

AJ Roberts: From Good to Great

POWER

Deadlifting

with Mark Bell

Donnie Thompson
on the State of the
Federations

BIG WILK'S
1000 lb
RANT

**BRIAN
CARROLL**

Chasing the All-Time Total

MAY/JUNE 2011 • VOL. 2, NO. 3



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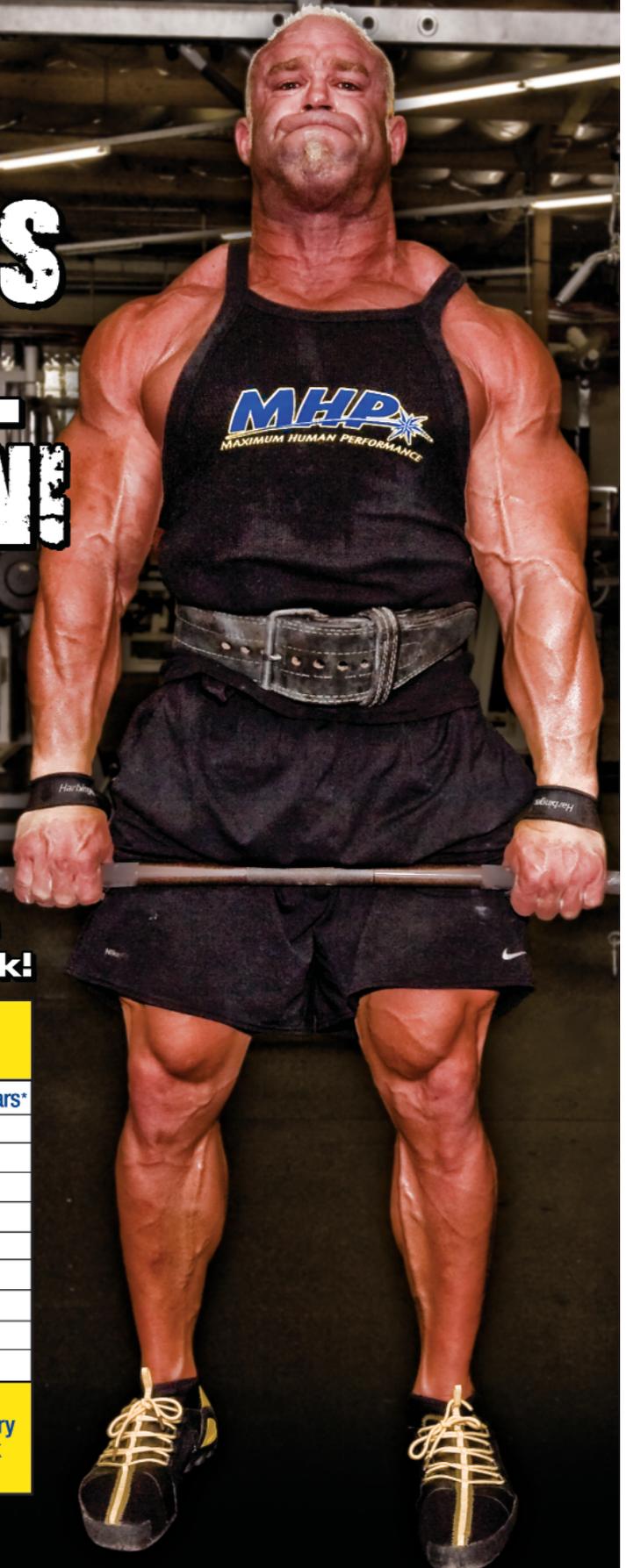
NUTRITION FACTS COMPARISON

Power Pak Pudding vs. the Leading Protein Bars

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

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

*Average profile of popular high protein bars.



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

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SQUAT

VLAD ALHAZOV – World Record Squat: 1,250 lbs. @ SHW

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POWER

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VOLUME 2 • ISSUE 3

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Power is really picking up steam, and it's because of our loyal readers. Thank you for your support! I'm in the process of getting a book deal. This would mean I'd have a book and a magazine in Borders and Barnes & Noble. Not bad for someone who never read a book, huh?

The 1,000-lb. rant by Robert "Big Wilk" Wilkerson (p. 58) tells the story of a guy who hits big weights but is frustrated with all the haters who come out of the woodwork with every big lift he makes. He's tired of getting no respect. Big Wilk, aka the Rodney Dangerfield of powerlifting, is the only person in the history of the world to squat 1,000 lbs. raw (knee wraps and belt). So stop hating on the guy and try to figure out why he is so much stronger than you! Big Wilk is a powerhouse and one of the best in the world, so stop hating and start appreciating.

Westside Barbell's A.J. Roberts uses rehab/mobility work and sound nutrition to manage inflammation and recovery. Sounds weak, right? Wrong! These changes helped add 225 lbs. to his total in a year. That's right, 225 lbs. on an already awesome total. I would not suggest that you have A.J. map out the fastest way to go from Ohio to California, but in his article, "From Good to Great," (p. 46-49), he maps out how his total went from 2,600 lbs. to 2,825 lbs. in 12 months.

The "Get to Know" column this month features the one and only, super-human Dave Hoff from Westside Barbell. The chick who will kick your ass is Jessica Scofield, who has a 455-lb. deadlift under her belt.

Brian Carroll is chasing down the all-time total record at 242 and 275 lbs. He is a great lifter who has hammered some huge squats with great consistency. He's got his bench and his pull on lockdown, and he's preparing to hit a 2,700-lb. total at 242. Carroll knows the competition out there is young and bloodthirsty. Dave Hoff is a monster and he has the all-time 275-lb. record with 2,805. Dave normally weighs 255 to 260 lbs., so he could duck down to 242 at some point, as well. Brian's interview shows you how driven he is, and how he will not give up or back down until he gets what he wants.

Over past few months I have been traveling a lot. I have done workshops, meets, screenings of Bigger, Stronger, Faster, been to grand openings of gyms, went to a few seminars and did demos for the Sling Shot. While doing all this, I've been rolling with my sidekick, my homie, my brother from a different mother: Jesse Burdick. When I first met the guy he was well over three bills and loved talking about lifting and wings. Obviously I fell in love right away! Jesse and I are friends, lifting partners and now, in an odd twist of fate, we are business partners doing CrossFit powerlifting certifications. Our next certification course is May 29-30 at Crossfit Brea Fullerton in California. Sign up at crossfit.com.

Jesse and I are having a blast spreading the word of powerlifting to masses. However, recently he and his family had to deal with the passing of Jesse's brother, Seth. Death is devastating. It's like dropping a bomb on a family. I'm very sad for Jesse and his family, as I went through something similar with the passing of my brother, Mike, a few years back. Jesse has healthy, beautiful twin girls (Casey and Sophia) to look at every day, so hopefully that will ease the pain. He is like a brother to me; when something like this happens to a brother, it rips your heart out. Jesse is tough as nails and he has support from two great parents and his sister, Rachel. Hopefully he and his family will come out the other end of this stronger and closer than ever.



Jesse and Seth Burdick

Mark Bell

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CONTENTS

MARCH/APRIL 2011

FEATURES



COVER STORY

20

Chasing the All-Time Total

Most lifters have a hard time being ranked in the top 10 in one weight class, Brian Carroll has done that in 3- and he's not done yet. Read about what keeps him driven to reach his goals.



26

State of the Federations

Donnie Thompson-current holder of the all-time best total (2,905 lbs.) has a frank discussion about what seems to be holding powerlifting back from being a sport that is consumed by the masses.



42

Every Man Dies, But Not Every Man Really Lives Deadlifts

Mark Bell gives you pointers to add pounds to your deadlift.



34

Protein's Brave New World

Soy? Whey? Casein? Which one is best and why? How much do I need and when is the best time to take it? Kiefer answers all your protein questions.



46

From Good to Great

A.J. Roberts just totaled 2,825 lbs, the 2nd highest total ever. Hear in his own words how he added over 225 lbs. to his total in less than one year.



52

Powerlifting and CrossFit

Jesse Ward explains how these 2 sports are not that different after all, even if the body types are!



38

Hardcore Q&A

The man who literally wrote the book on steroids, William Llewellyn, answers some common questions when dealing with steroids and supplements.



56

Beginner's Luck

Mitchell Rothbardt tells a tale of how he left his commercial gym in search of a gym that will make him stronger, and you can too!



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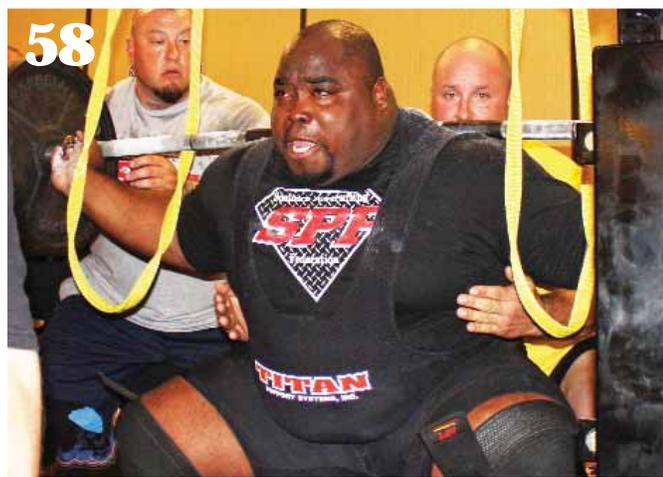
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CONTENTS



COLUMNS

- 18 **This Chick Can Kick Your Ass**
- 58 **Rant of the Month**
- 62 **Get To Know... David Hoff**

DEPARTMENTS

- 6 **First Word with Mark Bell**
- 12 **Mailbag**
- 14 **Out and About**
- 16 **New Products**
- 59 **What's Next**
- 59 **Advertiser Index**



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MAIL BAG



To the Editor:

The guys at my gym and I think your magazine is awesome. It's hands-down the most informative and consistently helpful powerlifting publication available. I love the articles and the stories of the guys in the trenches, where they came from and where they are going.



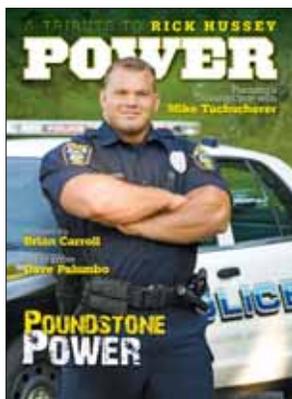
We love the *Sling Shot*, as well. We have used it for everything imaginable. My personal favorite is using it to do dips, although we have used it for damn near everything.

Jeff B., via email

To the Editor:

I love reading *Power* because, as a new guy to powerlifting, I can learn how the vets train and it gives me motivation and inspiration to improve my lifts and get stronger. I am what most would consider a skinny guy at 6 ft., 175 lbs., but I'm on the uphill drag and loving it. Do you think you could put something about the foods that monster athletes eat to gain weight?

Jake, via email



To the Editor:

When the new issue of *Power* arrived, as always, I tore into it right away. Every issue of *Power* has a number of things I take into the gym with me (besides the magazine itself to loan to my partner). I decided to give Derek Poundstone's 100-rep set idea a shot with bench press. I was completely humbled. For the first time in my life, my working set was for less weight than my warm-ups, and my entire upper back and my triceps were cramping for at least 15 minutes.

I can't wait to try this again. As always, great work by the *Power* team in bringing me something new and interesting!

Justin J., via email



To the Editor:

I love *Power*. I was honored to meet Mark Bell and Ed Coan at the Arnold in 2010, and Mark was nice enough to hand me a magazine. I've shared it with Olympic lifters, powerlifters and Strongman competitors. All the strength athletes I know that have checked it out really love it.

**Andrew T., via
www.thepowermagazine.com**



To the Editor:

I'm back in Iraq. The first things loaded in my duffle bag were my *Power* magazines. The other guys are eating up the information and I have to actually have them sign out each copy just so I know who has them. We love the magazine and chomp at the bit waiting for my brother to send the new issues to us. *Power* has awesome information and great interviews.

Tim Garrett, via email

CORRECTIONS:

Photo credit to Ken Hicks for pictures of Brian Carroll from Detours, by Brian Carroll (Jan/Feb 2011 *Power*).

Due to space constraints not all of the tributes received made it to the final version of the Rick Hussey Tribute in the Jan/Feb 2011 issue of *Power*. You can read the entire tribute online at www.ThePowerMagazine.com/power-exclusive.

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Power Magazine/Sling Shot booth.



World's Strongest Bodybuilder Stan Efferding and Keith Williams selling RHINO wear.



