked about “balance”. There is no such thing as balance—there is never a time where you feel perfectly balanced when you are training to achieve more in your life. There are extremes and there are down times. For example, when I go away on a family vacation, my extreme is more family time. During the week, I wake up 90-120 minutes before anyone else in the house and get my work done! It might seem extreme but this is what it takes. Getting crucial work done in the morning to me is what I call Doing the 1 Thing.

You want to get ahead everyday by doing 1 thing that moves you forward in life. Smelly calls this Putting points up on the score board. It’s essentially 100% more than zero.

You can apply this to your training or your business. You can apply this to family or you can apply this to studying for something you want to learn about. You see, most people don’t even do 1 thing. They procrastinate and then come up with excuses.

There are many ways to destroy your excuses and end procrastination. Here are a few of my favorite ways to stay on track and get sh\*t done!

**“I WOULD CRUSH THE SUNDAY MORNING TRAINING AND I CAME HOME WITH MORE ENERGY, A BETTER ATTITUDE AND OVERALL, I WAS A BETTER PERSON, REGARDLESS OF WHAT I WAS DOING THAT DAY”**

**1** Organize the week ahead. On Sunday night, I write down all the ideas in my head and do a “brain dump”. Then, I look at what is needed most and organize 3 things to do on Monday, Tuesday and Wednesday. Then Wednesday night I review what was done, and create my Thursday and Friday check list with a top 3 list.

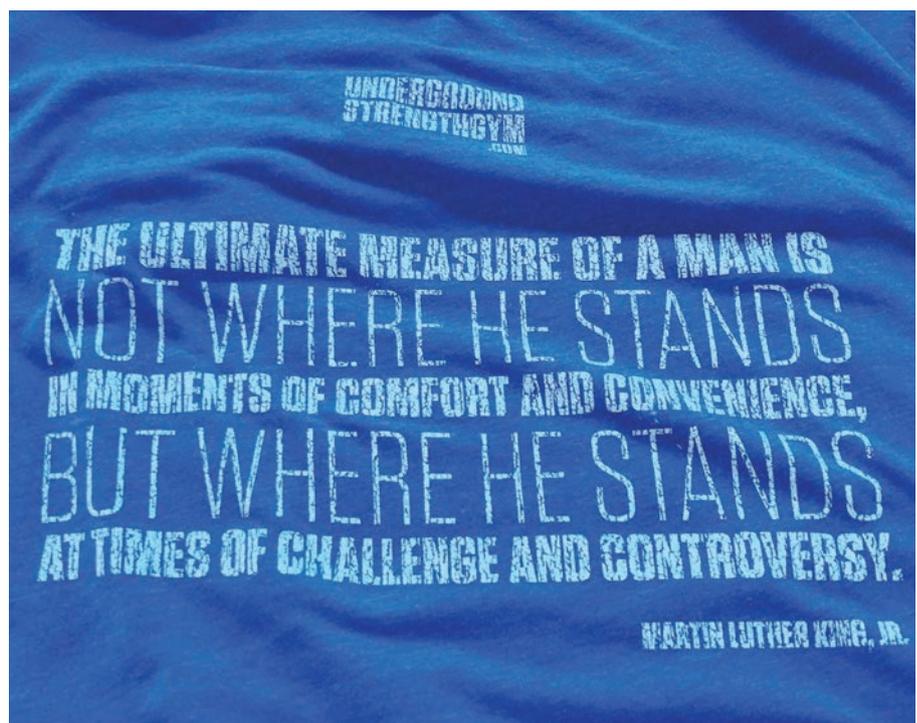




Photo by Zach Even-Esh

**2** Schedule your training. Yes, schedule it. When are you going to train? Invite someone to train with you. Become accountable to someone else.

Training partners inspire you to work harder. Plus, you feel horrible when you bail out on a partner so you'll be less likely to skip training.

**3** Get out of your normal environment. Attend a seminar. Train at a new gym. Sign up for an event. If it's a free event, it's never really free. Maybe

FAST, AFFORDABLE INTERNATIONAL SHIPPING

**STRONGMAN**

**POWERLIFTING**

**CROSSFIT**

**LIFTING LARGE .COM**

f LiftingLarge

@liftinglargedotcom

**LVL BAR GRIP**

**TITAN** AUTHORIZED SUPPLIER TITAN DEALER

**Spud Inc**

MARK BELL'S SLING SHOT™

**ER EQUIPMENT DENMARK**

**IPF APPROVED** POWERLIFTING EQUIPMENT



Photo by Zach Even-Esh

it's free of financial investment, but you are still investing your time, effort and energy. I always say, nothing is truly free. Investing in yourself is the best way to get ahead in life and lifting.

**4** Announce to others to be accountable. Who would you hate to disappoint? Tell those people what you're going to do. Give it a deadline. Cut the deadline in half. Smelly did this on his podcast, he announced he will do a Bodybuilding show. It inspired him to greater heights. He traveled to Malibu for a month and trained at Gold's Venice with Mike O'Hearn and his brother. The right people always inspire you to achieve more.

Life and lifting have a powerful parallel. The basics always deliver powerful results. Consistency is crucial to achieving results. Challenging yourself is the way to grow. Fads and gimmicks never win.

Take these principles and apply them to ALL areas of your life. To be strong in the gym and to struggle in life or vice versa is simply a lack of follow through. Apply the lessons from the gym to your life.

If I look at who the best athletes are from The Underground Strength Gym, it's always the athletes who are consistent.

**"LIFE AND LIFTING  
HAVE A POWERFUL  
PARALLEL. THE BASICS  
ALWAYS DELIVER  
POWERFUL RESULTS.  
CONSISTENCY IS CRUCIAL  
TO ACHIEVING RESULTS.  
CHALLENGING YOURSELF  
IS THE WAY TO GROW.  
FADS AND GIMMICKS  
NEVER WIN"**

Those who come and go seem to constantly be starting over, constantly average and they never break through. They consistently ALMOST achieve the bigger goals and accomplishments. Almost sucks. That's the bottom line.

The reason I wanted to share this article with you is because I let the obvious and simple strategies get away from me. I ignored them. In turn, I hit a wall. I got fired up and decided to get uncomfortable. I began waking up earlier than normal. I began doing anything and everything that went against "normal". Normal actions = Normal results.

Even while coaching athletes, I went beyond coaching them on "normal" things.

I began teaching them life lessons. Pissed all over the toilet seat and ignored it? That's likely how you approach life. Go back and clean it up. Piled plates up on the sled and then left them piled up for the next guy? Go back and organize the sled, respect the next person. Walked through the mud and tracked mud into the gym? Get the vacuum and clean it up. Didn't eat 3 meals by 3 o'clock? Organize your day and be accountable to other athletes in the gym. Take photos of your meals and post them on Instagram to show us you are following through.

So here's the deal. You can ignore these simple yet powerful strategies or you can take action. Today. Now. Not tomorrow. Not after this or after that. Now. Those who want to achieve bigger goals begin NOW. Speed is crucial. Waiting for the sun and moon to line up is not going to happen. Perfection doesn't exist. So there ya go. Punch your excuses in the face and MAKE it happen.

Zach Even - Esh is The Founder of The Underground Strength Gym & Creator of The Underground Strength Coach Certification. Connect with Zach through his STRONG Life Podcast or on Social Media @ ZEvenEsh

<https://ZachEven-Esh.com>

# SQUAT HEAVY WITH NO PAIN

*Available exclusively at [WWW.MARKBELLSLINGSHOT.COM](http://WWW.MARKBELLSLINGSHOT.COM)*

## SLING SHOT KNEE SLEEVES



**ORDER YOURS TODAY AT**  
***[WWW.MARKBELLSLINGSHOT.COM](http://WWW.MARKBELLSLINGSHOT.COM)***

# LEVIATHAN



**DESCRIPTION:** THE KING OF THE SQUAT SUITS WORN BY THE KINGS OF THE SQUAT. THE **LEVIATHAN** IS A SUIT OF ARMOR THAT LITERALLY STANDS ON ITS OWN.

- THE CANVAS HYBRID™ DESIGN INCORPORATES TOP-GRADE CANVAS AND 4" WIDE Hardcore SIDE PANELS
- INCREDIBLE STOPPING POWER IN THE HOLE



**INZER  
ADVANCE  
DESIGNS**

[WWW.INZERNET.COM](http://WWW.INZERNET.COM)

800-222-6897



# INZER ADVANCE DESIGNS

[WWW.INZERNET.COM](http://WWW.INZERNET.COM)

800-222-6897

**THE SHIRT THAT'S ALL THE RAGE IN POWERLIFTING. THE RAGEX IS THE SENSATIONAL SHIRT THAT'S HELPING POWERLIFTERS SWEEP THE EARTH WITH MASSIVE BENCH PRESSES. THE RAGEX IS A STEP ABOVE ALL ROUND-SLEEVE BENCH SHIRTS IN CLEAR QUALITY AND EFFECTIVENESS. THE RAGEX IS THE MOST AMAZING POLY BENCH SHIRT IN THE HISTORY OF THE GAME.**