Derek Poundstone and Mark Bell



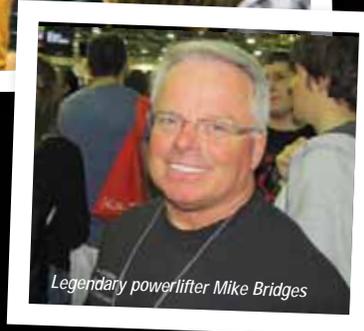
Former UFC Champion Frank Trigg, Mark Bell and UFC trainer Neil Melawson



Stan Efferding, Ed Coan and Mark Bell



MMA fighter Josh Barnett and Mark Bell



Legendary powerlifter Mike Bridges



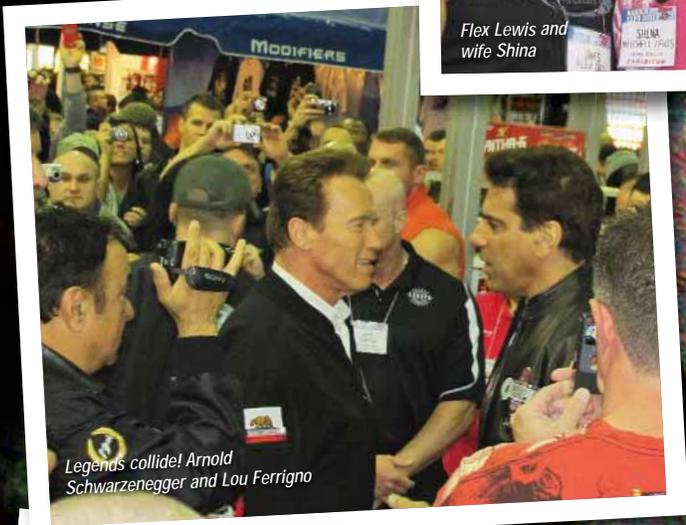
Tiny Meeker getting ready to lift in the Animal Cage



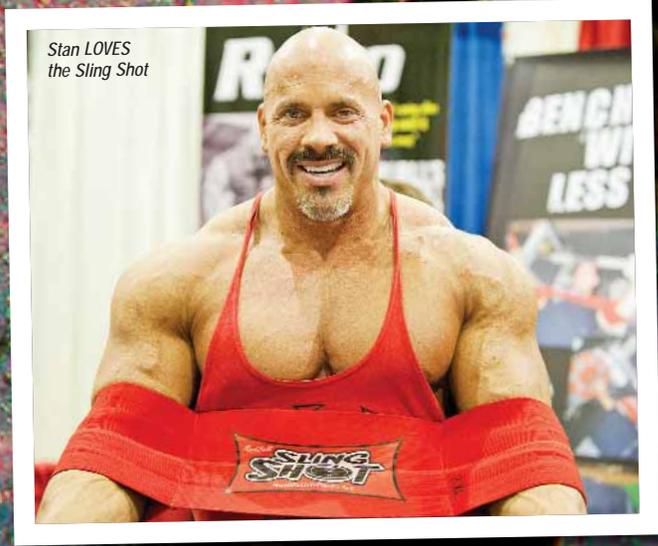
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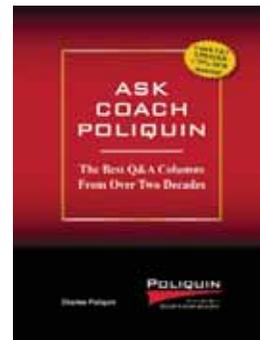


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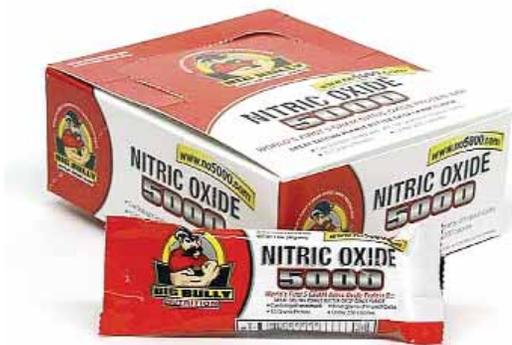
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JESSICA SCOFIELD

Meet Jessica Scofield, the "Powerlifting Princess" who is a delightful combination of tough and sassy. An English teacher by day and a weight smasher by evening, this chick could beat your total in the deadlift and then correct your grammar. Don't be fooled, she may smell sweet and girly but she's tough as nails!

1. Who is Jessica Scofield in 10 words or less? I'm an overzealous, unpredictable freight train with a multitude of passions and personality that cannot be contained by something we call "rules."

2. How old are you? 28.

3. Where do you train? I'm a "homeless" gym rat. I travel to eat my food of choice: raw iron. I'm at Phil Halliwell's in New York, LA Fitness and New York Sports Club, Gold's Gym in New Haven, Conn., and also train with my boyfriend and coach, Kevin DiGiorgio, in New Jersey.

4. Do you have a nickname? "Powerlifting Princess." And my students call me Ms. Buff.

5. Do you get hit on a lot at meets? Most men sense I'm the praying mantis when I compete; they stay away.

6. How and when did you start powerlifting? I had just finished a seven-hour cycling marathon and three days later my friend told me I was competing at the end of the week. That was three years ago.

8. What is your favorite lift and why? The deadlift. It takes guts and massive aggression, especially when exhaustion hits at the end of a meet. A lot of people bomb out, and that's when I sneak in.

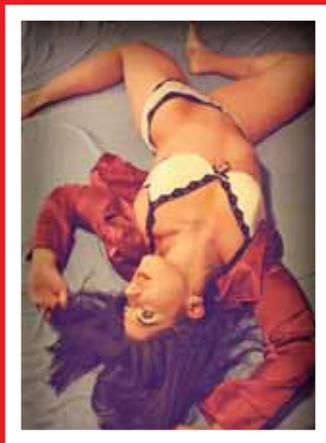
9. What gets you amped before a lift? Getting girly and glammed. Spraying some kind of fruity pink perfume is my way of marking my territory.

10. How many pairs of shoes do you own? Ha ha — you mean socks! I'm a sock slut.

11. Do you have any embarrassing gym or meet moments? Funny things can happen to women while deadlifting.

12. On a scale of 1 to 10, how girly are you? I'm a Sephora junkie who can rock bruises and broken blood vessels. You decide.

13. Do you have advice for other girls who want to get into powerlifting? 1. We are no different than anyone else, so don't make excuses. 2. Teach people (and the weights) how to treat you. 3. Just be yourself and you can't go wrong.



14. Do you wear make-up to the gym? Do you use toilet paper?

15. What is your favorite food? Broccoli all day.

16. What do you do for work? I'm an English teacher and mentor. I'm also the administrator and writer for the blogsite <http://promotingwomen.blogspot.com>, which promotes women in bodybuilding, fitness, powerlifting, and MMA. I also assist my boyfriend in training athletes in shot put, discus, javelin, and hammer. We run clinics and train athletes in strength training, specifically for their sport. You can visit us at

www.DiGiorgioThrowing.com for more details.

17. What outfit makes you feel the hottest? That's my little secret.

18. If you didn't harness your energy (into lifting), where would you be? In prison or anger management class.

19. What powerlifting records do you hold? Third in the deadlift, sixth in the squat and sixth total in the U.S. for the 165-lb. class.

20. Who is your favorite lifter? I'm inspired by gutsy people and there are too many to name. But the She-Hulk — she dog-walks me.

21. Do you intimidate a lot of dudes? Yes.

22. What are your powerlifting goals? The same as my life goals: endless.

23. What is something unique about you? I wrote more than 2,000 poems by the time I was 17, mostly on my bedroom walls.

24. Anything else you would like to add? I want to thank Smelly and the Power magazine team. Gene and Ame Rychlak for all their help and support, and for running such a great federation, the IPA. My entire family, friends and Kevin for putting up with me.

25. Anything else you that gives us greater insight into Jessica Scofield? "My habits protect my life but they would assassinate you." ~Mark Twain





JACKSONVILLE, FLA., IS THE HOME OF YEAR-ROUND SUNSHINE, BEAUTIFUL BEACHES AND TOP-RANKED POWERLIFTER BRIAN CARROLL. A TOP10-RANKED LIFTER IN THE 220-, 242- AND 275-LB. WEIGHT CLASSES, CARROLL IS THE PERFECT EXAMPLE OF HOW CONSISTENT TRAINING LEADS TO CONSISTENT PROGRESS. NOT ONLY DOES HE UNDERSTAND THE PRINCIPLES OF WHAT IT TAKES TO BE A GREAT LIFTER, HE APPLIES THEM WITH AN INTENSITY THAT HAS EARNED HIM HIS PLACE AMONG THE VERY BEST IN MULTI-PLY POWERLIFTING.

POWER: You have become a well-rounded lifter in recent years, which has not always been the case. What do you attribute this to?

CARROLL: Failures and weaknesses. Failure exploits weaknesses — and I hate, but love, the challenge of fixing issues. My squat had issues with depth at times, so I fixed this by working deeper in training and having my guys call my depth on every squat over 900 lbs.

For the longest time my squat was my bread-and-butter lift. For example, when I first squatted 1,000 lbs., I followed the next attempt with the all-time world record (at 220) of 1,030 lbs. This attempt was to break Chuck Vogelpohl's squat record, which hadn't been touched or even challenged by anyone but him for about five years. When you compare my 1,030-lb. squat to my 633 bench and 710 deadlift, it's obvious that there wasn't very much balance there. I pushed my squat up so much that it actually hurt my deadlift (which fell about 50 lbs.) and my bench just flat-out sucked. I worked on bringing up the other lifts, and within a year I had gotten my deadlift back up to 750 and drove my bench up over 700 lbs. Since then, I have brought both my bench and dead to +/- 800 lbs. on any given meet, and my best squat in meet is 1,145 lbs.

POWER: In correcting these imbalances, how has your training evolved?

CARROLL: My training evolved with my meet results over the years and the adjustments I had made to address my training weaknesses. For the longest time, I could get away with not touching on bench in training while still building my lockout the whole cycle, and still nail the benches in the meet. But this changed after I injured my shoulder and pec in 2009. After that, I lost all of my confidence in the bench. I only just gained it back at the end of 2010 after training with a lot of low board work and form work. This is just an example, but I always work on weaknesses to improve them or eliminate them.

POWER: How do you decide what adjustments need to be made?

CARROLL: I have my own training system that I developed over the years. I have learned things from the late Rick Hussey, Louie Simmons, Dave Tate, Shawn Frankl, Adam Driggers and Kiefer. I also make a lot of adjustments by trial and error, listening to my body, and instinct.

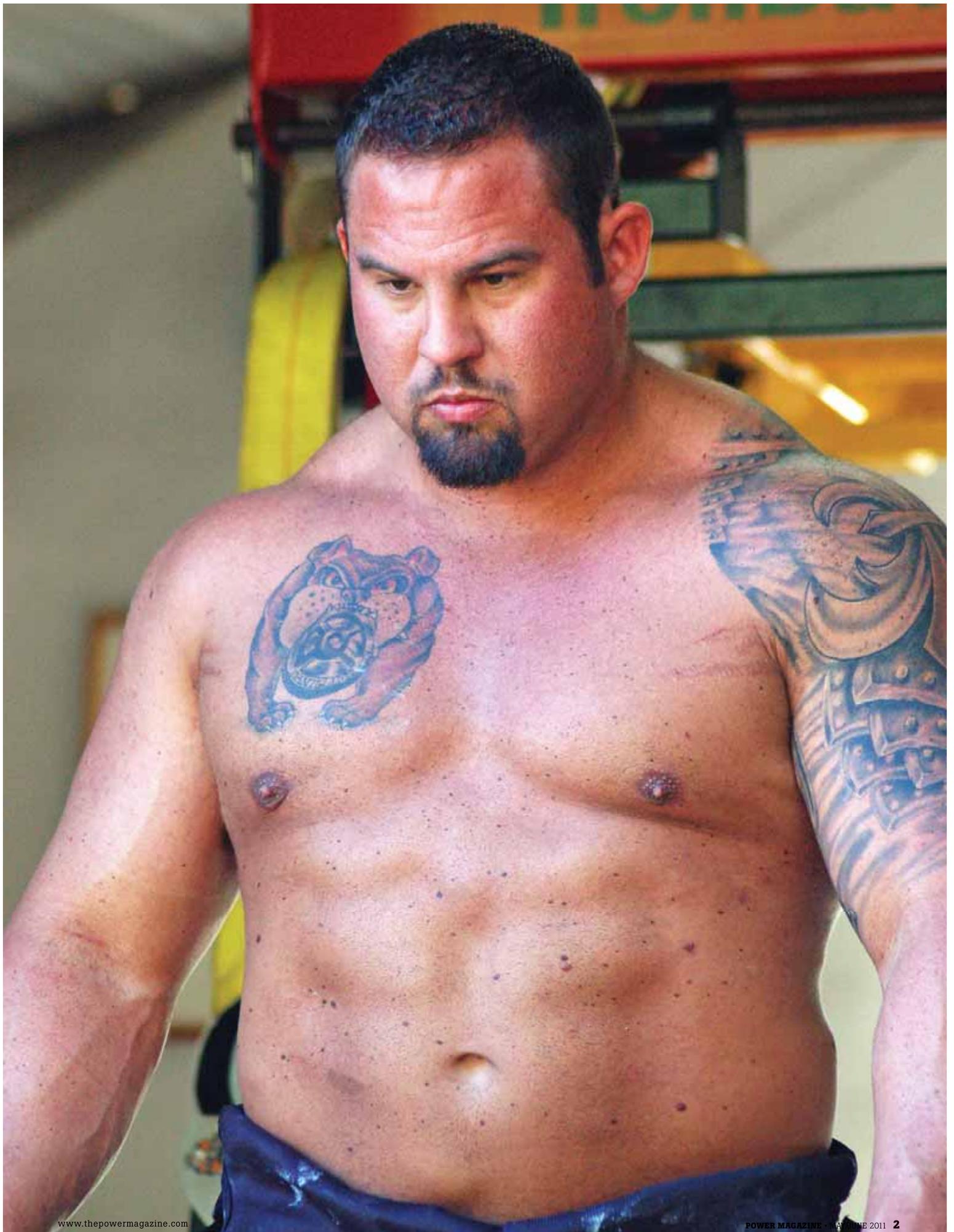
POWER: What drives you to keep going despite your injuries?