- *Extra Reinforced front shoulder seams add support and security for this radical design. Thicker, Extra Reinforced neck.*
- *The combination of several new contours built into the pattern complements the already super RageX system.*
- *SOLID SEAM™ technology keeps the sleeves where they are supposed to be, working in unison with the body, not jittering or faulting with the bar. You will increase your bench press and keep it safe to boot. Proven in numerous world records.*
- *RAGE X IS FOR EXPERIENCED BENCH PRESSERS ONLY PLEASE! RageX goes into new territory where unbelievable results from a poly shirt happen. The RageX will continuously amaze you at how much you can bench press. Bench pressers report regularly how much fun the bench press has become for them because of this amazing bench press shirt. The increased weight you will bench press will take practice to become accustomed to. Strength gains will result from handling the increased weight. Confidence will rise from one training session to the next.*
- *The RageX is the bench shirt for those who want an immediate step up to stratospheres of bench press power because it is a MORE AGGRESSIVE design than any other company knows how to make. This is not only about sleeve angle and elementary things such as that. It is about hundreds of details creating a cumulative effect that is undeniably the best. The most Quality and Results are yours in the RageX.*
- *Stretchy-Back™ makes RageX more effective and easier to get into. It allows the lifter to custom-fit on the spot by allowing the neck to be lowered down the body and the sleeves to be lowered down the arms. The fitting adjustments allowed by the Stretchy-Back™ provide the effect of an Open-Back but with a back that is completely enclosed. The Stretchy-Back fabric also breathes easier, creating comfort.*
- *RageX in DOUBLE LAYER. Go Double Layer and increase the longevity and comfort of the RageX bench shirt. Or choose Single Layer for single-layer competition restrictions.*
- *Guaranteed. Absolutely guaranteed you will bench press more than in any other round-sleeve bench shirt.*

**THE FIRMEST, BEST BELT IN THE WORLD WITH UNMATCHED BUCKLE STRENGTH. AVAILABLE IN ONE OR TWO PRONG ZINC PLATED STEEL, SEAMLESS ROLLER BUCKLE.**

- *All Inzer Forever Belts™ are one solid thickness of the finest, select, exclusive leather. It is not layers glued together cheaply to make thickness as some other brands that can come loose years later. There are no compromises in quality in the Forever Belt™.*
- *Seamless, zinc plated steel roller buckle is unmatched in strength and durability, and it looks great.*
- *The buckle prongs do not waver back and forth. They slide one direction into and out the selected prong hole. This makes it easy to place the prong in the hole, saving you time when getting ready to lift.*
- *Six rows of lock-stitched, corrosive resistant, hi-density nylon.*
- *The edges of the belt are finished with refinement but not rounded. Rounding of the edges lessens the effective width. Therefore the complete competition legal width is maintained in the Forever Belt™.*
- *Finished with top quality, fine suede providing non-slip surface.*
- *Does not turn soft and fold over as another brand's belt tends to do. Conforms to your body shape over time and forever stays rigidly supportive.*
- *High compression riveted with the same rivets as used in the Space Shuttle program. Not bradded. Will never come loose.*
- *Tongue loop is riveted instead of sewn providing further security.*
- *Closer prong holes for more choice in precise fitting.*

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

# WASH



FIG. 314 -

\* BARBELL LIFE:  
THE BARBELL WILL  
TEACH YOU WHAT KIND  
OF PERSON YOU ARE





# TRAINING FOR SUCCESS WITH TRAVIS MASH

INTERVIEW WITH MARIEL TAGG

TRAVIS MASH BROKE ED COAN'S ALL-TIME WORLD RECORD IN 2004 WHEN HE TOTALED 2410. A FEW MONTHS LATER IN 2005, HE BROKE IT AGAIN WITH 2414. NOW HE COACHES KIDS UP TO BE OLYMPIC PROSPECTS IN WEIGHTLIFTING. HE RECENTLY TOOK TIME WITH POWER MAGAZINE TO TELL US WHAT HE DOES DIFFERENTLY, HOW HE PRODUCES SO MUCH TALENT, AND HOW HE SUCCESSFULLY JUMPED BACK AND FORTH FROM POWERLIFTING AND WEIGHTLIFTING.

**MASH:** The next two years are the big march towards the Olympics, and we have two kids that are already what people would consider Olympic hopefuls. We have two others that we still hope to get there. We're just creating a lot of international athletes, which is pretty cool since we're in a small town so we're excited about that. And this weekend ended up being a pretty big weekend for us. We got our 18th Team USA member qualified in over the last 3 years, so that was pretty big. And then Morgan, my 14-year-old phenom, he broke an American record that's stood for over 10 years. Every time we go into competition, we set goals. And this was the first time every single team member exceeded my expectations so it was good.



**MARIEL:** Tell me more about these athletes and what you're doing to help them get to where they need to be.

**MASH:** About 3.5 years ago when I left MuscleDriver USA, we didn't have a pro weightlifting team and I wanted to do it myself. So the whole mission behind what we do is to give athletes who have the goal of making it to the Olympics, try to give them every tool that they possible need to get there. The other part of the mission is to develop a program for at-risk kids and work with troubled youth in the community. We're definitely well on our way to developing athletes for America, but we need to work more toward working with at-risk kids. It's a non-profit effort and funding can be a tough thing, so we need to work on funding that program and doing more but that's the way it is for everyone.

**MARIEL:** These athletes specifically, can you talk about how you're building such incredible youth talent?

**MASH:** I know we've produced the most USA athletes, but we produce them

in the youth and junior and senior ranks. The youth is where it's at. If you don't have a good youth program, eventually your program dies. Your athletes age out.

**MARIEL:** Do you only focus on youth?

**MASH:** No, I have Nathan Damron and Jordan. Nathan gets most of the press because he's so strong but Jordan right now is slightly above him. So those two are just incredible and they're both freshly out of the junior category. Those two are unreal and then we have two women who we believe as good if not better, they just got started a little bit later.

**MARIEL:** How do you train your youth differently than you train your seniors?

**MASH:** In youth, we focus on general physical preparedness so we do a lot more of what might look like CrossFit. We do a lot of gymnastics work and other things. I bought a basketball hoop and they play every day. So we do a lot more of that kind of stuff. But what's really unique is the culture. They are so close-knit. It's like they're family. Their parents all hang out. And then we've got a couple of satellite

athletes in Missouri and around the country, and somehow, because of the internet, it's as if they're under our roof. When we go to competitions it's like they've been there the whole time. It's a really cool thing to watch and I wish I could give a formula for others coaches to develop such a culture, but I really got lucky by getting the athletes that I got. They are so awesome and they really develop the culture.

**MARIEL:** Let's talk about your athletic background, your education and how made the transition from powerlifting to weightlifting.

**MASH:** I got my B.S. at Appalachian State back in 1995, so it all started there. I only got a minor in exercise science but that's where it started. And the reason I only got a minor was because I started too late. I thought I wanted to go to law school, then I fell in love with lifting weights so I only got a chance to do a little bit. But I did powerlifting right after college for one year and I went to the IPF Junior Worlds and got a silver medal. Then I moved to Colorado Springs because I



wanted to do Olympic weightlifting. So, I drove across the country and worked with Wes Barnett, a two-time Olympian. He was my first coach. Then, about a year later, they invited me to the Olympic training center and I got to work with an Olympic bronze medalist. What cut my weightlifting career short was my father got sick in North Carolina. He got terminal cancer so I made the decision to come back and be with him. It was a really rough time in my life. So, I moved home. Back then there wasn't CrossFit so you didn't have a gym on every corner where you could do Olympic weightlifting. That's when I switched back to powerlifting and became a three-time world champion at powerlifting. Then the craze of CrossFit brought weightlifting back to the forefront and I had the opportunity to attack that again. And I hope my powerlifting brothers don't hate me, but my true love is weightlifting.

**MARIEL:** So you jumped from powerlifting to weightlifting. Where do these two sports meet for you and how do you use one to train the other?

**MASH:** The whole time I was starting to do strength and conditioning with athletes, I learned how to attack weak-

## DEER ANTLER VELVET

The only mammalian organ that completely regenerates itself. Discover what professional athletes and Olympians have been using for years. The full matrix of growth factors in DEER ANTLER STAX stimulates natural production of HIGH, which decreases as we age. Rejuvenate your body. Increase power, stamina and prowess!

[www.veloxlabs.com](http://www.veloxlabs.com)





nesses through powerlifting. And obviously I know how to get people strong because powerlifting really teaches you that. Sometimes, in some programs, that can be lacking. There's so much technique in weightlifting, but you can have the best technique in the world and we're still going to beat you because we're stronger. Powerlifting gives me the ability to get my athletes stronger.

You can go to any weightlifting gym in America. We're going to be way stronger, on average, than they are. And I don't think any coach in America would even try to argue with that.

**MARIEL:** How do you incorporate powerlifting into your programs?

**MASH:** With weightlifting, the squatting and deadlifting are a part of most people's programs because you've got to be good at pulling the bar. You've got to be strong at squatting it. Plus, leg strength is going to help you pull, squat, and jerk. Your legs are going to be what really propels the bar upwards. A lot of it is very similar. Then, with some females, I use the bench press to help them stabilize overhead. A lot of girls are hypermobile and not very stable overhead. For example, Hunter Elam, she was hypermobile and so we had her start benching and that really helped stabilize



her overhead stuff. Not to mention, powerlifters are more commonly known to attack weaknesses. For example, if your posterior chain is weak, you're going to attack it. In our gym, we have the reverse hyper. We have the Westside Barbell athletic training platform, which some people call the belt squat. We use Strongman apparatuses to strengthen the core. We do a lot of one-arm, two-arm carries. We just have a more holistic approach than most weight-

lifters. I also think we're going to use a lot more accessory movements than most gyms. We're going to use the belt squat almost every single day. It really lights up the glutes. Basically the belt squat turns every exercise that you do on it into a glute movement. And we found, when we tested our athletes, that they all had strong hamstrings and strong lower backs with a lot of capacity, but what we also found in common was that their ability to fire their



big muscular glutes was lacking. It blew me away. So what we determined was that during hip extension, which is when the glutes really come into play, when that happens when they're snatching or clean and jerking, the bar is already moving so quickly that there isn't a big load when they're extending so there was never a big load on the glutes. So now we load them by using the athletic training platform and it really makes the finish of the lift, which

is the most important part, much more powerful.