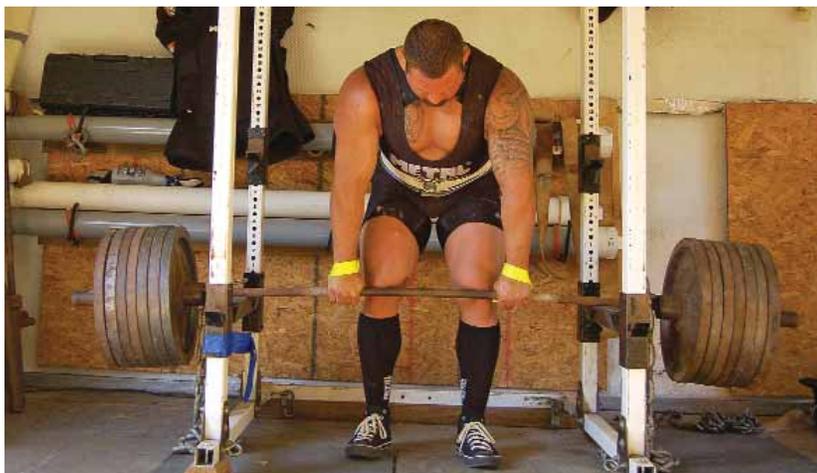
CARROLL: I am driven by constantly working to be my best. I realize that one day I will not be able to do this, and I don't want to leave untapped potential on the table. I did that with baseball in high school and I don't want to live with regret again.

CHASING THE ALL-TIME TOTAL

A Conversation with Brian Carroll

BY MICHELE ATKINSON • photo by Eric Spinney





POWER: What about your competition? Are you externally motivated by other lifters?

CARROLL: Frankl and Dave Hoff come to mind as the best multi-ply lifters around, which motivates me but at the same time pisses me off and gets my ass in gear. I want to stay on the top for as long as possible and always be in the mix until I can no longer do this. I feel that I can hang for a while yet. I still have a lot more in the tank and a lot of potential, especially in the deadlift and bench. I should have benched and deadlifted 825 to 850 lbs. by now – but that's powerlifting and why it's extremely hard to hit big lifts consistently. And, it is what makes powerlifting addicting. My team (Samson) also drives me and makes me accountable to push it hard and be smart at the same time. I wouldn't be anything without those guys, as well as my wife. She is unbelievable, and helpful with everything to do with lifting.

POWER: Who do you learn from?

CARROLL: Anyone and everyone. If you think that you know it all and can't learn or take advice from anyone – especially someone with more experience or who does it better or more efficient than you – then you, my friend, are a fool. I'm always open to suggestion to new and efficient ways to do anything, within reason. You never know how such a small detail that's pointed out to you could really benefit you.

POWER: What are your long-term goals?

CARROLL: My long-term goal is to chase the all-time total, regardless of weight class. This has to be the biggest and most lofty goal, but I honestly believe that I can push toward it and at least give it a ride. Some people may laugh at this goal, but the people laughing are probably the same ones who crushed me when I was totaling 1,700 to 1,800 lbs. in 2003. Seriously though, I do believe that I can possibly push toward it. Why not set the goal to be the biggest and best? Pretty soon the All-Time record (my goal) in my weight class will be within 100 lbs of the All-Time total anyway, once Hoff crushes 2800, so I might as well keep going once I break 2800. The short version is I want to be the best I can be, and where that leaves me, I'm fine with it.

POWER: You mentioned Dave Hoff. What is it like chasing him to the all-time record at 275?

CARROLL: Impossible to do! No, I'm kidding, but the way that freak took off like he did in 2009 and 2010, it will be very tough to catch him. In 2008 at the Pro-Am, I remember thinking that if Hoff could get his squat back, he would crush us. I ended up beating him by about 120 lbs. (the difference between our squats) and also out-

benched him by 5 lbs. I guess getting injured in 2009 didn't really help my cause, but that's not a reason or excuse. Injuries happen to everyone, including Hoff.

Yarmbash is in a league of his own, and probably whenever he decides to come back to multi-ply, he will push it to 2,900 lbs. or the all-time total record in all divisions – which he could easily do. I just hope he gets bored or finds another hobby being something other than a freak lifter, or gets married or something horrible like that (sarcasm dripping).

As far as the record goes, I would really like to hit it. But most likely, by the time this issue prints, Hoff will have already done so, to about 2,820 lbs., so regardless I need to go over 2,800 lbs. and there is not a doubt in my mind or body that I will do it within the year. I am also considering going back down to 242 lbs. and giving that record another go, as well. My body weight is down right now (about 265 from 280 lbs.), so I may just do it. I'm really disappointed that I never broke 2,600 at 242 lbs., but I can make this change, right? It's never too late. Having both records would be cool, but there is a reason why Panora has held the record for five years. It's a feat.

POWER: What is your general weekly training template?

CARROLL: Saturday: squat; Monday: bench; Tuesday: deadlift; Thursday: weakpoint and assistance work.

If it wasn't for work conflicts and other issues with timing, I would space out my bench and dead to two days apart, but I do the best with what I can while running a business and trying to fit in my with team's training schedule.

POWER: What is your diet like?

CARROLL: I have Kiefer help me with this. He keeps me accountable. If I do attempt to go 242 lbs., he will help me dial it in by using his carb backloading system (Read about this diet in the Jan/Feb 2011 issue of Power). I usually eat pretty clean and have a balance of the right stuff without too much junk. In the off-season I tend to eat pretty much what I want, and in the pre-competition mode I eat to be strong; therefore I eat much cleaner.

POWER: You are coming out with an e-book. Tell us about it.

CARROLL: I'm working on an e-book that will explain the methods of how I train, including the reasoning and the science behind it. It will show some training cycles for meets where I've had some great success, and it will also teach readers how to listen to their bodies and train instinctively. There are many e-books out there, but most are just made for the sake of printing a training idea or the like. My e-book is about a tried-and-true, proven system that works

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for all lifters, whether raw, single or multi-ply. It teaches how to get stronger and not over-train, and how to learn from the mistakes I have made and what movements and strategies have worked the best for me, along with having the lowest risk of injury.

POWER: What is it like to be married to a smokin' hot figure chick?

CARROLL: It's awesome. Not only is she nice to look at, but she's an awesome supporter and cook. She has great advice and gives me a good perspective on things. I'm very bull-headed and she helps balance me out and helps me think of the other side and the big picture. She was one of the ones who really pushed for me to talk to Dave Tate about EliteFTS, when I was debating it and weighing all options. She was all for it and thought it would be a great move, whereas I'm much more a creature of habit and like being comfortable. It was the correct choice and, yes, Ria was right again. Tate and Elite are awesome.

POWER: Speaking of Elite, can you explain a little more about why it's so awesome?

CARROLL: Being with EliteFTS is much more than just posting a log and getting free gear. Being a part of Elite is about being part of something more than just a sponsorship. It's about representing more than a brand of gear like Metal, Inzer or Titan or whatever. It's just a benefit. It's about being part of a group of guys who want to brand themselves, and Elite gives that opportunity. We have an opportunity to reach people via our training logs and we get a lot of exposure that most wouldn't get otherwise, since the lifting world is so small. Basically you have influence and exposure that you most definitely wouldn't have the opportunity to have without them. Look at Tate, Jim Wendler and Shelby Starnes, who have really made a name for themselves and built a brand. That is something that I desire and strive to do. Obviously Tate has built up way more than just a following, but you see what I'm saying. Also, having the opportunity to come together at something like an UGSS is a great experience. Tate brings us all out to Ohio to train, B.S. and share ideas with one another. It's one of the best ideas and most fun that I have ever had. Other sponsors don't have anything like this to offer.

Many people ask what it's like. I say that it's the cream-of-the-crop of sponsorships. The possibilities are endless, and so is the amount of exposure you can receive. Look at Matt Kroc. The dude is in every magazine you can think of for Muscle Tech ads. I know that Elite had quite a bit to do with that connection. He is the first powerlifter (that I know of) to get a real supplement contract. Awesome! Tate and Elite have also given me the opportunity to receive great supplements from Biotest (which can be purchased on Elite or T-Nation) and I love them. They are by far the best supplements I have ever used, and have great quality and taste.

Having the ability to share my philosophies and training outlook is one of the best things. How else would people know what you are doing and why you are doing it? I take pride in posting my training log and enjoy helping others and receiving questions from the readers and log followers. I have met a ton of great people this way, and made lots of great friends by joining Elite's team of sponsored lifters. I really can't say enough great things about it.

POWER: What advice can you give other lifters?

CARROLL: Listen, and be slow to talk and debate. Listen, follow and experience. Too many knuckleheads jump out of the blocks and think they know everything. Even if they hit some good totals and have lots of potential, their growth will be retarded by their closed-mindedness. Surround yourself with people with goals and ones that want to get better.

POWER: What would you tell someone who has never powerlifted, but wants to start?

CARROLL: Watch a lot of videos and talk to as many lifters and you can. Observe some meets and watch lifters train. It's much different than being a strong gym rat. Being good at this sport is very hard to do, and it's especially hard to stay healthy going into a meet. Something is always achy or sore.

POWER: How do you feel about the sport of powerlifting at the present time?

CARROLL: It's sad. I'm working now to help organize the lifters' Pro-Am (not the meet) like Louie's, but in Florida and in January. I want to get something like the WPO used to be. That was awesome, and it's a shame it didn't work out. What I'm trying to do is get the top lifters on the same page and

get another big SPF meet going in Jacksonville with a great venue and location, the best of everything equipment-wise, to attract the top lifters. People do like Florida and it's very nice year-round, although a bit hot in the summertime. You can't beat this: You have the beach within 15 minutes of anywhere in the Jax, beautiful weather and another top meet with cash and the best multi-ply meet lifters for a second round of what the Pro-Am offers. We lifters need to get on the same page, though, so the top lifters can meet more than just one time of the year. Some people seem to doubt it, but it can happen. I think this would be a great step in the right direction for powerlifting. Eric Talmant did a great job with the raw unity and built a lot of excitement with it. I hope to get the lifters back interested in knowing and realizing that we have the power to do this and if we can agree on the same meets per year, then this can happen. Too many top lifters spread all throughout the country competing on the same weekend or same month, but not head to head. We need to fix this, and we can. **PM**

For more information about Brian Carroll, check out his training logs on EliteFTS.com and keep an eye out for his e-book.



BRIAN'S STATS

BEST OFFICIAL LIFTS:

220 - 1,030 Squat, 633 Bench, 755 Dead - 2,375 TOT
242 - 1,052 Squat, 785 Bench, 771 Dead - 2,570 TOT
275 - 1,145 Squat, 785 Bench, 800 Dead - 2,700 TOT

GEAR:

Squat - (size) 50 ACE briefs, 58 ACE squat suit
Bench - (size) 56 ACE bench shirt
Dead - (size) 52 KING Deadlift suit

BIG NUMBERS:

1,000+ lb. squats done in competition: 25
1,050+ lb. squats done in competition: 15
1,100+ lb. squats done in competition: 6



A person wearing a black singlet is performing a lift in a gym. The person is bent over, gripping a barbell. The background shows gym equipment, including a rack and a wooden wall. The scene is lit with bright, overhead lights.

IN MY OPINION

Hey, Federations! What Have You Done for Me Lately?

BY DONNIE THOMPSON

I don't know how many federations there are in powerlifting anymore. Off the top of my head, I can think of the AAU, ADAU, ADFPF, APA, APC, APF, EPF, IBP, IPA, IPF, NASA, PPL, 100% RAW, SLP, SPF, UPA, USAPL, USPF, WABDL, WDFPF, WNPF, WPC and the WPF – to name a few.

But personally? I have never lifted in a meet because of the federation. Usually the competition decided where and when I competed, and I went along with the sanctioning body because I had to. Or the meet promoter offered to pay expenses and accommodate my handler and me. The meet might have been within driving distance and therefore convenient. When I started lifting big and qualified for the WPO, fed choice was made for me. To date, that has been the most positive experience for me.



I work in the physical therapy realm. I see doctors all the time. In one meeting, they were curious about what the fed name meant. I went on a dry erase board and explained to them the fed mess. They looked puzzled. Now, these men are millionaires, but they all said, "That just doesn't make any business sense." Then I heard the proverbial line, "Why don't they just have one fed and simplify things, like Strongman or UFC fighting?" I felt embar-

of membership, similar to the card I got when I joined the Captain Chesapeake Cartoon Club in the 1970s. Oh, wait — that was free. With registration and federations fees, we pay no less than \$100 to compete in a powerlifting meet at any level.

The memberships are for one year. So if we pay the fed fee to compete in a meet on Dec. 4, but next year the same meet rolls around on Dec. 6, guess what. You get to pay \$30 again!

Lets explore what the Fed does for its members for those \$30 bucks. We get:

No newsletter!

No T-shirt!

No subscription to a powerlifting magazine!

No patch!

No Christmas card!

No email thanking you for your \$30 gift!

Basically, we are being fleeced by the federations. Since the promoter pays for everything, all the fed owner does is stick his hand out for the handout. Lifters, who have trained for years including the three-plus months of meet training, have this "lifting tax" imposed on them. Forgive me, I know that some of the aforementioned feds have a website you may visit. Now, with Facebook, this perk costs them nothing.

The bottom line is that we lifters never questioned the existence of feds, their purpose or their mission. I could start my own federation. Make my own fed crest and sanction powerlifting events all over the country and the world. I could get the meet director to provide all the equipment and the facility, and do all the advertising. "Shut up and

“BASICALLY, WE ARE BEING FLEECE BY THE FEDERATIONS. SINCE THE PROMOTER PAYS FOR EVERYTHING, ALL THE FED OWNER DOES IS STICK HIS HAND OUT FOR THE HANDOUT.”

rassed for powerlifting. I did man up, though. I explained why there are so many sanctioning bodies and how hard it is to sell powerlifting to the masses. But in the end, one sanctioning body makes the most sense.

If we want to compete in a federation's sanctioned meet, we have to become a member. Most feds charge about \$30 to join, then send us a wallet-sized card as proof

pay me,” I could say. One-hundred and fifty dollars for the use of my sanction. Then send me the \$30 membership card money. If you have 25 lifters, I make \$750 plus the \$150 for the use of my sanctioning name. That is a whopping \$900 for doing absolutely nothing.

Wait a minute. This sounds like a capital idea. Forget the rest of this article. I am creating my own fed and it will be better than any other. I will start by slamming other feds that cheat and allow the cheaters to compete. Use of the latest gear is forbidden — after all, it’s a joke what supportive gear has become. Who is doing the lifting anyway, the squat suit or the person? Squats must be 4 inches below parallel and, if you survive our sanctioned meet, you will be the strongest lifter because our fed has the strictest rules. It will be your privilege to be allowed to lift in my fed and I will constantly let you know that by threats of banning you if you rub shoulders with other feds, or lifters from other feds, and/or take creatine.

Or I could go in the opposite direction. Should I support and advocate lifting gear and stay hush-hush about the cheater? Make rules that are slack and allow 4-inch high squats and unlocked benches? Weigh in lifters and, if they

enter the meet, doesn’t it?

Now, the big question is, what fed is right for you? Some feds separate themselves by claiming they are drug-free and one-ply. This weeds out the cheaters and the gear whores. This fed holds itself in high regard and is the only significant one. Only the old-school way is allowed for this fed, which is for real athletes who use the same bar for all three lifts (an Olympic lifting bar) and follow rules so strict that they often can’t be explained. No use for squat lifts. The squat is judged on the down and up movement of the weight, not the walk-out. I wonder how many injuries could have been prevented using a squat lift? Hard to say. By the way, the Feds never pay for orthopedic repairs and hospitalization when you are injured for walking out a heavy weight. It is just too bad. I think these tough guys ought to lift the bench press weight out on their own, too. No liftoff or handout allowed! This would be the ultimate old-school lifting regime and although not many would bench over 500 lbs. in their one-ply, it would make for bragging rights to all the powerlifting fans out there. Oh yeah, there aren’t any.

I once was red lighted in a fed like this. When I respect-



“I ONCE WAS RED LIGHTED IN A FED LIKE THIS. WHEN I RESPECTFULLY APPROACHED THE JUDGE AND ASKED WHAT I DID WRONG, HIS ONLY RESPONSE WAS IT LOOKED LIKE I STRUGGLED WITH THE LIFT MORE THAN I SHOULD HAVE.”

are a couple of pounds over, just let them in the weight class they want? Man, all these decisions. But the easy money, I must stay focused on the easy money. The power, too! I must have power. Keep myself in the fringe and orchestrate good and bad. Sounds like religion and politics to me. King Don is ready.

FEDS: VALUES AND MORALS

So lifters, you know we are being fleeced by feds in a small way. But in the name of having your lifts count, you go ahead and join so that your meet is sanctioned and legit. Most lifters starting out join a fed that accompanies the meet that is in or near their local town. A lot of first-time competitors aren’t even aware they have to pay fed dues until meet day. Kind of sucks when you just paid \$75 just to

fully approached the judge and asked what I did wrong, his only response was it looked like I struggled with the lift more than I should have. Good luck in this fed.

Some feds claim they are for lifters only. Some feds are for the lifter who is a true lifter and lifts raw-only. Some feds capitalize on providing a category for all the lifters. So there may be about 25 categories to choose from and possibly win a trophy. Who exactly wins with all these categories, and who loses? If everyone gets a trophy, what fun is that? Police and military need their own meets if they want their own category. Old men and women should lift in masters-only meets if they want fair. The same thing goes for teenagers. If you go to a meet where the fed allows lifting gear and they do not drug test, don’t bitch! I see that as a challenge, but most of you



see it as unfair. You elect to be a powerlifter.

No matter what you choose to lift in (raw, equipped, single-ply or drug-free) I am happy for you. I support them all. Powerlifting is the same for any fed. You must squat and break parallel. You must pause and evenly press the bar up to lock out on the bench. You must pull the bar evenly and

“POWERLIFTING HAS NOTHING TO DO WITH MORALS AND VALUES. IT IS NOT A RELIGION.”

steady without hitching, and lock out at the top on the deadlift. Also, it must not slip from your grip at any time. Now you know the rules to all the three lifts.

Feds have a wonderful time scaring the hell out of lifters in pre-meet rules briefings. The head judge usually pontificates this and twists the rules I mentioned according to what fed he or she represents. I don't even attend those meetings. Waste of time.

Now, my biggest concern with the various feds is when they are represented by lifters who act like they are

approved by God himself. They have morals, like lifetime drug-free. No profanities on the platform. Absolutely no devil music during the lifts. Or they say things like, “We are Christian and only Christians are represented here, and of course Jesus frowns upon drugs!” The real religious fervor is the attitude of the lifters themselves. They bash other feds and only hold their own to be real. They disregard all of their fellow powerlifters that do not lift in their exclusive fed, which they claim represents truth, justice and the moral way. Who benefits from this? As soon as a lifter ascends to world record status, they bash him or her and say the lifts don't count because they are not real. If not done in their fed, then they simply don't exist.

I don't get these idiots. If they want to beat the world champions, just out-lift them. Period. If they choose raw lifting, don't blast the guys who choose gear. If they want to show other lifters up, get some gear and compete. If they are drug-free and hate the guys they accuse of taking drugs because they lift more, start taking drugs. Otherwise, they should stay in their fed and lifting niche they chose.

My old football coach had a saying: “Do your own job first.” You Powerlifters from different disciplines should follow that before they start cannibalizing their fellow lifters. Powerlifting has nothing to do with morals and values. It is not a religion. God couldn't care less how much you lift.

Lifting doesn't raise your children properly or keep terrible men from cheating on their dearly beloveds. Powerlifting is simply three lifts that every lifter wants to increase with every meet. I am in powerlifting to exploit the highest numbers I can. That is my desire and passion. My values and morals, or lack thereof, are what I do on my own time, not during a sporting event.

SOLUTION?

If all the powerlifters in each lifting discipline got together and formed a Lifters Union, we could stamp out the various feds and force them to merge. The Lifters Union (not to be confused with work unions) would be free to join and would decide which fed to invite to sanction the meet. Some feds might pay the meet director to be the sanctioning body. Most similar feds would merge and would represent regions of the country.

Some fed owners are stand-up people who recognize the need to downsize the fed population. The lifters don't want to see these fed owners vacate, but rather continue to be involved in some manner. The meet director would pay the fed fee of, lets say, \$100 for the sanctioning body. Since this would be all non-profit, most fed owners would simply disappear. The Lifters Union would choose for themselves which feds survive and die. We'd have a fed for teens and masters. One for amateurs. One for raw. One for pro. All but pro would be assumed to be drug-free and have gear limitations where applicable.

That would narrow it down to four feds. Elected officials can represent each fed and the judging is the same across the board. The Lifters Union, which is all of us, would vote on who we want to represent us — and that is that.

It would look like this:

The Lifters Union governs the federations, not the other way around.

Four feds represent the four different powerlifting disciplines.

The Lifters Union would decide if membership is free, if dues are paid, if it is free the first year, if teenagers are free — or whatever. If dues apply, they will go toward an interactive website, one freaking free T-shirt and the legal matters that go with sanctioning meets. We, the lifters, would take control of everything.

That is my solution to the problem we face. The dozens of feds make it confusing and cheapen our hard work. If one lifter hates his or her fed, they just start their own. Or it is not the fed that let the lifter or coach down, it's personal problems with the fed owner and president. This is like a church split run amuck, when disgruntled churchgoers start their own church and own religion. Not good.

This solution is not perfect, nor is it necessarily the best way. It is what I have come up with. I have zero fed loyalty. I lift in meets that I will be happy at, where the atmosphere and competitors are good and lifters' safety is taken into consideration. I like judges who benefit the lifter if they are

unclear of their call. I like meet promoters and directors who try to organize and run the meet so the lifter will be comfortable. This includes the latest and best equipment. Most of all, I like to lift the most weight I possibly can.

Lifters who wear your fed loyalty like a badge of separatism, look down on other lifters because they are not in their fed, and discount other lifters who do not choose their path should choose politics or evangelism — not powerlifting. This approach clogs up everything and keeps this sport in the dark ages. We watched bodybuilding pass us by. Now Strongman has overshadowed us. MMA blew every-

“POWERLIFTING IS THE SAME FOR ANY FED. YOU MUST SQUAT AND BREAK PARALLEL. YOU MUST PAUSE AND EVENLY PRESS THE BAR UP TO LOCK OUT ON THE BENCH. YOU MUST PULL THE BAR EVENLY AND STEADY WITHOUT HITCHING, AND LOCK OUT AT THE TOP ON THE DEADLIFT. ALSO, IT MUST NOT SLIP FROM YOUR GRIP AT ANY TIME. NOW YOU KNOW THE RULES TO ALL THE THREE LIFTS.”

thing out of the water with its fan base. And here we are, pathetic grippers about which fed is better and what lifter is more legit. We can't get anyone to come to a powerlifting meet besides family and close friends.

So I have decided to ignore all this crap and lift where I want and with people who treat me the best. I don't care if my lifts are discounted or not. Also, I did not mention any fed by name. I think lifters should support whatever fed they want and end it there. Do your own job first and keep your praises and criticisms confined within the walls of your fed. Don't gossip about other lifters in other feds like a little bitch. If we follow this one rule, we'll all be happy. In the words of the great Jesse Kellum, “Take what you want, wear what you want, just try and beat me on the platform!” **PM**

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PROTEIN'S BRAVE NEW WORLD

BY JOHN KIEFER

I REMEMBER WHEN I FIRST STARTED BUYING WEIGHT GAINERS AND PROTEIN SUPPLEMENTS. ONE GNC EXISTED WITHIN A HUNDRED MILES OF MY HOUSE. TWIN LAB DOMINATED IN NAME RECOGNITION. THERE WERE WEIGHT GAINERS AND PROTEIN

POWDERS, AND THEY CAME IN TWO FLAVORS: VANILLA OR CHOCOLATE. BOTH TASTED LIKE ASS. CONTRAST THAT WITH TODAY'S BRAVE NEW WORLD OF PROTEIN SUPPLEMENTS: CASEIN AND WHEY, SOY AND GLUTAMINE PEPTIDES, HYDROLYSATE AND ISOLATE. IN GENERAL, THE FLAVORS STILL RESEMBLE ASS, BUT THERE'S A WIDE VARIETY OF PRETTY PASTEL COLORS TO PEER INTO WHILE YOU DRINK IT.

SO WHAT ARE YOU BUYING? WHAT IS IT DOING TO YOU? WHY DID YOU CHOOSE IT? HERE'S A QUICK RUNDOWN OF THE DOMINANT PROTEIN SOURCES AVAILABLE, WHY YOU SHOULD OR SHOULDN'T USE THEM, AND HOW.

PRE-MADE PROTEIN SHAKES

All pre-made drinks are pretty much the same. The label claims mean little if they're derived from a milk-based protein like a whey or casein. In the U.S., all liquid products derived from milk must pass through pasteurization. Pretty much all of the good stuff you're paying for – the whey peptides and fractions – is destroyed in the heating process. That's right, it's milk – albeit expensive milk – and just as functional, which means not much. If you need a hit of protein, they're fine, but they should not factor as a key component in peri-workout nutrition.

SOY

Despite decades of research on soy, the debate rages: Will soy shrivel manly parts and enhance breast size? Both sides of this question can offer research to prove their points, as well as nasty words to refute everything else. That's fine, they can fight amongst themselves. Throw all the tofu burgers and pork chops you want, because there is no question that soy sucks – but not because of concerns over manliness or moobs.

The problem with soy: It contains antinutritional factors. That's right, anti-nutritional. A critical enzyme necessary for the



digestion, and therefore use, of protein in mammals is trypsin, and soy contains large amounts of a trypsin inhibitor. Soy decreases the amount of protein the body can process. Adding the extra protein from the soy won't solve the problem because there's simply no way to digest any protein once soy neutralizes trypsin. As an example, research shows that eating soy with beef decreases the amount of protein utilization by almost 70 percent.

Although soy isolate might sound safe, as it should be the isolated soy protein, it still contains about 50 percent of the trypsin inhibitor found in the whole bean. Show me the research that indicates soy isolates and hydrolysates increase muscle protein synthesis. Great, now try to purchase the highly refined research-grade soy protein they use for the studies. You ain't gonna find it on the shelves at GNC.

WHEY

Whey is the pretty boy of the strength and muscle industry. There are three kinds: concentrate, isolate and hydrolysate. Moving from the former to the latter, each increases in its ability to trigger muscle growth, especially post workout. This seems due mainly to the increasing rate at which each elevates free amino acid levels in the blood stream.