**MARIEL:** Tell me about your neural activation technique.

**MASH:** Oh, it's just post-activation potentiation. It's nothing I came up with. I just use it more than most people. For example, say I want to set a squat PR. I'll warm up. I'll warm up to 95%. And then I'll do a walk out with 105%. So I'll walk out more than I'm capable of maxing. I'll

walk it out, hold it for 15-20 seconds, rack it, go to 102% and squat it. Because here's what happens: your body remembers the most recent weight that's been on it. So it thinks you're doing 105% because that's what you just had on your back. That's the simplest way to put it. But basically it prepares your nervous system, which tells the body to recruit all the fibers and send in reinforcements because this guy is about to go heavier than he's capable of. But then you're not! You go back down to where you're trying to set a PR and your body is still firing for the bigger weight. Powerlifters use it big time with bands. There's a lot of research coming out right now from NYU with bands, but the biggest way I know how to use bands in squats is to do what Louie Simmons would say and do the dynamic work but then I would keep going. I would work up to where I was almost going to miss with blue bands. Then that means this: the blue bands add maybe 200lbs at the tip top. So you could end up going to 110% at the top, but then you squat to the bottom and it deloads it down to 85%. Then you take the blue bands off and keep working up and the body remembers that weight. I could normally set a PR after using blue bands, so we use that a lot.

- ✓ Anti-Aromatase\*
- ✓ Muscle Hardness\*
- ✓ Libido\*
- ✓ Nitric Oxide Pumps\*



- ✓ Training Intensity\*
- ✓ Free Test\*
- ✓ Total Test\*
- ✓ Estrogen Blocker\*

**ARE YOU READY?®**

*The guaranteed strongest, most effective legal test booster available period!\**

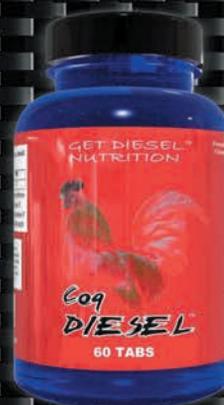
**Ready4War™**  
PREWORKOUT



**DIESEL TEST™**  
TEST BOOSTER



**Coq DIESEL™**  
LIBIDO



**GET DIESEL NUTRITION | SINCE 2002 | GETDIESEL.COM | 100% VETERAN OWNED**

AVAILABLE AT:



**FeFiFo.com**  
BIG STORE - LITTLE PRICES

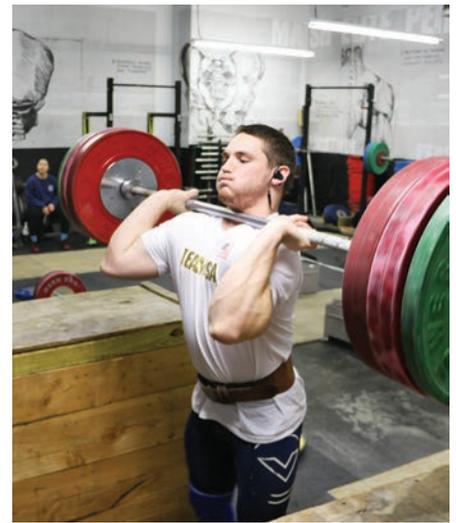
Now Available On:  
**amazon.com**



ALSO AVAILABLE IN COUNTRIES WORLDWIDE. RETAILER LINKS AT GETDIESEL.COM

@get\_diesel on IG

STATEMENTS HAVE NOT BEEN EVALUATED BY THE FDA OR HEALTH CANADA. THESE PRODUCTS ARE NOT INTENDED TO PREVENT, TREAT OR CURE ANY DISEASE.



**MARIEL:** What made you want to coach?

**MASH:** I just loved the barbell from the moment I touched it when I was 11 years old. It's done so much for me. I come from a broken home and I grew up in the mountains of North Carolina, which are beautiful, but they're just really tough. The barbell helped me get out of there and helped me go play football at Appalachian State and it's taken me around the world so I want to give back. I really love working with youth, juniors and young adults because I can take the barbell and teach them goal setting, perseverance, hard work, overcoming adversity — I can teach them all of life's lessons simply by working out. It's more important to me

that when that athlete leaves me, whether he's an Olympian or didn't do anything hardly at all, that they're better humans. I send them out into the world to do better — they're better fathers, they're better husbands, and they make an impact. That's also part of our non-profit: making better people. A lot of my guys go on to be good humans, make an impact and be successful. That means what I'm doing is working.

**MARIEL:** Tell me a little more about your non-profit, where people can donate and why they would want to.

**MASH:** [mashelite.com/donate](http://mashelite.com/donate) I'm simply helping young men and women achieve their dreams while trying to make them better humans, and also working

with the at-risk community. Yes, I want to help these guys place someday in the Olympics, but I want to make an impact on the community that we live in and have my athletes help with that and see that giving back is much more important than a gold medal. And I tell them that. No matter what they do. If they don't do anything with it, then all of it's for not. There's no purpose. I remember when I won the world championship and I didn't do what I needed to do and I don't want that to happen to them.

**MARIEL:** At what point did you realize that would be more important to you than just getting gold medals and helping people get gold medals? I feel like that mentality comes with experience as an athlete. The goal changes at some point.

**MASH:** Here's what happened. I started just because I loved lifting weights and I loved helping people reach their dreams. But when I broke the world record the first time, by Monday of the next week I was diagnosed with clinical depression. I didn't deal with it, I just started training again and the depression went away and I broke the record again and literally by the next Monday the depression was right back. It got to an all-time low between 2005–2007. It was an awful time in my life where I was trying to figure this out. If I'm winning all these medals and becoming the best in the world, I thought I should be on cloud nine. But there was no purpose to my life. So, between 2005–2007 I came to know Christ. I met my wife and I started finding more of a purpose than just winning. From 2007 on, I've lived for a purpose that's much bigger than just winning and life is so much better. **PM**





# MARK BELL'S POWER PROJECT

## EPIISODE 68

### WITH JAY CUTLER

JAY CUTLER IS AN IFBB PRO BODYBUILDER, 4X MR. OLYMPIA, AND FOUNDER OF CUTLER NUTRITION AND CUTLER ATHLETICS. HE HAS 20+ YEARS OF TRAINING AND SUPPLEMENTATION KNOWLEDGE AND CAME BY SUPER TRAINING GYM TO SHARE HIS KNOWLEDGE AND CHAT.

**MARK:** Did you used to train at Gold's Gym Venice regularly?

**JAY:** Yeah, it's funny because when you're in Massachusetts all you hear about is the Mecca of Bodybuilding. And I was one of those people who didn't realize that it's not the original place where Arnold trained — that's someone's house now. You knock on the door and these old people come to the door and it still says Gold's Gym on the front of their house. I never understood why they would still want to have "Gold's Gym" on the front of their house but... So, I was able to travel out to Gold's Gym Venice when I had just won the teen nationals at 19 and Chris Aceto was training Paul Demayo for the Mr. USA. And that was the year Mr. Cormier actually won his pro card.

**MARK:** Quadzilla! Wasn't that his name? Paul Demayo? Quadzilla.

**JAY:** Yeah, he was favored to win. Craig Titus, Mike Francois, and Dennis Newman were in that show. And he called me and he said "Hey Jay, I have an opportunity for you. There was a misprint in the Boston Globe," which is a newspaper in Massachusetts, and they had roundtrip airline tickets on American for \$99. So, for me, being broke and just coming off the teen nationals, I had to take advantage of it. I literally called all night long and just before midnight I actually got a hold of someone and they said it was a misprint.





And I said, "Well you have to honor it right?" And they said, "Yeah we do." I was able to fly round trip to California and go out and watch that show. We stayed quite a distance from Gold's and I remember my girlfriend at the time and I walked to the gym, and I remember going there and thinking, "Oh my goodness I'm in Gold's Venice. And that was, like, historic."

**MARK:** What year was it?

**JAY:** '93.

**MARK:** Was Paul Dillette around at that time or was that later?

Jay: Yeah, he was around. And Flex Wheeler was there. Obviously Cormier won the show. I saw him posing in the gym. I saw Keanu Reeves in there. Tommy Lee Jones was there when I was there.

**"YEAH I DIDN'T UNDERSTAND. THEY WERE WEARING OVERALLS AND SH\*T IN THE GYM AND WORK BOOTS. THAT WASN'T SOMETHING WE SAW IN MASSACHUSETTS"**

But we stayed in that gym for like six hours. We were like one of those tourist people that sat and watched who was going to come. I had only read about it in the magazines.

**ANDREW:** Keanu Reeves getting ready for Speed.

**JAY:** Yeah, I think it was around that

time. The girl who was in Speed with him, no, Point Break, she was training there all the time. I don't know what her name was.

**MARK:** There's tons of famous people there all the time. Professional wrestlers, professional bodybuilders, actors, directors, you name it. It's a conglomeration of these high-level people just in there training and working out. It's a strange dynamic.

**JAY:** The Barbarian Brothers were there that night. Do you remember the Barbarian Brothers?

**MARK:** Oh the Barbarian Brothers, absolutely. Those guys were a bunch of savages. They used just about the entire stack on every exercise.