Almost as important as whey's muscle building properties is its powerful antioxidant capacity. Although much hype is given to antioxidants found in everything from seaweed to pomegranates, there's little evidence for the value of these substances on cell health and protection over long periods of time. That's probably because cells have their own antioxidant system that utilizes an amino acid, called glutathione. You can supplement with glutathione, but taking whey maximizes cellular levels. Animal studies demonstrate everything from life extension to cancer prevention because of whey's effect on glutathione levels. By decreasing oxidative damage, whey keeps muscle cells growing and firing at their peak.

CASEIN

Casein comes in a few varieties, as well. There are intact caseins (caseinate or micellar casein) and casein hydrolysates. The two couldn't be more different. Intact caseins digest slowly and research doesn't show anything special about its ability to build muscle or decrease the breakdown of muscle during resistance training (called protein turnover or proteolysis). Of the two, caseinate is cheaper and inferior, but dissolves nicely in water, so it's great for shakes. The micellar clumps, forming something that's not far from cottage cheese curds. Consider a blender unless you enjoy the feeling of chunks funneling down the gullet. Because of their slow absorption, people consider these great nighttime proteins.

Casein hydrolysate is the opposite of intact casein in every way: It absorbs quickly, spikes free amino acids and triggers muscle protein synthesis. After the hydrolyzing process, casein becomes mostly di- and tripeptides (short protein chains composed of two or three amino acids) that can absorb in the gut faster than individual amino acids. The buzz around casein hydrolysates started only a few years ago, but in truth, research goes as far back as the mid-sixties when it was used as part of intravenous nutritional solutions. For rapid ingestion and anabolic punch, casein hydrolysate is as good as it gets.

WHEAT GLUTEN HYDROLYSATE

I venture to guess that most people reading this take wheat gluten hydrolysate, or have, and yet have never heard the phrase. That's because on supplements it's called glutamine peptides. I am still not convinced on the efficacy of excess dietary glutamine for muscle growth or recovery. Glutamine is the most abundant amino acid in the body because the body can make a shit-ton of it with adequate protein supplementation. Strength and physique athletes normally get more than adequate protein. That doesn't mean that gluten hydrolysate is completely useless; as a hydrolysate, it possesses all the same properties as a general hydrolysate, discussed below.

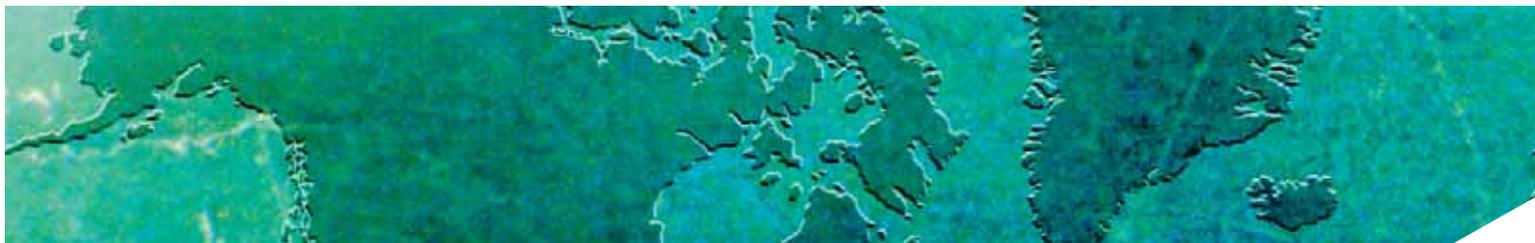
HYDROLYSATES VS. ISOLATES

Without exception, hydrolysates rule the anabolic landscape in protein world. With their short chain peptides, rapid absorption rates and ability to spike free amino acid levels, they're almost impossible to compare to other protein sources. Want maximum gains? Then you need hydrolysates.

Digestive enzymes turn isolates into hydrolysates, hence the reason hydrolysates are called predigested peptides. The hydrolyzation gives them most of their enhanced absorption characteristics, not to mention a taste that's probably as close to pure death as you can stick in your mouth. Think flaming tire mixed with burnt cheese. They are horrid and it gets worse with the amount of hydrolyzing, mostly because of the excess amino acid proline generated in the process. A patented product called PeptoPro is a casein hydrolysate that goes through an extra step to remove the proline and tastes almost ass-free.

Besides absorbing faster than isolates and tasting like crap, hydrolysates spike insulin levels by themselves and, when taken with simple carbs like in post-workout shakes, they increase insulin secretion. This is a huge advantage since the level of post-training insulin regulates factors that allow muscle to grow, but also stops the breakdown of muscle caused from the training session — the higher the insulin levels, the better.

Hydrolysates may increase insulin secretion, but if ingested



before a meal, they can decrease the rise in blood sugar. Isolates do the same, but with lesser intensity. Who cares about blood sugar levels besides diabetics, you ask? Anyone trying to get jacked without getting fat, that's who. When insulin levels are high, both muscle tissue and fat cells try to absorb sugar for storage — muscle stores it as glycogen, and fat cells as fat. Spiking insulin but lowering blood sugar levels therefore increases muscle growth without increasing fat cell growth and proliferation. This is an application of a concept called Modulated Tissue Response (MTR): triggering growth in one type of tissue, while giving the opposite signal to other types.

APPLICATION

Hydrolysates are the bomb! You're not going to use anything else ever again. Slow down. Before you run to your cabinet and start tossing out all the tubs of casein, whey isolate and soy, hold on a second. They all have their use. Well, go ahead and toss out the soy.

Use the chart below to see when to use each for maximum effect. The proteins increase in anabolic ability going down the chart.

TYPE	COST	USE
Soy	Cheap	Don't
Casein (intact)	Cheap	Before bed
Wheat gluten hydrolysate	Cheap	Pre-workout
Whey isolate	Affordable	Early morning/post-workout
Whey hydrolysate	Affordable	10 minutes before meals/pre- and post-workout
Casein hydrolysate	Expensive	Pre- and post-workout

HOW MUCH

The question isn't how much protein your body needs, it's how much you can force it to use. Normal people can get away with 0.4 grams of protein per pound of body weight or less and stay healthy, if you can call the average American healthy. Athletes need far more, despite dissent from health experts.

So how much can you force the body to use? The research here is pretty clear and why the question has yet to be settled in the industry is beyond me. The maximum amount of protein

WILLIAM LLEWELLYN'S

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the body can use in a day for tissue repair and growth is between 1 and 1.3 grams per lb. of body weight. I know this is a far cry from the recommendations of 2, 3 and even 5 grams, but the research in this area is stellar and almost irrefutable because of the use of radioactive tracers to determine how much protein gets incorporated into the body. For roughly 98 percent of the population, 1.3 grams maximizes what you can force your body to use.

It might be tempting to eat more, just in case, but the research shows that eating too much decreases the total amount of protein you use, not the percentage. The body may use 250 grams of the 300 grams ingested, but bump it up to say 500 grams in a day and the body will only use 200 grams total. You ingested 200 grams more and the body used 50 grams less overall – the joke's on you.

And forget the 30 grams-per-meal rule. Whoever made this one up should be ashamed of themselves, if they're not already dead. There seems to be no maximum amount of protein your body will utilize from a single meal; the maximum appears to be determined by total daily protein intake. So if you weight 250 lbs., you need at most 325 grams of protein a day and it doesn't matter if you split it amongst three meals, six or even take it all in one – you've maxed out the growth potential.

WHERE TO BUY

Finding reliable sources for hydrolysates is, surprisingly, not easy. If you've had the bad fortune of buying one at a big-box health store, it probably tasted great. That's a serious red flag. I have tried combinations from 100 percent hydrolysate down to 10 percent and until about the 15 percent mark, hydrolysates overpower even the best flavoring technology (except PeptoPro). In other words, you got screwed. Don't worry, it happens to all of us.

Your best bet is to use one of the bulk suppliers like www.TrueProtein.com. Their package is often non-descript and, well, lame (think 2 gallon see-through plastic bag with a twist tie), but the products are quality. You can make custom blends and, if you do so, I recommend going no higher than 60 to 70 percent total hydrolysate in your mixture and using a whey isolate for the remainder. It may trigger the gag reflex, but not enough to paint the cabinets with the half-swallowed protein shake.

Congratulations. Now you have the tools to make this brave new world of protein supplements work for you. **PM**

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Q&A

BY WILLIAM LLEWELLYN

WHY PROPIONATE?

Q: My HRT doctor offers several kinds of testosterone. Why would someone want to use testosterone propionate over enanthate or cypionate? Is there an advantage to it?

A: It is difficult to say there is an advantage to testosterone propionate over the other esters you mentioned. To begin with, let me explain what the ester actually does. Chemically speaking, the propionate part of testosterone propionate is inert. It does not effect how the testosterone part of the molecule works in the body, only how slowly it leeches from the site of injection and into your blood stream. From there, it actually breaks off before testosterone can do anything. Therefore, all esters of testosterone ultimately provide the same thing to the body; free testosterone and a free inactive ester.

Propionate is the oldest injectable ester of testosterone still available, and one of the first used in clinical medicine. It provides a delayed release from the site of injection, but only for several days. Testosterone propionate would be given once or twice per week at a minimum in a clinic setting. This was better than water-based testosterone, but not by much. Testosterone propionate also has the notable drawback of being particularly painful for many people to use. It often causes redness, pain and swelling at the site of injection, presumably because the short chain ester (propionic acid) can act as an irritant to the local tissues.

Testosterone enanthate and cypionate came many years later, and represent big advances in the technology of injectable testosterone treatment. To start with, they tend to be much more comfortable to use. Either of these can also be given once every several weeks with some patients, which means many fewer injections and higher patient compliance. Clinically speaking, virtually all hormone replacement physicians have moved over to cypionate or enanthate as their primary form of injectable testosterone. A few pharmacies still carry it as a compounded medication, however, and a few doctors offer it, primarily because a small number of patients still look for it. If it has any benefit, it is faster to act at the beginning of your program. Otherwise, I don't believe it has any advantage (but it does have a few big disadvantages).

FILTERING STEROIDS?

Q: I read on the Internet many people are saying that you should filter your steroids. Do you think I really need to filter my gear?

A: It all depends. The main goal with filtering is to remove any bacteria from the



solution. This should be a significant concern with underground or counterfeit steroid products, as many (most) were not manufactured under true sterile conditions. Over the years, I've sent a good number of steroid products to the lab to see if they were contaminated. Most oil-based solutions produced on the underground have proven to be free of bacteria, reinforcing the fact that oil is a poor medium for bacterial growth. The key word is "most," however.

A percentage of oil-based steroid products made from underground labs are still contaminated with some form of bacteria. The result can be anything from no issue at all, to injection site infection, to more serious illness.

Filtering the solution can prevent the bacteria from getting into your body via a poorly made steroid product. The process involves a disposable filter, which is attached to the end of a syringe.



“A percentage of oil-based steroid products made from underground labs are still contaminated with some form of bacteria. The result can be anything from no issue at all, to injection site infection, to more serious illness.”

These are usually .22 or .45 microns, which refers to the size of the holes in the filter membrane. Both are usually acceptable for bacterial filtration, though the .22-micron filter is smaller and thus preferred. If the solution is passed through such a filter and into a clean sterile container, no live bacteria should be found in the final filtered product. While seemingly simple, syringe filtration is a very reliable method for removing microorganisms from an oil-based steroid solution. Water-based steroid suspensions don't work, as they tend to jam in syringe filters.

It is important to point out, however, that filtering does have some limitations. Most specifically, it is not capable of removing all forms of contamination. For example, most chemicals or other drugs would readily pass through a filter, as the particles are very small and dissolved in the oil. Such contaminants are often found in poor quality raw materials. Filtering might not remove heavy metals



“If you look around today, some things do look the same. Magazines are filled with wild promises, most of which will not come true. That doesn't necessarily mean that the market for these supplements as a whole is a waste.”

either. Bacteria can also produce certain pyrogens or endotoxins, which may cause fever or other reaction when passed into the body. These endotoxins are also too small to be removed by syringe filtration. Thus, even though your product may be sterile (free of microorganisms), it may still not be safe to use. Plus, there is always the chance you might inadvertently contaminate your own product while trying to sterilize it. Given this, it is always best to limit your use to true pharmaceutical grade products. Short of that, however, filtering is a good harm reduction strategy.

BEST MASS-BUILDING SUPPLEMENTS

Q: What are the best natural supplements for adding size and strength? Do you think these supplements really work well enough to spend money on?

A: Whenever someone asks me if any bodybuilding supplements are worthwhile, I think back to when a teenager reading muscle magazines. Like now, there were many “muscle-building” products advertised back then. Many big promises were made, some assuring double-digit body weight gains in a matter of only days. Soon, however, I realized that the promises weren't going to come true no matter how much I wanted them to. In fact, I struggle to think of anything aside from basic protein supplements that really helped me build noticeable muscle mass back then. With such history, it could be easy to get stuck in the line of thinking that all supplements are a waste. Thankfully, I can say that things

have changed a lot since I was a teenager.

If you look around today, some things do look the same. Magazines are filled with wild promises, most of which will not come true. That doesn't necessarily mean that the market for these supplements as a whole is a waste. To the contrary, several bodybuilding supplement ingredients available today do deliver results. Furthermore, some are even backed by strong clinical evidence of their efficacy for athletic/bodybuilding use. The four most notable of these are creatine, beta-alanine, branched-chain amino acids and arachidonic acid. While I would never suggest that these supplements would turn you into a powerhouse overnight, they do provide steady tissue-building effects that can accumulate over time. If you are looking to tweak a good training and diet program with “something more,” I suggest you start looking here. **PM**

About the author:

*William Llewellyn is author of the bestselling reference guide **Anabolics**, which is in its 10th edition. He is also the CEO of **HRT-Rx.com**, a nationwide network of HRT/anti-aging physicians. Llewellyn an authority on performance-enhancing compounds. We've asked him discuss some of the more interesting and pressing issues for **Power** readers. None of the information provided is meant to constitute medical advice.*

If you have a question for Llewellyn, email him at questions@AnabolicsBook.com.



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EVERY MAN DIES, BUT NOT EVERY MAN REALLY LIVES ~~DEADLIFTS~~ **DEADLIFTS**

BY MARK BELL, WESTSIDE BARBELL CERTIFIED
(PREVIOUSLY PRINTED IN THE CROSSFIT JOURNAL, APRIL 2011)

Deadlifts are considered by many to be the ultimate test of brute strength. The deadlift is simple, right? Just bend down and pick the damn thing up. If only it were that easy.

In powerlifting, a lot of hours are spent refining form and developing efficiency. Powerlifting, unfortunately, has become a game of inches (and I'm not talking "Internet" inches, guys). How you set up will determine how you finish, or if you have a good chance to finish the lift. Improving the deadlift is very difficult. Even the big pullers have a hard time. There are many reasons for stalled deadlifts. Let's examine how to troubleshoot your sticking points.

START OFF ON THE RIGHT FOOT

One thing that will help fix all three sticking points (off the floor, knee level and lockouts) is fixing your starting position. Deadlift with a staggered stance, have your right foot in front of your left with your legs slightly crossed, now bend over from the waist — okay, okay, I'm kidding. You can stop trying to do this in your kitchen or, even worse, in the crapper while reading this on your smart phone.

Speaking of smart phones, if they were so smart, would they honestly allow us to take a crap with them? All right, let's get back on track.

Starting with good positioning in the deadlift is crucial to how you pull. How you start is often how you finish. Often a poor lockout or loss of grip is doomed from the start by a sloppy setup. Everyone is different, but a few things remain the same about the setup.

These tips will give you the leverage you need to deadlift like a savage:

- Grab the barbell firmly with an under-over grip.
- Use the barbell to pull yourself into position. This allows you to produce torque before you actually start to pull.
- Fill your belly up with air and push it out, like you just ate a huge pizza pie. I realize some of you have a much smaller, sexier waistline than myself or many other powerlifters, but try this right now. Bend at the waist like you're going to touch your toes. Do this with a rounded back. As you hang, take a deep breath of air into your belly. You will notice that your body moved up a few inches, away from the floor. Now, without pooping, push your belly out hard. That is how your stomach needs to feel when you deadlift, squat or bench. Still not grasping what I'm saying? Just think of bracing your stomach for a punch.
- Get your lower-, mid- and upper-back straight. This is not Olympic lifting, so your back doesn't need look stiff as a board. Actually, some great deadlifters and people with longer arms may wish to keep their upper back rounded just a bit. Having trouble getting your back straight? Try sitting on a parallel box with your feet shoulder-width apart. Lean forward with your head down and back rounded as much as you can. Now reverse your action, but start by just pulling your head up. Begin to arch your back while pulling your shoulders back and your chest up. That is about how your back should feel when setting up to pull.
- Drop your ass. You don't need to rub it on the floor, but you do need to drop your hips. A great way to drop your hips is to grab the barbell and use it to pull yourself down into position by pulling your chest up and straightening your back. You do not need to (or want to) drop your



hips lower than below parallel. That is not ideal for deadlifting.

- Keep as much of your body behind the bar as possible. If you have your head and shoulders in front of the barbell, it will leave you out of position to pull big. Also, my head weighs 97 lbs., so I have to lift the weight on the bar plus my giant head. I try to use my head as a counterbalance. At the start of the lift, get tight and throw your head back hard, like you're trying to flick a hat off your head.

Throughout the lift, continue to throw your head back. On

this same note, you should be falling back. It should feel like you're going to fall backward once you start to pull. At my gym (Super Training in Sacramento, Calif.), we have a giant record board behind the deadlift platform. I yell at my lifters to fall backward into the record board as they pull. These cues help keep the body behind the barbell.

- At this point, if you got everything together, you should be providing enough torque to where 135 lbs. comes off the ground before you even start to pull.

- Bring the violence. It's significant. Deadlift with rage. Get mad! Think of all those people throughout your life who did you wrong or said you weren't good enough. Take all your insecurities and fears and ball them up into a crap-load of strength and fury to be unleashed on the barbell. You will find yourself thanking your haters for adding pounds to your deadlift. I get so crazy before I deadlift that I talk to my brother, Mike, who is no longer with us. That's right, I speak to the dead. Nutty, huh? But it's okay to lose yourself and show that barbell what's up.

MORE TIPS TO PULL LIKE A SAVAGE

Now that you're an expert on setting up, here are a few more tips to making sure your pull doesn't die out.

- Speed is king. Once you feel you have some solid form, go as fast as you can. Force production will be a key factor in making sure that you don't stall at any point of the lift. Speed training for deadlifts is done by using 60 to 75 percent of your one-rep max for six to eight sets of one to three reps. When doing reps, do not bounce the weight off the floor. Bring the weights down to the floor under your control.

- The lower back has tons of potential. Work on good-mornings to bring up lower back strength. I suggest working up in weight to a heavy triple or using it as more of an assistance movement for

three or four sets of five to eight reps.

- This may sound odd, but make sure you work your arms. Having strong pipes can help you hold onto those big weights. Doing some simple barbell and hammer curls will do the trick, but go heavy and do five to eight reps for three sets. This tip may sound odd, but when your biceps give out, your grip and hands will shut down to help prevent injury.

- Work your lats. Pull-ups are a great movement to strengthen the back and the arms. I suggest doing them strict for our purposes. Keep your body tight and hang between each rep. If you can only do two or three pull-ups in this fashion, do them once per week throughout a full workout. Do one set between your other sets, after the main exercise. Here is an example of a pull-up routine during a deadlift session:

■ RACK DEADLIFTS (WORK UP TO A HEAVY TRIPLE)

Good-mornings
1 set of 5-8 reps, 95 lbs.
Pull-ups 1x3

Good-mornings
1 set of 5-8 reps, 135 lbs.
Pull-ups 1x3

Good-mornings
1 set of 5-8 reps, 175 lbs.
Pull-ups 1x3

Glute ham developer, aka GHR or GHD
1 set of 10
Pull-ups 1x3

GHR 1x10
Pull-ups 1x3

GHR 1x10
Pull-ups 1x2

GHR 1x10
Pull-ups 1x2

Finish with side bends and walking weighted sled dragging.

At this point you have done 20 pull-ups. In the next workout, try to do a few more total reps, maybe shoot for 24. If you decrease by two reps during the workout, then discontinue the pull-ups.

■ DIRECT WORK

"Okay, Coach Bell," you tell me. "I hear what you're saying. But I tried all that stuff and I still miss my lockouts — and my buddy stalls halfway up." I understand. Here is some direct work to help bust through sticking points. Keep in mind, there will be some overlapping.

■ LOCKOUTS

- Sumo heavy for reps will build the glutes and hips. Ultra-wide sumo deads will really build up the hips. I suggest two to five reps.
- Rack pulls are a great max effort move done for one to three reps.
- Do deficit pulls. Stand on a 1- to 4-inch mat or block and perform a deadlift.
- Shrugs are an old-time movement that can help all your lifts. Three sets of 10 to 20 reps work well.
- Box squats with a wide stance can be done on max or dynamic effort days. The wide stance will build the hips like crazy. Remember to push the knees out hard.

■ STARTING

- Deficit pulls can help with all ranges of the deadlift due to the fact that they increase the range of motion of the lift.
- Speed builds force production, helping you kill weights off the floor.
- Do ab work. Weighted sit-ups, pull-down abs and side bends are my favorites.
- For box squats, I'd suggest a box 2 inches below parallel and using a close stance to really work the quads. This can be used as max effort or assistance.

■ MID-RANGE

- Pin pulls or blocks pull from and around the areas where you feel yourself stall.

• Do hamstring work. Having strong hamstrings will help you stay glued together during those big lifts, when your back gets rounded over.

■ PUTTING IT INTO PRACTICE

This is a lot to tackle, so I'd suggest heavy deadlifting two or three times per month. Here is a quick sample rotation:

■ WEEK 1

Rack pulls max single
Stay in the rack and do shrugs
GHR or band leg curls
Pull-ups
Weighted sit-ups

■ WEEK 2

Deficit pulls max double
Reduce the weight and hit up some high rep sumo for 3 sets of 25.
Make sure the weights are light!
Hammer curls, 3x10
Seated rows, 3x10
Heavy sled dragging

■ WEEK 3

Speed pulls, 8x2 with 70% bands or chains will make this exercise more effective. If you use bands or chains, drop the percentage 10%.
Good-mornings, 3x5-8reps
Pull-ups
Heavy backward sled-dragging for 20 minutes
Side bends. I like to simply stand to the side of a bench and pick a heavy dumbbell up off the bench one side at a time, holding the weight at the top for 5 seconds.

■ WEEK 4

Low box squats, max single. After you go heavy, reduce the weight and do 3 sets of 5 reps.
Good-mornings. Go as low as you can for 3 sets of 3 heavy side bends, 3x10
Weighted sit-ups, 3x10

■ WEEK 5

Rack pulls, max triple
Barbell shrugs
Pull-ups, 2 sets to near failure
Seated rows, 4x10
Pull-down abs, 3x12

■ WEEK 6

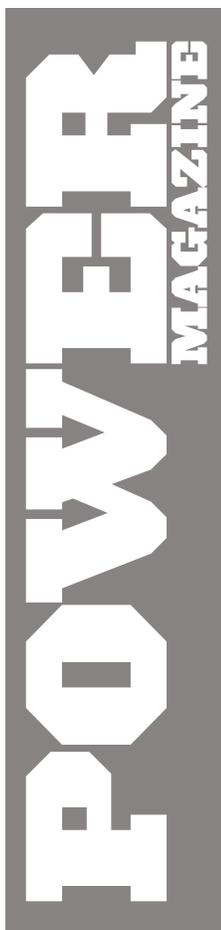
Wide-stance box squats, work up to a max triple
Speed deads, 10x1, 70-75% of your max. If you use bands or chains, use 60%
Lat pull-downs, 4x10
Sled work, forward and backward dragging

NO EXCUSES

Now you have no excuse not to deadlift less than double your bodyweight. If deadlifts are the ultimate test of strength, then you need to step up and crush some personal records. Keep in mind all the tips I outlined, but don't lose sight of the fact that you just need to go bust your ass. It's a deadlift. Just bend down and pick the damn thing up. **PM**

Mark Bell is the editor-at-Xtra-Large of Power magazine, owner of Super Training Gym in Sacramento, Calif., and the inventor of the Sling Shot. He is a Westside Barbell Certified coach and professional powerlifter. His best lifts are: squat 1,025 lbs.; bench: 854 lbs.; and deadlift: 755 lbs.

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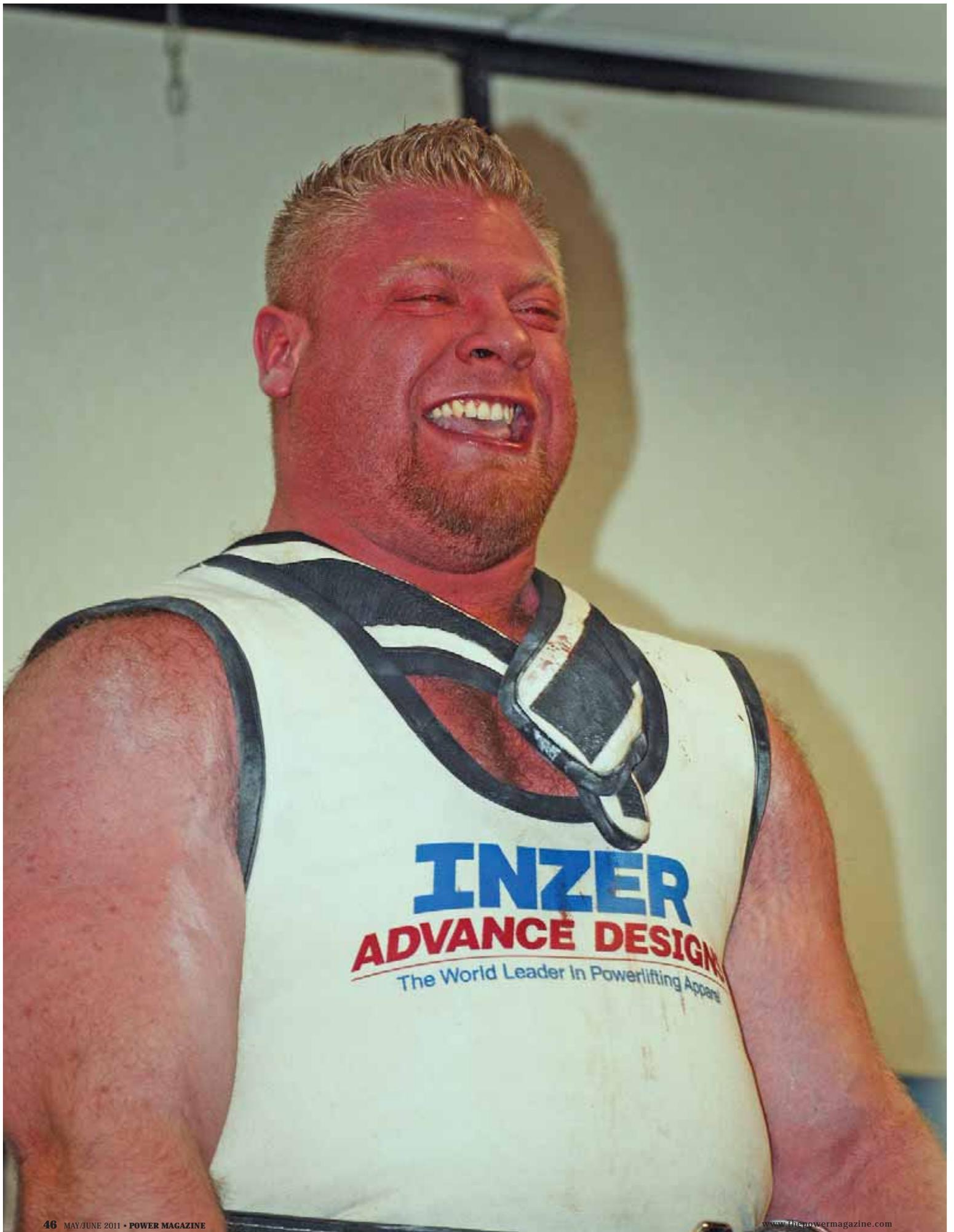
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FROM GOOD TO GREAT