**JAY:** Yeah, I didn't understand. They were wearing overalls and sh\*t in the gym and work boots. That wasn't something we saw in Massachusetts. So it was a bit of a culture shock. People with very high afros and outfits I'd never seen before.

**MARK:** Remember when you'd look in Flex Magazine and somebody would have like sunglasses on in the gym, a stringer tank top, some weird frayed cutoff shorts, a fanny pack, and those giant bodybuilding shoes. And you thought, "What the hell? How long did it take somebody to get ready for the gym?"

**"THE GUYS ARE SO DONE UP. AND BACK THEN WE WORE THE BUSHY SOCKS AND ALL THAT STUFF TO MAKE OUR CALVES LOOK BIGGER"**

**JAY:** The guys are so done up. And back then we wore the bushy socks and all that stuff to make our calves look bigger. And we wore the unitards.

**MARK:** Wait, what's this? Bushy socks make the calves look bigger? Smokey, write that down. Bushy socks.

**We need bushy socks. I'll utilize whatever trick we need to utilize.**

**JAY:** That's part of the attire that we talked about -- bringing back the balloon pants and all that.

**MARK:** Oh yeah, the bum equipment. So at 19, you were already pretty deep into this. When did you get into bodybuilding?

**JAY:** I started at 18. On my 18th birthday I actually joined the gym.

**MARK:** So, you must have pretty good genetics. I mean I know a lot of people want to push things off on genetic potential and whenever there's

**a Mr. Olympia or somebody who's a professional at something, people think it's just genetics. But there must be a huge genetic component if you were able to grow that much and be successful in one year of bodybuilding.**

**JAY:** You know what's crazy is I grew up in a construction/farm background so I had kind of stocky body. I was an athlete. I was a football player.

**MARK: Would you say husky?**

Jay: No, not husky because husky is kind of fat-ish. Like fat-ish, beard-ish guys. \*looks over to Lil' Smokey\*

**MARK: We get very frustrated with that type around here.**

**JAY:** So, I was lean and I'm 5'9" so I don't call myself short but I'm not tall. It's the ideal height. That's a big thing, people say "Oh I thought you were taller in the magazines" and I let them know that no I was just wider, but just as tall. And for me, I had grown up with an athletic background meaning I was just very physical. I had to work a lot. I did concrete work on my brother's business, I did farming work, but I was just an active kid. I rode my bike and played sports in the neighborhood. In high school, I played football but even before I got into that, I was always flexing for my brother's friends and sisters. I was into arm wrestling – I was a great arm wrestler even at 14 and 15.

**MARK: You were flexing probably because you had some muscle on you.**

**JAY:** I had muscles. It's funny because we dig back into the family photo albums and there are so many pictures of me flexing even when I was age 5, 7, 9 because I had little biceps and all that stuff. I always just wanted to be a superhero – that was my thing. I saw a picture of Chris Dickerson, former Mr. Olympia, at age 12 and I told my oldest brother Bob that that was what I wanted to look like. And he thought I was crazy. Chris had muscles everywhere and Bob wondered why I would want to look like that. But it intrigued me. That's where I started with the idea that I wanted to get into weight training. And I had that mindset but it just didn't happen until I was 18 for many reasons.

**MARK: What were some of the reasons and barriers stopping you from getting into it?**

**JAY:** I was forced to work a lot. At

the time, my family actually allowed me to play football. They were begging me to play football and play track, but I couldn't commit to track because I was working before school, after school, vacations, weekends, and that was the family business so there were no set hours. It was just until we got the job done. I was limited on what I could really do and when I did those team sports it didn't really excite me. I was very good at it but I was kind of an introvert and I didn't want to be very social. Although I became very popular in school, and mostly because of my partying, I mostly enjoyed time by myself and I think that's why I adapted so well when I started weight training at 18. But I was very limited with time and that's why I didn't get into it earlier.

"I LEARNED ABOUT THE NUTRITION ASPECT AND TODAY I PREACH NUTRITION TO ANYONE WHO SPEAKS TO ME OR LISTENS TO MY SEMINARS OR READS WHAT I SPEAK ABOUT. IT'S ALL ABOUT NUTRITION. NUTRITION IS THE KEY TO BUILDING THE ULTIMATE BODY."

**MARK: You partied a lot? What does that mean? You just hang out? You drink?**

**JAY:** We drank. I would drink alcohol. I would have parties. We had a lot of land – like 100 acres of farmland so we would have these big bonfire parties and the whole school would show up. You know even when I was a sophomore everyone would party at the Cutler house and we would get kegs.

**MARK: I think this is an east coast thing because we did the same thing.**

**JAY:** Yeah, we would all party. There would be 400 kids show up to party outside and every weekend it was like, "Man, you gotta have another party." And with the partying came a lot of friends. I had some of the biggest parties in the history of my high school, I think.

**MARK: What was your introduction to weights? I know you said you had interest in them, but was there**

**someone who said, "Hey, let's go to a gym!" Was there a coach or mentor right off the bat, or you just made a decision one day that you would get a gym membership because you turned 18?**

**JAY:** I started watching Rocky movies. That's what kind of inspired me in the beginning and of course I had heard of Arnold. The funny thing is I didn't watch Pumping Iron until later. I started looking at magazines off magazine racks and that's kind of how I got introduced. I remember going to GNC and seeing very limited amounts of supplements. It was more vitamins and stuff like that. I started reading books from there and the first book I read at 16 was Beyond Built by Bob Paris on structural training. I took those theories and those exercises and that's what I put toward my training, although I was more visual so I really just started watching guys in the gym.

**MARK: Does he know that? Does Bob Paris know that his book got you started?**

**JAY:** I'm sure he knows because I've talked about it so much. I just had this vision of what I wanted to do but I knew I was partying too much and I wasn't on a good diet. I learned about the nutrition aspect and today I preach nutrition to anyone who speaks to me or listens to my seminars or reads what I speak about. It's all about nutrition. Nutrition is the key to building the ultimate body. You know that yourself. Your body composition has changed a lot. For me, I knew the structure that needed to be there and I wasn't willing to commit to that until I graduated high school and actually started going to college. I joined a gym on August 3, 1991, which is my birthday. I turned 18 and I joined the local Gold's Gym. I didn't start training until the Fall. I started school 2 weeks later and was pursuing a degree in Criminal Justice. That's when I stopped working for the family business and could focus on school and working out. And that's how it all started.

**MARK: What was the family business? You mentioned it earlier.**

**JAY:** Concrete work. My brother still owns that business.

*To hear the rest of Mark Bell's Power Project EP. 68 with Jay Cutler, visit Mark Bell's Power Project YouTube Channel or search iTunes Podcasts. **PM***

# SETTING RECORDS



# WITH PIERRE GARCIA

BY PIERRE GARCIA  
PHOTOS BY BETSY ROSADO



**M**y name is Pierre Garcia and I started a Powerlifting program 7 years ago in small charter school in San Antonio, Texas. My dream was to provide character development for students, college opportunities and hopefully for the kids to become the best of the best which are world champions.

We started in a small portable building which was roughly 20' x 15' in length and width. Initially, I remember we didn't have much equipment but like all things in life we used what we had. I started with a handful of Powerlifters my first year and it was so tough starting out that I even used my coaching stipend to buy weight room equipment. To raise money to buy equipment, I also remember selling water on the streets. We would do anything we could and we had many fundraisers to raise money so the kids could compete at competition meets.

To become a world champion, everyone knows you have to train harder, smarter and sometimes longer than your competitors so we had powerlifting practices at 5:30am-7:30am, 4 days a week. I sincerely believe that was and is one of the main reasons why my powerlifters are so successful and continue to be so successful. We train and compete all year round, not just four days a week like most other programs do during the season (or off season programs).

The parents involved in the program have been awesome as well because they totally understand what it takes to be successful in powerlifting and they have been very supportive of our overall program efforts. We were a powerlifting family and I think in looking back now, all great programs and even dynasties are somewhat of a family. Maybe that's part of the main ingredients in a recipe for overall success but it just makes

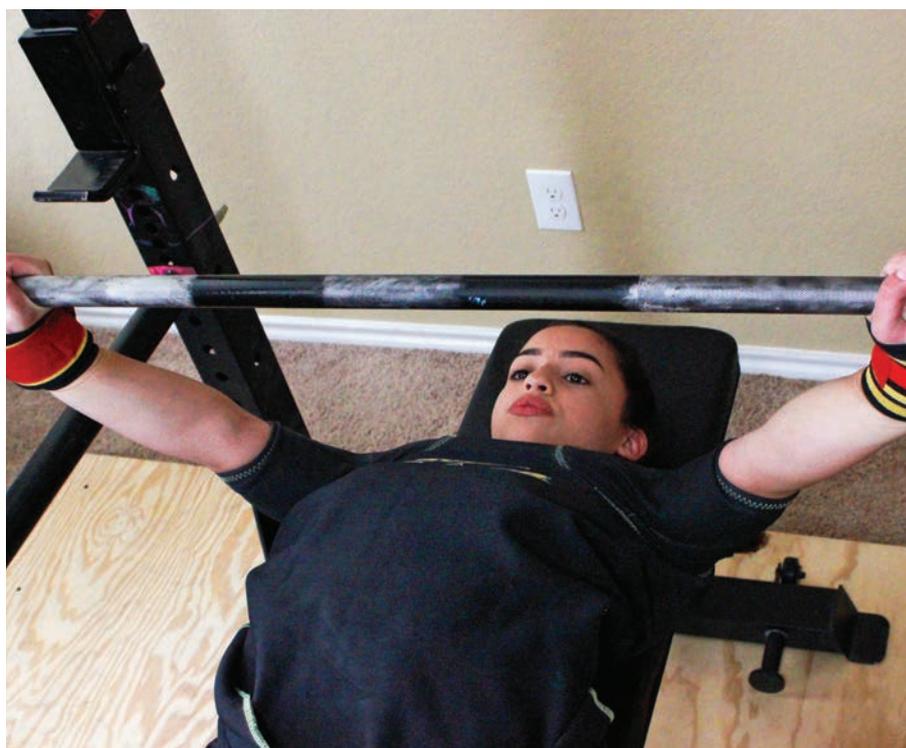
Content is copyright protected and provided for personal use only - not for reproduction or retransmission.