How Small Things Make Monumental Differences

BY A.J. ROBERTS
PHOTO BY KEN RICHARDSON

After the 2009 August SPF Pro/Am, I decided that I would only step on the platform twice in 2010, once in March and then again in August. I had just totaled 2,500 lbs. but felt as if I should have gone more than 2,600 lbs. Although I was making progress from meet to meet, I felt as if my performance under the bar was miles away from my actual strength levels. I decided to step back, reevaluate everything and come up with a game plan of things I need to change. After all, I train at the strongest gym in the world and have the greatest training partners there are – so I knew it had to be something else.

DIET CONTROL

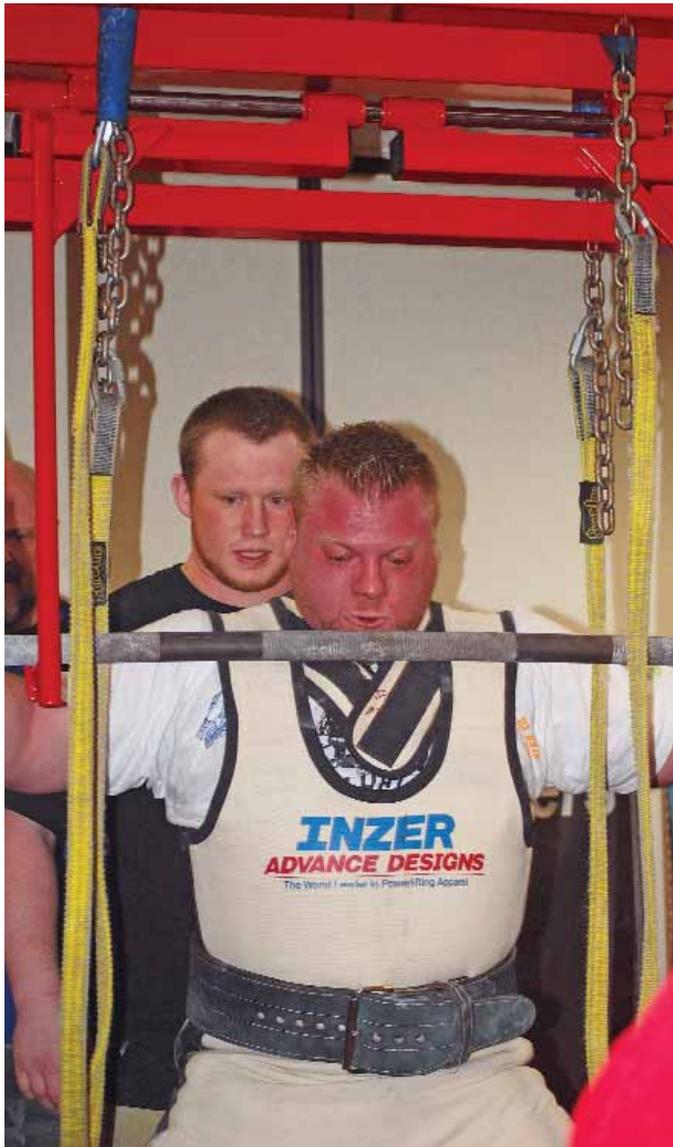
I needed to get control of my diet. I had been yo-yoing in weight after every meet, dropping down into the 280s and then ballooning back up close to 300 lbs. This caused my leverages to change constantly during the training cycle, making it hard to gain progress week to week, especially in the gear. I'm sure several of you can relate to putting your bench shirt on only to feel like the arms are too loose or the chest plate has stretched out, when in reality it's caused by your fluctuating bodyweight.

I talked with several people I trust when it comes to nutrition and made the following changes.

1. Eat every two to three hours
2. Only eat organic foods
3. No fast food
4. No soda

Shane Sweatt helped me map out the following eating plan.

- Meal 1 – oats, protein shake, fruit and fish oil
- Meal 2 – ground turkey, spinach, olive oil, sweet potatoes
- Meal 3 – lean steak, brown rice
- Meal 4 – protein shake with peanut butter and banana
- Meal 5 – ground turkey, broccoli, asparagus, fish oil
- Meal 6 – protein shake, broccoli, asparagus
- Meal 7 – 10 egg whites + three eggs



SQUAT CHANGES

The next change I made was to go back to traditional three-week dynamic effort waves for the squat. Somewhere along the way I had stopped doing this and, instead, was doing one- or two-week waves, typically doing a few speed sets then working up in weight for a heavy double. I'm sure you can relate how easy it is to want to beat the guy next to you. Instead of being focused on what you need to do, you become consumed with what they are doing. I had fallen into the habit of training maximally, not optimally. Once I switched back, my squat began to move forward again.

MAXIMIZING ACCESSORIES

The last change I made was to increase the amount of accessories I did for my glutes. I was pulling conventional and despite being able to pull 800 lbs. off the floor and above my knees, I always missed at lockout. I increased the volume on reverse hypers, doing eight sets of 10 on lower body days and three sets of 10 on upper body days. I also began using the belt squat machine, walking side to side and doing hip thrusters on it. The last thing I did was to focus squeezing my glutes as hard as I could on every deadlift rep.

THE RESULT

When March rolled around I totaled 2,600 lbs. Then came the August Pro/Am and I went 2,650 lbs. via a 1,100-lb. squat, 770-lb. bench press and a 780-lb. deadlift. I had added 100 lbs. to the squat, 60 lbs. to the bench (I had benched 820 at a bench only meet in June) and 40 lbs. to the deadlift. Despite that 150-lb. gain on my total, I still felt as if I had a lot more in me.

NAGGING INJURIES

I had a few nagging injuries (shoulders, elbows, low back) that gave me issues during training. As I am sure many of you do, I pushed on through. I knew this was probably a big reason for being off the numbers in my head, so I decided to visit Mike Robertson and Bill Hartmann at IFast in Indiana. They own one of the top ten gyms in America and are geniuses when it comes to fixing the human body.

After putting me through a barrage of tests for mobility, flexibility, strength, ROM, etc., they determined that I was pretty messed up. Their goal though wasn't to fix me and make me "normal," but simply to make my body function optimally without risk of injury.

To do this I was given the following specialized movements to fix my alignment problems. This included pelvic repositioning, left hip internal rotation, left hip single leg glute bridge, right hip external rotation and left side-lying adduction.

Next I was given a warm-up routine for upper and lower days, which included soft tissue mobilization, dynamic warm-up and mobility exercises plus an activation stretch.

Lower body warm-up

1. Soft tissue
 - Foam Roll the feet, calfs, hips, glutes, TLF band, IT band, quads, adductors and t-spine.
2. Dynamic warm-up/mobility exercises
 - Quadruped extension rotations, side-lying leg raise, dynamic blackburns, ankle mobs, supine straight-leg raise, knee-to-knee pull-ins, walking Spiderman and wall sprint stance
3. Activation
 - Quad stretch

Upper body warm-up

1. Soft tissue
 - Foam roll the pecs, lats, posterior shoulder, t-spine
2. Dynamic warm-up/mobility exercises
 - Quadruped extensions and rotation, side lying extension rotation, split stance broomstick mobs, forearm wall slides, scapular wall slides, push-up plus
3. Activation
 - Quad stretch

For the training itself, Robertson suggested I add in a lot more back work, single-leg work and rotational exercises.

LOUIE'S ADVICE

I also talked with Louie Simmons about what changes he felt I should make. He suggested that I:

1. Get my weight up to 310 lbs. I had made incredible gains by keeping my bodyweight at a constant, so why not fill out the weight



“...it was all the small things that made the difference. It was the commitment to improve my nutrition, fix my injuries and learn new things that put me over the edge.”

class and do it again?

2. Switch to sumo. He watched me pull sumo in the gym and noticed that my technique was flawless. Despite being weaker, he felt I would be able to bring up my weakness off the floor in this position to easily surpass my conventional pull.

3. Ditch my four-year-old Rage X and learn to use the Inzer SDP. David Hoff had made the switch earlier in the year and made huge progress, so Louie suggested I give it a try. I decided right then and there to throw out the Rage X and commit 100 percent to learning the new shirt.

TALKING TO THE TEAM

Lastly, I talked to my training partners and got their advice on how to structure the training. With their help I came up with the following template for max effort days:

1. ME lower: Rotate between pull-against bands, rep work (2-5 rep max), straight weight off mats, accessories-only
2. ME upper: Rotate between half-range movement, full-range movement, shirt work
3. Dynamic days stayed the same.

LAST WORDS ON DIET

To increase my weight I simply ate more, and when I couldn't eat I drank shakes. I quickly got up to 310 lbs., but it took some

getting used to and honestly I felt like crap. Then former NFL player John Wellborn came to visit and he told me this: “Eat with abandon: meat, fowl, fish, seafood, eggs, vegetables, roots, tubers, bulbs, herbs and spices – as well as animal fats, olives and olive oil, avocados and coconut (meat, oil, flour) and dairy. Limit: nuts, seeds and fruit. Avoid: cereal grains, including all varieties of wheat (spelt, einkorn, emmer, durum), barley, rye, oats, triticale, corn (maize), rice (including wild rice), sorghum, millet, fonio, and teff and legumes.”

I followed his advice and was able to lean out while maintaining my weight – and my strength continued to increase.

RECORD-SETTING DAY

As the meet came closer, it became clear I could potentially have a record-setting day. Just six months after the August Pro/Am I went 1,140/875/815 for a 2,825-lb. total, a new all-time world record, second highest total ever regardless of weight class, and the biggest total ever at Westside Barbell.

Looking back, it was all the small things that made the difference. It was the commitment to improve my nutrition, fix my injuries and learn new things that put me over the edge. I truly believe if you are willing to make the sacrifices and the commitment to achieving your goals, you can achieve anything if you put your mind to it. **PM**

AJ Roberts is an accomplished athlete in the sport of powerlifting, and currently holds the All Time Total World Record in the 308lb weight class. His best lifts include a 1140 lb. squat, 875 lb. bench press, 815 lb. deadlift and a 2825 lb. total. AJ currently lives in Columbus, Ohio and trains at the famous Westside Barbell under the guidance of Louie Simmons.



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POWERLIFTING AND CROSSFIT

Not That Different After All

BY JESSE WARD

CrossFit is to powerlifting as the Unimog is to M-1 Abrams main battle tank. These two disciplines have very different end states, but the training, at its most basic level, is eerily similar.

The conjugate system was born out of the old Soviet Union to make the best weightlifters in the world. By changing the stimulus often and never neglecting a movement pattern, cadence or repetition range, the athlete can progress across many areas (power, speed-strength, power-endurance etc.) concurrently. Most powerlifters today use some form of this training.