For reprints please contact the Publisher.



sense to always try and connect on a human level first, especially when training with this age of athletes.

Another great thing all champions know is to start carefully training as early as possible so we actually started training the powerlifters in 6th grade. This seems to allow lifters the ability to learn proper technique and experience the powerlifting world altogether. All my lifters have their own tailored weight training programs and each student athlete has their own profile folder for college opportunities, which is a continued reminder to stay also focused on the long-term goals. I record practices and competition meets on a regular basis. We don't create bad habits but rely on muscle memory through repetitive conditioning. We truly believe that hard work will beat talent and the BIGGEST bear always wins so I guess that's why I have the bear as my choice of animals





on my company logo, Garcia Elites Powerlifting. We start at a very early age so we call our young lifters cubs until they develop into grown Grizzly bears.

Building a program from scratch

has been a remarkable experience but creating an empire is a true blessing only done through sweat and prayers! Giving out \$1.5 million in scholarships and holding over 400 records is

proof that Garcia Elites Powerlifting is a powerhouse program that not only builds muscles but the strength of one's character as well. Our records speak for themselves and we have champion-

 A muscular man is shown in a gym, lifting a barbell. He is shirtless and has a very low body fat percentage, showing his abdominal muscles. The background is dark with some gym equipment visible. The text 'FINISH SOMETHING' is overlaid in large white letters. Below it, the Bodybuilding.com logo and tagline are displayed.
 

# FINISH SOMETHING

**Bodybuilding.com**  
 EVERYTHING YOU NEED TO SUCCEED  
 FREE PROGRAMS | EXPERT ADVICE | TOP PRODUCTS | LOWEST PRICES

PHOTO: EAM TEAM BODYBUILDING.COM/ATHLETE



ships and records in A.A.U. Jr. Olympics, THSWPA/THSPA/ WORLD /USAPL State and Nationals. My program is not about the awards, medals and recognitions but about preparing students and people for life. All of my powerlifters understand you must have the same outstanding efforts in the weight room as they must have in their classrooms. A prime ex-

ample is an outstanding athlete named Nallely: she graduated in the top 10% of her class. Similarly, Lizsette graduated in the top 12% of her graduation class. My lifters understand the sacrifices others have made to create opportunities to be a great person and powerlifter and that life is about going out and getting it! These girls have taught me that we

don't chase anyone in competitions but we train to beat ourselves and setting personal records is another key to our greatness. That philosophy seems to work because we always come back with awards and team trophies.

Garcia Elites Powerlifting is officially the best girls team in the USA. Our team has brought back 2 world champion





gold medals and 1 silver medal. We also brought back a 2nd place world team award, and best lifter award. The IPF World Bench Press Competition in June of this year was held at Potchefstroom (City) – Location North West of South Africa and it all started in a little building on the south San Antonio Texas school site. It just goes to show everyone reading this, you can't stop heart and you can do anything with faith and family.

Moreover, in the recent world meet, the girls received 2nd place as a team with only 3 girls attending: Samantha (world champion) 84+kg weight class (age 18), Nallely (world champion) 72kg weight class (age 18) and Lizzette (silver world medal) 52kg weight class (age 17). Nallely had an amazing 275lb bench press earning her the best lifter award, ranking her the 2nd best bench-er in the world by coefficient. Her best bench is 285lbs. Samantha attempted the world bench press record at 370lbs but came up a bit short. She still holds the state of Texas bench press regional record at 370lbs, and that amazing feat speaks for itself.

Lizzette was the only powerlifter that qualified for both the raw and equipped world bench press competition. Lizzette traveled to Finland and became world champion a month later after the South Africa IPF World Bench Press Competition. She also received a best raw bench press lifter award. Lizzette's best raw bench at Finland was 85kg, but her best raw bench is 215lbs (97.5k). Lizzette's best equipped bench is 275lbs in the 52kg weight class.

These girls have accomplished so much at such a young age. These 3 titans of the girl's athletic world have more than 140 records combined, which is beyond even my wildest dreams. Congratulations to all 3 girls and best wishes to Samantha and Nallely as they continue their powerlifting career at Midland University on scholarships. Lizzette also is considering Midland University and I want to say, in conclusion, that every athlete I've ever worked with is forever in my heart. Life is about the journey and believing in yourself is the first step to becoming a true champion! At that point, everything else will fall in place with the right environment. **PM**





# Instagram Highlight

INTERVIEW BY WADE ZENO

PHOTOS BY ANDRI MÁR

**NAMES:** Sebastian Oreb | **AGE:** 36

**HOMETOWNS:** Sydney, Australia

**GYM:** Base Gym

**INSTAGRAM:** @australianstrengthcoach | **FOLLOWERS:** 93k



**You seem quite experienced in strength sports and have quite a few years of experience under your belt. When did you begin lifting and how long have you specialized in powerlifting? In what other sports do you train athletes? Do you have any notable clients?**

I started training with weights at the age of 19 when I met my girlfriend at the time (we are now married). She said that she wanted her boyfriend to have some muscle. At that time, the only style of training I knew was bodybuilding style and, more specifically, the Arnold Schwarzenegger bodybuilding style. I went from 63kg

to 85kg lean in less than 2 years --drug free. I didn't skip a single session. I was stuck at 85kg bodyweight for years after this. I had plateaued. I got bored of training weights 5 - 6 days a week just to stay the same, so I stopped. I took up Brazilian jiu jitsu and boxing and employed a strength coach who had experience with



training professional athletes. He put me on a strength program to help me with my martial arts. It was the first time I ever followed a structured plan that considered progressive overload and in less than a year I put on another 5kg of lean mass just by measuring and intelligently progressing the weights I was lifting. This reignited my love for training with weights, and it made me want to share my knowledge to some of the professional fighters I knew. I trained a few of the pro fighters for free and was achieving great results, and very quickly became known as the trainer of the pros. I was about 26 years old at this stage and needed to consider my future career plans, which made me realize that I had a better chance of teaching people how to get strong than I did at training in martial arts. I'm a bit of an "all or nothing" kind of person, so I made the decision to work at being better at lifting weights. Two years later at the age of 28, I did my first powerlifting competition which proved to myself and my athletes that my training was effective, and combining my own powerlifting competition with coaching high level athletes, I was able to build a name for myself as a decent strength coach. I built a team of athletes from a variety of sports, including UFC fighters like Jamie TeHuna and Tyson Pedro, Rugby Players like Marty Taupau and Paul Gallen, some of the best powerlifters in Australia including at the time the highest-ever raw total in Australian History from Alex Simon who totaled 1077.5kg before he switched to MMA and now has a pro record of 5 fights and 5 wins all by knockout in the first 30 seconds. I also coached 2016 WBFF World Champion and professional fitness model

Hattie Boyle, and my most well-known athlete and best achievement in my coaching career was Hafthor Bjornsson, The Mountain from Game of Thrones who just became the first man in history to ever win the Arnolds, Europe's Strongest Man and The World's Strongest man all in one year.

**Do you find that your experience in other strength sports helps with coach-**

**ing powerlifters? Is there any strong carryover to powerlifting from these other sports?**

Definitely. The attributes required to attain success at the highest level carry over to all fields, whether it be in sport or business. I also train many successful business owners, CEO's and company directors who share similar mindsets and habits as

WWW.IBATHLETICS.COM

**15% OFF**  
YOUR NEXT PURCHASE

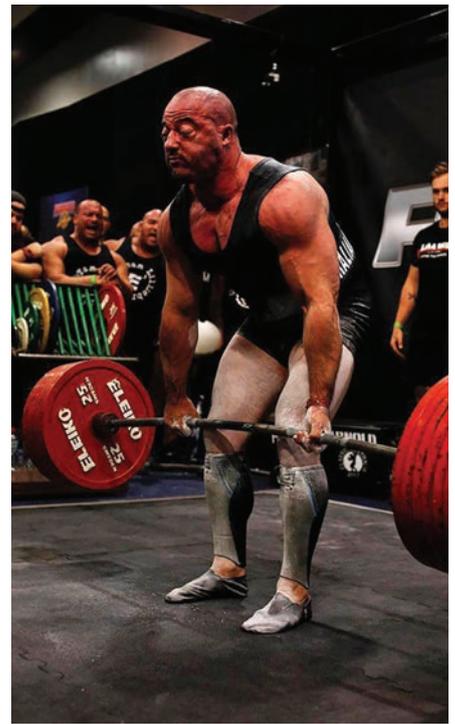
"DEADLIFT15"  
AT THE CHECKOUT

INKBONES ATHLETICS

WEAKNESS IS A CHOICE

**LOYALTY**

TRUE TO THIS | HEAVY LIFTING LIFESTYLE



professional athletes. So, the short answer is yes -- training athletes in other strength sports carries over to powerlifting. But a more accurate statement would be to say that my success in powerlifting has had a much better carry over to strength training for professional athletes in other sports. As mentioned previously, I began my pursuit in strength because I wanted to be better at martial arts. At this time, I used a large variety of fancy exercises because I believed it made me appear to be a better coach. It didn't take me too long to learn that this wasn't the best approach. The better I got at being strong and getting people strong, the more I learned that the simpler approach was better.

Powerlifting uses what I believe to be the most simple but beneficial strength building exercises available. My approach for powerlifting is to train for the big 3 lifts, but also consider structural balance. When I train an athlete of any sport, I don't purely focus on the strength attributes required from their chosen sports. I consider the imbalances that they are potentially creating and program to ensure there are no imbalances. When I train athletes of other sports that require strength, I've had a lot of success in applying the simplistic approach I use for my powerlifters.

**Over the years, you have continually improved your performance in meets and now have a top 40 all-time total in the 242-lb class by way of a 793/512/705 lbs S/B/D. This is quite a**

**phenomenal feat! How have you managed to maintain longevity? Top 40 in the world???**

I never knew that. That's cool. Longevity is a very important part of my training philosophy. I don't consider myself old -- I'm only 36 -- but I'm definitely older than when I first started training with heavy weights, and something that I've learned through years of doing the wrong thing is that the older I get, the less forgiving my body is. I had a "no pain, no gain" mentality until I encountered injuries that didn't allow me to train for long periods of time

which taught me the correlation between success in sports and being injury free. I have spent a lot of time and money in educating myself in rehabilitation, anatomy and human movement as well as spending a lot of my time working with some of the best rehabilitation minds in the business. I now have a philosophy that correctly performed strength exercises are the best way to rehabilitate injury and keep the body injury free. When you understand how the body is supposed to move, and do your best never to deviate outside of those movements, or in other words, don't





compromise correct lifting technique for the sake of lifting something heavy, you will start to develop a strong, injury free body that just keeps getting stronger.

**It's very rare that you encounter someone who simultaneously coaches and performs at such an elite level. Do you have a difficult time balancing the two? How much does being an elite athlete benefit your coaching endeavors?**

This is very important for my success as a coach for some of the toughest, strongest athletes going around. A coach must have certain attributes that an athlete can look up to, whether its knowledge, strength, experience, or all of the above. If I wasn't as strong as I am, I wouldn't have met a lot of the athletes that I currently train. I have some extra-large human beings in my team of athletes, and when they are being told by someone half their size (me) that is lifting the same amount of weight as them that they can do better. It is a very powerful tool. Do I have a difficult time balancing the 2? No, not anymore. I am lucky enough that my business now caters for this. I own a gym with all the best equipment to ensure I can train how and when I want and I have a team of people in my business that manage the business so that I can prioritize my training. But it wasn't always like this. I've done my fair share of working from 6am till 8pm 6 to 7 days per week for my first 10 - 12 years as a personal trainer. Now, I don't work less than that. My work starts

every day as soon as I wake up till the moment I go to bed. My work is just different now, and I've made my success as an athlete part of my job. My athletes respect my training, and now it's as though they are my coaches too. We're a team!

**You recently posted a video performing deficit deadlifts and gave an incredibly unique perspective on how they can potentially help weak points. Could you explain this perspective to our readers?**

That post is one of few examples of lifting techniques where I address weak points. A weak point is a part of a lift where the technique breaks down and will cause the lift to fail. Failing a deadlift at the lockout is a common place to miss a deadlift and it makes sense to look at where the movement failed and strengthen that range of motion. I have done this in the past with my deadlift by using bands, chains and block pulls to overload my "weak" lockout, just to find that when I came back to deadlifting a straight weight off the floor, the weak lockout still existed. After a lot of analyzing I learned that when I would work over a certain weight, I was being pulled out of position getting the bar off the ground, and by the time I got to the lockout, I wasn't able to complete the lift. The lockout got the blame, the weakness was off the floor. This is a common incorrect application to weak point training for a lot of people and to be honest with you, I don't hugely believe in breaking down parts of a lift and training them in segments. Majority

of the variations of lifts that I use will actually INCREASE the range of movement for the exercises rather than REDUCE it, but I still believe that the best way to strengthen a weak point at any part of a lift is to train the whole lift from start to finish.

**What were some of the most rewarding moments you've experienced as a strength coach?**

Without a doubt, the greatest achievement in my coaching career was Hafthor Bjornsson winning The World's Strongest Man 2018. In my position, as a strength coach, this is arguably the highest accolade possible. Apart from that, I have had many wins and successes at the highest level with many of my athletes, but it's the everyday encounters that make my job rewarding. The gift of movement is one of the most rewarding things you can teach someone, and every day I work with people and refine their movement. When someone presents you with one of their injuries and you are able to teach them how to lift weight without pain, to me this is more permanent than a body transformation. "Give a man a fish, feed him for a day, teach him how to fish and you feed him for a lifetime." - Some really smart dude.

**In your opinion, what 3 characteristics should a good strength coach possess?**

1 - Knowledge: Know how to train, know the demands of the sport, know the competition, know the athlete, know when to work and know when to hold back.

2 - Empathy: You have to know how it feels to go through what the athlete is going through. You don't have to be as strong as the athlete, but you have to know how to work as hard as what you're expecting from them.

3 - Experience: This comes in all forms, and it's not just good experiences that make someone good. Having experience in making mistakes can come in handy too if you learn from it.

Above all else, the athlete must respect you as a mentor or as a friend. You need to possess a quality that athletes can look up to. Time in the trenches are the best way to be able to relate to an athlete. A strength coach isn't there just to motivate. The job isn't to scream, cheer to count reps. Of course, screaming, cheering and counting reps have their place, but if someone is screaming at me to lift a weight and they don't know I'm going through, it's all just meaningless noise. **PM**

# BENCH HEAVY



**REINFORCE PROPER FORM AND  
OVERLOAD TRAIN TO GAIN STRENGTH**



**USE THE SLING SHOT® FOR  
PUSH UPS, DIPS, AND INCLINE TOO**

A man with a full, dark beard and mustache is lying on a gym bench, performing a bench press. He is wearing a blue t-shirt and a black sling shot device on his right arm. He is holding a metal barbell with both hands. The background shows the gym equipment and a diamond-plate metal surface.

# WITH NO PAIN.

GET YOUR SLING SHOT<sup>®</sup> TODAY AT  
[MARKBELLSLINGSHOT.COM](http://MARKBELLSLINGSHOT.COM)

# Current Top 50 Rankings: Men

## SQUAT

Rank	Name	Federation	Date	Squat
1	Dimitar Savatinov	USPA	2018-05-26	981
2	Brandon Allen	USPA	2018-05-12	975
3	JP Price	USPA	2018-05-12	953
4	Dom Minnici	SPF	2018-05-05	950
5	JP Carroll	UPA	2017-07-22	936
6	Tyler Obringer	RPS	2017-10-28	905
7	Kevin McHugh	UPA	2017-07-22	903
8	Patrick Hall	RPS	2018-04-15	900
9	Shawn Doyle	USPA	2018-05-12	892
10	Chris Crisman	XPC	2018-03-03	885
11	Dustin Speed	WRPF	2017-08-25	881
11	Robert Dicochea	SPF	2017-11-11	881
13	Nick Cook	USPA	2017-12-09	865
13	David Douglas	USPA	2018-05-12	865
15	Logan Chapman	RPS	2018-03-24	854
16	Edward Mckinnis	USPA	2017-11-18	843
17	Christopher Garcia	SPF	2018-03-31	840
18	Craig Foster	APF	2018-04-07	837
19	Brandis Dew	USPA	2018-05-12	826
20	Devante Krueger	UPA	2017-11-18	821
21	Shane Haller	APF	2017-12-02	815
22	Nate McLaughlin	AAPF	2018-03-24	810
22	Bryan Alm	UPA	2017-11-19	810
24	Jason Supko	365 Strong	2017-10-29	805
25	Tyrel Williams	AWPC	2017-09-09	804
25	Doug Allen	USPA	2018-05-19	804
25	Zach Severin	USPA	2018-03-24	804
25	Nicholas Fisher	USPA	2018-05-12	804
29	Patrick Maguire	XPC	2018-03-03	800
30	Brad Crawford	USPA	2017-11-18	788
30	Cooper Wage	USPA	2017-11-11	788
32	Douglas Allen	IPL	2017-11-04	777
33	Eryck Miller	USPA	2018-04-14	771
33	Nick Fisher	USPA	2017-10-07	771
33	Joshua Payton-Dennis	USPA	2018-06-30	771
33	Joshua Clayton	USPA	2017-08-12	771
37	Bill Lee	XPC	2018-03-03	770
38	Doug Staley	XPC	2018-03-03	765
39	Brogan Williams	IPL	2017-11-04	749
39	Ryan Belcher	APF	2018-03-10	749
41	Trev Mahoney	USPA	2018-03-10	744
41	Bruce Leapepe	USPA	2018-05-12	744
41	Dwon Johnson	USPA	2017-10-28	744
44	Ethan Gonzalez	USPA	2017-10-28	738
45	Thomas Mccnamara Jr	RPS	2018-04-08	735
46	William Richards	RPS	2018-04-21	730
46	Garrett Lapolt	RPS	2018-01-27	730
46	Jake Mcalpine	IPA	2017-11-18	730
49	Jared Ray	APF	2017-10-07	727
50	Kyle Woods	IBP	2018-02-03	725
50	CJ Hoskinson	APF	2018-04-14	725

## BENCH PRESS

Rank	Name	Federation	Date	Squat
1	Julius Maddox	RPS	2017-10-07	688
2	Leroy Walker	USPA	2017-10-28	650
3	JP Price	USPA	2018-05-12	628
3	Thomas Davis	NAPF	2018-03-03	628
5	Jaisyn mike	USAPL	2018-01-14	611
6	Daniel Morjal	APF	2018-05-04	600
6	Pedro Mejias	USPA	2018-03-24	600
6	Charles Register	SPF	2018-01-27	600
9	David Douglas	USPA	2018-05-12	589
10	Robert Wilkerson	SPF	2018-02-17	585
11	Kelly Branton	NAPF	2018-03-03	584
11	Lonnie Dickinson	USPA	2017-09-30	584
13	Kenneth Hunt Jr	USPA	2018-03-10	578
13	Bruce Leapepe	USPA	2018-05-12	578
13	Jacob Havelind	USPA	2017-10-14	578
16	Shawn Doyle	USPA	2018-05-12	573
17	Dan Kovacs	IPA	2018-03-04	570
17	JP Carroll	XPC	2018-03-03	570
19	Brandon Allen	USPA	2018-05-12	567
19	Dimitar Savatinov	USPA	2018-05-26	567
21	Kole Carter	365 Strong	2018-04-21	562
22	Troy Bennett	365 Strong	2018-04-21	556
23	Josh Morris	RPS	2017-08-12	551
23	Brandis Dew	USPA	2018-05-12	551
23	Jamey Grotjahn	USAPL	2017-10-14	551
23	Richard Ficca	USPA	2018-02-17	551
27	Brad Harris	APA	2017-07-29	545
27	Dustin Foster	USPA	2018-04-21	545
29	Aaron Morman	USPA	2018-04-14	540
29	Tyler Obringer	RPS	2017-10-28	540
31	Patrick Maguire	XPC	2018-03-03	535
32	Thad Tillson	USPA	2017-07-22	534
32	David Alvarez	USPA	2018-03-24	534
32	Chris Hughes	USPA	2018-03-24	534
32	Tyrel Williams	AWPC	2017-09-09	534
36	Jason Supko	365 Strong	2017-10-29	529
36	Nick Cook	USPA	2017-12-09	529
36	Bryan Hartsel	SPF	2017-11-11	529
36	Rob Marshall	USPA	2018-02-17	529
36	Dustin Speed	WRPF	2017-08-25	529
36	Nicholas Fisher	USPA	2018-05-12	529
42	Nick Fisher	USPA	2017-10-07	523
42	Bryan Alm	UPA	2017-11-19	523
42	Ray Williams	USAPL	2017-10-14	523
45	Chris Crisman	XPC	2018-03-03	520
46	Thad Tillson	USPA	2018-04-14	518
46	Alan Gilbreath	MSA	2018-04-07	518
46	Edward Mckinnis	USPA	2017-11-18	518
46	Jose Baez	USPA	2017-12-02	518
46	Cooper Wage	USPA	2017-11-11	518
46	Craig Foster	APF	2018-04-07	518

# - SHW Raw with Wraps

## DEADLIFT

Rank	Name	Federation	Date	Squat
1	Josh Morris	RPS	2017-08-12	903
2	Brad Crawford	APA	2017-07-29	881
3	Gus Munoz	USPA	2018-03-24	865
4	Bryan Hartsel	SPF	2017-11-11	859
5	Brandon Allen	USPA	2018-05-12	843
6	Ray Williams	USAPL	2017-10-14	832
6	Nick Cook	USPA	2017-12-09	832
8	Chris Hughes	USPA	2018-03-24	810
9	Tyler Obringer	RPS	2017-10-28	800
10	Robert Dicochea	aSPF	2017-11-11	799
10	JP Carroll	UPA	2017-07-22	799
12	Otis Perkins	RPS	2017-11-18	785
13	Brandis Dew	USPA	2018-05-12	782
14	Jason Supko	365 Strong	2017-10-29	772
15	Edward Mckinnis	USPA	2018-04-07	771
15	David Douglas	USPA	2018-05-12	771
17	Bill Lee	XPC	2018-03-03	770
18	William Richards	RPS	2018-04-21	765
19	Tommy Hawks	NAPF	2018-03-03	760
19	Kevin McHugh	XPC	2018-03-03	760
21	Michael Brinson	USPA	2018-04-15	755
22	Benjamin Hansen	IPL	2017-11-04	749
22	Wallace Mateen	USPA	2017-11-18	749
22	Tyree Dunn	USAPL	2017-10-14	749
22	Nick Fisher	USPA	2017-10-07	749
22	Logan Chapman	RPS	2018-03-24	749
27	Ryan Belcher	APF	2018-03-10	744
28	Michael Grimm	IPA	2017-08-12	740
29	Jaisyn mike	USAPL	2018-01-14	738
30	Dom Minnici	SPF	2018-05-05	735
31	JP Price	USPA	2018-05-12	733
32	Dan Kovacs	IPA	2018-03-04	730
33	Kenneth Brashears	USAPL	2018-01-20	727
33	Jared Migues	USPA	2018-05-12	727
33	Kelly Branton	NAPF	2018-03-03	727
36	Dustin Speed	WRPF	2017-08-25	722
36	Cooper Wage	USPA	2017-11-11	722
36	Ken Morris	USAPL	2017-10-14	722
39	Donald Cormier III	USAPL	2018-01-13	716
39	Brad Gillingham	USAPL	2017-10-14	716
39	Jamey Grotjahn	USAPL	2018-03-02	716
42	Grant Higa	USAPL	2017-10-14	710
42	Nathan Goltry	USPA	2017-12-09	710
42	Shane Haller	APF	2017-12-02	710
42	Adam Burke	USPA	2018-04-28	710
42	Emmanuel Bravo	USPA	2018-01-06	710
42	AJ Camota	USPA	2017-08-26	710
42	Dustin Foster	USPA	2018-04-21	710
49	Phil Diamond	USAPL	2018-01-20	705
49	Daniel Huskins	USPA	2018-04-21	705
49	Peter Carstensen	USPA	2018-04-21	705

## TOTAL

Rank	Name	Federation	Date	Squat
1	Brandon Allen	USPA	2018-05-12	2386
2	JP Price	USPA	2018-05-12	2314
3	JP Carroll	UPA	2017-07-22	2281
4	Tyler Obringer	RPS	2017-10-28	2245
5	David Douglas	USPA	2018-05-12	2226
5	Nick Cook	USPA	2017-12-09	2226
7	Dom Minnici	SPF	2018-05-05	2200
8	Brandis Dew	USPA	2018-05-12	2160
9	Dustin Speed	WRPF	2017-08-25	2132
10	Jason Supko	365 Strong	2017-10-29	2105
10	Chris Crisman	XPC	2018-03-03	2105
10	Brad Crawford	USPA	2017-11-18	2105
10	Logan Chapman	RPS	2018-03-24	2105
14	Kevin McHugh	XPC	2018-03-03	2070
15	Nick Fisher	USPA	2017-10-07	2044
15	Robert Dicochea	SPF	2017-11-11	2044
17	Bryan Alm	UPA	2017-11-19	2039
18	Shane Haller	APF	2017-12-02	2028
18	Cooper Wage	USPA	2017-11-11	2028
20	Zach Severin	USPA	2018-03-24	2022
21	Dan Kovacs	IPA	2018-03-04	2020
22	Ryan Belcher	APF	2018-03-10	2006
23	William Richards	RPS	2018-04-21	2000
23	Gus Munoz	USPA	2017-12-09	2000
23	Tyrel Williams	AWPC	2017-09-09	2000
26	Christopher Garcia	SPF	2018-03-31	1995
27	Bill Lee	XPC	2018-03-03	1980
28	Patrick Maguire	XPC	2018-03-03	1970
29	Bruce Leaupepe	USPA	2018-05-12	1962
29	Craig Foster	APF	2018-04-07	1962
31	Wallace Mateen	USPA	2017-11-18	1951
32	Nate McLaughlin	AAPF	2018-03-24	1940
33	Devante Krueger	UPA	2017-11-18	1929
33	Joshua Clayton	USPA	2017-08-12	1929
35	Doug Allen	USPA	2018-05-19	1923
36	Thomas Mccnamara Jr	RPS	2018-04-08	1900
37	Eryck Miller	USPA	2018-04-14	1890
37	Dustin Foster	USPA	2018-04-21	1890
39	Jake Mcalpine	IPA	2017-11-18	1875
40	Benjamin Hansen	IPL	2017-11-04	1868
41	Troy Novitsky	RPS	2017-10-28	1850
41	Doug Staley	XPC	2018-03-03	1850
43	Michael Grimm	IPA	2017-08-12	1840
43	Matt Draper	UPA	2018-03-11	1840
45	Cris Tillman	USPA	2017-10-21	1829
46	Devon Snelling	USPA	2017-11-18	1824
47	Joshua Luis	USPA	2018-04-07	1818
48	Douglas Allen	IPL	2017-11-04	1813
49	Joshua Payton-Dennis	USPA	2018-06-30	1807
50	Ethan Gonzalez	USPA	2017-10-28	1802



# Current Top 30 Rankings: Women....

## SQUAT

Rank	Name	Federation	Date	Total
1	Samantha Coleman	USPA	2017-11-18	551
2	Morgan Turner	USPA	2018-05-12	524
3	Katelyn O'Donnell	XPC	2018-03-03	520
4	Kelly Vogel	APF	2017-12-02	518
5	Leah Reichman	APF	2018-04-22	510
6	Jessica Bowersock	RPS	2017-12-03	505
6	Alaina Hernandez	RPS	2017-10-28	505
8	Angie Becker	APF	2017-12-02	501
8	Carina Davis	USPA	2018-05-12	501
8	Jamie Kemper	RPS	2017-11-07	501
11	Heather Osswald	RPS	2018-03-17	500
11	Kristen Wykoff	XPC	2018-03-03	500
13	Valerie Dew	USPA	2018-05-12	473
14	Erika Mahler	XPC	2018-03-03	460
15	Aissa Marie Galang	APF	2018-04-21	455
16	Makala Davis	USPA	2018-02-17	451
17	Hailey Michelle Harper	APF	2018-04-21	450
18	Abigail Wade	USPA	2018-01-13	440
19	Sandy Jiries	RPS	2018-04-21	435
19	Cassandra Pinto	XPC	2018-03-03	435
21	Brandi Sneed	USPA	2018-04-28	432
22	Miranda Austin	APF	2018-04-21	430
23	Ana Perez	USPA	2018-05-12	429
23	Kelly Keophilavanh	USPA	2018-05-05	429
23	Lorilee Jacinto	SPF	2017-10-28	429
23	Mackenzie Tomasik	AAPF	2018-04-20	429
27	Ann Vanderbush	USPA	2018-02-17	424
28	Tera Kinnane	APF	2018-04-21	415
29	MacKenzie Carney	APA	2017-09-30	410
30	Grace Roles	USPA	2018-04-28	402
30	Christine Davis	USPA	2018-05-26	402

## BENCH PRESS

Rank	Name	Federation	Date	Total
1	Samantha Coleman	USPA	2017-11-18	369
2	Bonica Lough	USAPL	2017-10-14	333
3	Katelyn O'Donnell	XPC	2018-03-03	330
4	Jasmine Davis	AAPF	2018-04-20	319
5	Carina Davis	USPA	2018-05-12	314
6	Bonica Brown	USAPL	2018-03-02	308
7	Randi Lee	USPA	2018-04-07	303
7	Arlene Hernandez	USPA	2018-06-02	303
9	Erika Mahler	XPC	2018-03-03	300
10	Jessica Springer	USPA	2018-03-10	297
11	Amber Simpkins	USPA	2018-05-12	292
12	Kie Peal	APF	2017-12-15	281
12	Valerie Dew	USPA	2018-05-12	281
14	Alaina Hernandez	RPS	2017-10-28	275
14	Leah Reichman	APF	2018-04-22	275
16	Jamie Kemper	RPS	2017-11-07	270
16	Aissa Marie Galang	APF	2018-04-21	270
18	Moriah Buckwalter	USAPL	2018-01-14	264
19	Kelly Vogel	APF	2017-12-02	259
19	Morgan Turner	USPA	2018-05-12	259
21	Jessica Bowersock	RPS	2017-12-03	255
22	Brandi Sneed	USPA	2018-04-28	253
22	Mahealani Strong	IPL	2017-11-04	253
22	Nia Henderson	AAPF	2018-03-10	253
22	Jodey Reisz	USAPL	2017-10-14	253
26	Stacie Pomrening	USAPL	2017-10-14	248
26	Jessica Brownlee	USPA	2018-02-10	248
26	Cindy Tilton	USAPL	2017-10-14	248
26	Lorilee Jacinto	SPF	2017-10-28	248
30	Alex Jackson	USAPL	2018-01-13	242
30	Leila Taweel	USPA	2017-11-18	242

# - SHW Raw with Wraps

## DEADLIFT

Rank	Name	Federation	Date	Total
1	Samantha Coleman	USPA	2017-11-18	573
2	Morgan Turner	USPA	2018-05-12	552
3	Valerie Dew	USPA	2018-05-12	551
4	Bonica Brown	USAPL	2018-03-02	543
5	Sarah Brenner	USAPL	2018-03-02	540
6	Katelyn ODonnell	XPC	2018-03-03	535
7	Randi Lee	USPA	2018-04-07	531
8	Leah Reichman	APF	2018-04-22	525
9	Skylar Hjelm	USPA	2017-11-18	501
9	Kristen Harold	USAPL	2017-10-14	501
9	Lakshmi Meadows	USPA	2018-05-12	501
9	Bonica Lough	USAPL	2017-10-14	501
9	Leeann Hewitt	USAPL	2017-10-14	501
14	Alaina Hernandez	RPS	2017-10-28	500
15	Ana Perez	USPA	2018-05-12	490
16	Miranda Austin	APF	2018-04-21	480
16	Thu Ngo	USPA	2018-04-07	480
18	Jessica Springer	USPA	2018-03-10	479
18	Janelle Hartwig	IPL	2017-11-18	479
20	Jessica Bowersock	RPS	2017-12-03	475
21	Angie Becker	APF	2017-12-02	473
21	Jessica Brownlee	USPA	2018-02-10	473
21	Lynette Ritchie	USPA	2018-05-12	473
21	Amelia Manu-Tuinei	USPA	2017-12-02	473
25	Aria DeSimini	APF	2018-04-21	470
25	Kristen Wykoff	XPC	2018-03-03	470
27	Hannah Brown	USAPL	2018-01-20	468
28	Amber Simpkins	USPA	2018-05-12	463
29	Alex Jackson	USAPL	2018-01-13	462
29	Stephanie Robbins	USPA	2018-03-24	462
29	Makala Davis	USPA	2018-02-17	462

## TOTAL

Rank	Name	Federation	Date	Total
1	Samantha Coleman	USPA	2017-11-18	1493
2	Katelyn ODonnell	XPC	2018-03-03	1385
3	Morgan Turner	USPA	2018-05-12	1318
4	Leah Reichman	APF	2018-04-22	1310
5	Valerie Dew	USPA	2018-05-12	1306
6	Alaina Hernandez	RPS	2017-10-28	1280
7	Carina Davis	USPA	2018-05-12	1256
8	Jessica Bowersock	RPS	2017-12-03	1235
9	Jamie Kemper	RPS	2017-11-07	1218
10	Angie Becker	APF	2017-12-02	1207
11	Kelly Vogel	APF	2017-12-02	1201
12	Erika Mahler	XPC	2018-03-03	1200
13	Kristen Wykoff	XPC	2018-03-03	1170
14	Ana Perez	USPA	2018-05-12	1157
15	Heather Osswald	RPS	2018-03-17	1155
16	Aissa Marie Galang	APF	2018-04-21	1135
16	Miranda Austin	APF	2018-04-21	1135
18	Abigail Wade	USPA	2018-01-13	1118
19	Brandi Sneed	USPA	2018-04-28	1116
20	Lorilee Jacinto	SPF	2017-10-28	1113
21	Lynette Ritchie	USPA	2018-05-12	1102
21	Makala Davis	USPA	2018-02-17	1102
21	Mackenzie Tomasik	AAPF	2018-04-20	1102
24	Hailey Michelle Harper	APF	2018-04-21	1100
25	Aria DeSimini	APF	2018-04-21	1090
26	Cassandra Pinto	XPC	2018-03-03	1055
27	Sandy Jiries	RPS	2018-04-21	1050
28	Mackenzie Carney	APA	2017-09-30	1045
29	Angie Bertke	APF	2018-04-21	1035
30	Jessica Chicke	XPC	2018-03-03	1030



# Super Training Corner

Photo by Kevin Arechiga

## Deloading

By Steven Granzella

**D**eloading – the day, week or month we hate to read when we’re excitedly grooming through the next 16 weeks of our training program. Although often boring, taking time off from the regular routine of paused bench press, heavy squats and pulling from the floor is very beneficial for a powerlifter’s overall health and strength. If you give your body enough time to recover, you’ll come back STronger than ever. Team ST handles deloads in two ways:

If it’s apparent that you’re struggling with a specific movement and you’re not fully recovering each week, then take a deload from ONLY that movement. After deloading with 50% x5x5 for one week, jump back the following week with the other two movements rested and ready to go.

For longer deloads, or better yet before a twelve-week meet prep, we take multiple week-long deloads. For this time period of 3-6 weeks, you’ll do everything EXCEPT competition lifts. Example: High bar squat, close or wide grip bench press and block or deficit pulls. Because the movements are altered, the weights will typically be lighter, but the intensity and challenge will remain high. Many of our lifters are low bar squatters and for them to go to high bar causes a 100-200lbs discrepancy in their maxes, in which case the weights in a high bar squat will automatically be lighter. Here is a six week wave we have followed before jumping into Team ST’s meet prep.



### WEEKS 1-3:

High Bar Squat - 5x5  
Close-Grip Bench Press - 5x5  
Deficit Deadlift - 5x5

### WEEKS 4-6:

High Bar Squat - 3x3  
Wide-Grip Bench Press - 5x5  
Block Deadlifts - 5x5



Again, the concept can be challenging to many. The idea of lifting lighter to get STronger is mind blowing. However, in powerlifting, the objective is to be as STrong as possible for the next training session. That's why many training programs allow for a 2-3 day rest period from primary movements. It's our hope that you follow along with Team ST and add strength gains to your lifts. Check back next issue for another routine from Super Training Gym – "The STrongest Gym in the West!"



PRIMEVAL  
LABS

VASOGEN  
EXTREME PUMP • BLOOD  
FLOW

KC "THAT 1 LEG MONSTER" MITCHELL

PRIMEVAL  
LABS

Content is copyright protected and provided for personal use only - not for reproduction or retransmission.  
For reprints please contact the Publisher.