CrossFit is constantly varied, functional movements executed at high intensity. By using this prescription, Greg Glassman, CrossFit's

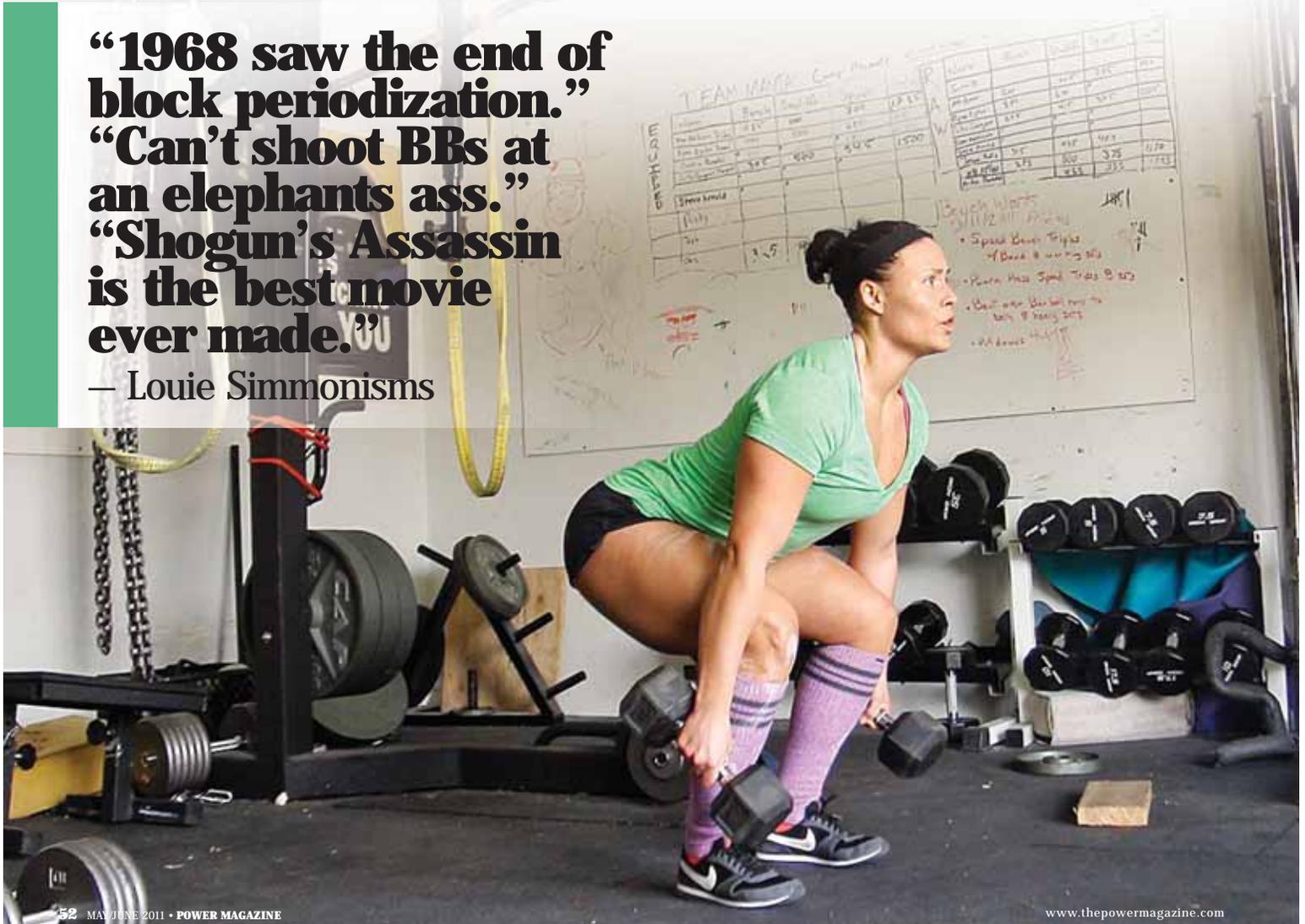
founder, is applying the conjugate system to General Physical Preparation (GPP) training.

In powerlifting, "high intensity" is always the directive, nothing is easy and there is no room for filler movements. CrossFit determines a movement's functionality by whether or not it can move large loads through a large range of motion. The big three powerlifts definitely do that! Lastly, the basic tenet of the conjugate system is using constant planned variations in the program to drive adaptation. Purposefully trying to never focus on one specific adaptation, and hence GPP, is perhaps the ultimate conjugate program.

The end state of the two programs is different, of course. We

**"1968 saw the end of block periodization."
"Can't shoot BBs at an elephants ass."
"Shogun's Assassin is the best movie ever made."**

— Louie Simmonisms



DAY 1:

Dynamic effort box squats 12x2 225+chains, snatch high pulls 6x3 175. No double day, then 40 double-unders (jump rope) + 20 GHD sit-ups 4x/time

DAY 2:

Split jerks, increase 10 pounds each lift after 225. One lift each minute until you miss a certain weight three times. Double day. Later: Run 1 mile, rest 6 minutes repeat 3x

DAY 3:

5 Handstand push-up parallel bar negatives (huge ROM), 10 skin-the-cats (slow strong), 15 ring rows (feet a little lower than shoulders with arms straight) as many rounds as possible in 20 minutes.

(rest)

DAY 5:

Max chain goodmorning, front squat 5x5, no double day. "Garage T" agility run: Drop from pull-up bar, run out and hang a right, down two houses, turn around, run two houses past yours, turn around and run back into your pull-up bar. Get wet.

GTAR, max toe to bar, WGTAR, max pull-up and so on max rounds and reps in 20 minutes. Just like "Nicole." Only not.

DAY 6:

Dynamic effort bench against mini-bands 8x3, close grip three board 5x5. No double day. One arm bent over rows, use two KBs in the same hand, hopefully this weighs 90+ lbs. Keep the middle tight and do 5 sets each side, max reps. Then choke a black band around your pull-up bar and do 5 sets max reps of strict

chest to bar pull-ups. I'm hoping, with the band, to get over 20, or close to it.

DAY 7:

AM: "Nancy" = 15 overhead squats at 95 lbs., run 400m 5x/time. PM: "Annie" = rounds of 50/40/30/20/10 of double-unders and sit-ups.

(rest)

DAY 8:

Dynamic effort box squats 12x2 245+chains, snatch high pulls 6x3 185. Five sets max reps, strict knees to elbows. Double day: angle (feet higher than hands) parallel push-ups 50 reps for time, then, sumo deadlift 315x20 (not for time), then, 30-in. box jumps max reps to miss (number), then spine extensions max reps until geeked (note number). Rest.

DAY 9:

Split jerks, increase 10 lbs. each lift after 225. One lift each minute until you miss a certain weight three times. (I expect a lot of power cleans on this day) Double day. Later: 400m walking lunges for time.

DAY 10:

15 See-saw presses seated 50s, 10 parallel hump-throughs, 5 L-pull-ups; as many round as possible in 20 minutes.

(rest)

DAY 11:

Box squat against purple bands max, glute-ham raises 5 sets RM, banded KB pull-throughs (like a stiff-legged Russian swing), weighted planks 5-1 minute sets with 50 or more lbs.

DAY 12:

Dynamic effort bench press against minis 8x3, Close grip 5x5, no board. No double day. One arm bent over rows, use two KBs in the same hand; hopefully this weighs 90+ pounds. Keep the middle tight and do 5 sets each side max reps. Then choke a black band around your pull-up bar and do 5 sets max reps of strict chest to bar pull-ups. I'm hoping with the band to get over 20, or close to it.

Double-day: Massive rotator cuff happiness. Check out Mobilitywod.com for some ideas in addition to doing what I've shown you. Look for about 45 minutes of thoracic mobility and rotator exercises.

DAY 13:

AM: "Jackie" = 1000m row, 50 thrusters 45#, 30 kipping pull-ups once for time. PM: "Jason" = for time: 100 squats (just you, no weight), 5 muscle-ups, 75 squats, 10 muscle-ups, 50 squats, 15 muscle-ups, 25 squats, 20 muscle-ups.

(rest)

DAY 13:

Dynamic effort box squat 10x2 265+chains, snatch high pulls 6x3 200. No double day, then 40 DBLU + 20 GHD sit-ups 4x/time. Repeat and beat your old time.

DAY 14:

Split jerks, increase 10 lbs. each lift after 225. Keep practicing! One lift each minute until you miss a certain weight 3 times. Double day. Later: 100-ft. trip on sled, hands below knees weight: 3 plates, spine extensions 6 sets 15 reps.

DAY 15:

5 Back lever negatives, 5 strict muscle-ups, 5 ring dips. 7 rounds, rest 2 minutes between rounds, record how many times you drop off the rings. Double day: 10 x 100s run. Remember, start out easy and speed up. Rest 1 minute between sprints.

(rest)

DAY 16:

Front squat max, chain GM 5x8, double day.

Row: Under 28 SPM, stay above 600 watts as long as you can. Once you can't hold it for 3 strokes, rest. Subtract from 60 the time you help the wattage for. Here's the workout: Row like a savage, rest 2 minutes (do your calculation etc.), repeat 10x "score" is the total of seconds not rowed at 600 watts. A PR in this would be having a lower score. Ultimate pimpery would be a zero score. Insane.

DAY 17:

Dynamic effort bench press against minis 8x3, happy (strongest) grip 1 board, 5 sets 3. No double day. One arm bent-over rows, use two KBs in the same hand, hopefully this weighs 90+ pounds. Keep the middle tight and do 5 sets each side max reps. Then rotator cuff happiness.

DAY 18:

AM: "Fran" = rounds of 21-15-9 thruster 95 lbs. and kipping pull-ups. PM: "Erin" = 5 rounds for time, 15 dumbbell split cleans w/ 40 lbs. DBs, 21 pull-ups.

(rest)

know the goal of powerlifting is to lift as much weight as possible. In CrossFit, the ultimate goal is to win the annual CrossFit Games. The details of the contest are not announced until the participants are at the venue ready to compete. Only the most well rounded athletes have a fighting chance. And they must also have the skills to complement that athleticism. The competing athletes had no idea what the last event at the CrossFit games was until 30 seconds before the whistle blew. Insane? Certainly. But also the summation of the skills and athleticism fostered

through prudent programming of conjugated GPP work.

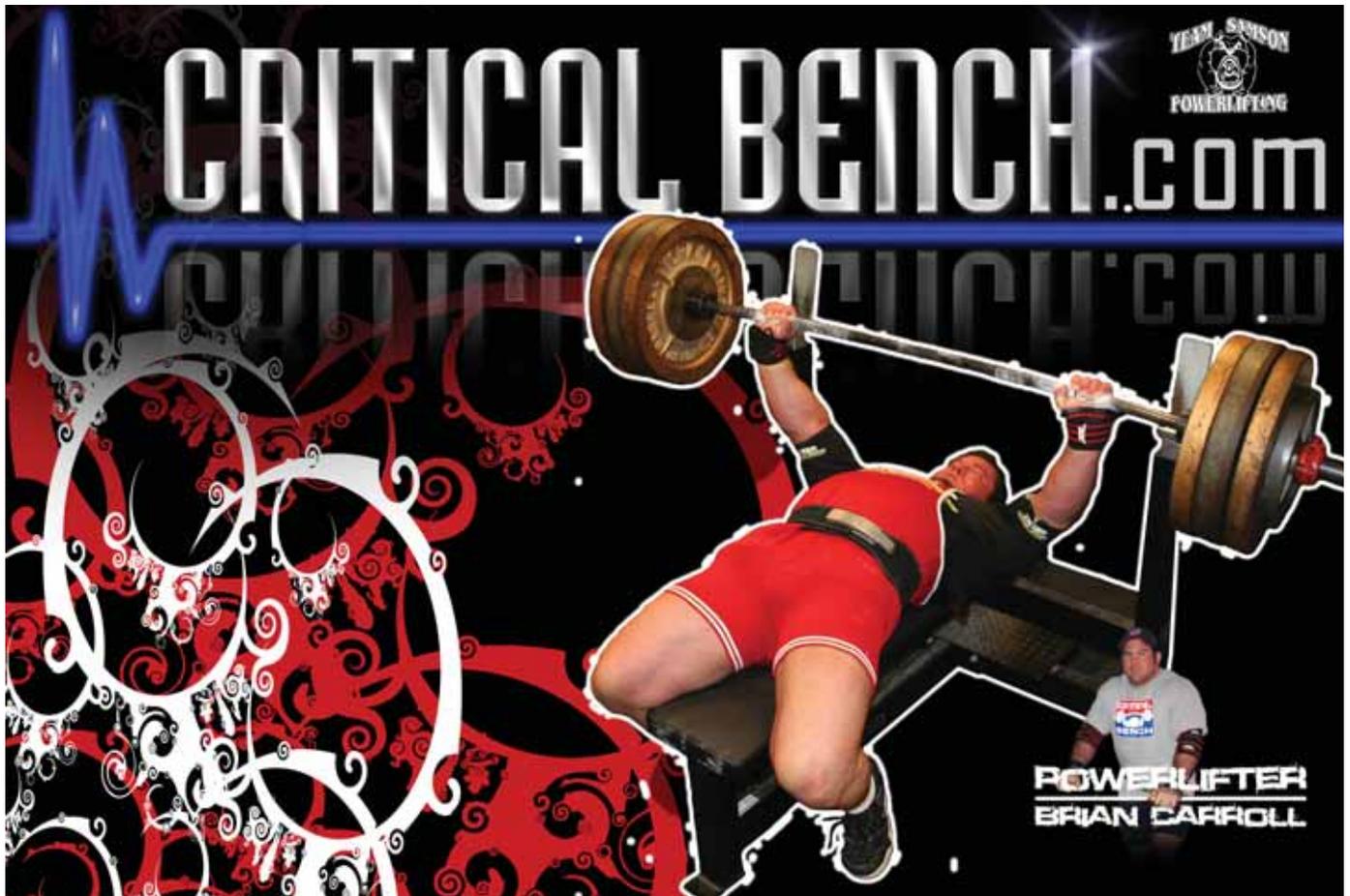
By training for GPP using the conjugate system, it is commonly noted that progress must be very slow. Yet CrossFit is growing by leaps and bounds. Each day more affiliated gyms open, and each week hundreds of athletes attend CrossFit seminars and certifications. The people taking classes and training at CrossFit affiliates are seeing rapid and profound progress from the training. We see convincing data daily within our athletes that proves the system is working on a broad scale to improve GPP.



I'll try to explain what is happening by parable. Timmy the Titan has outstanding numbers and has totaled high enough to be respectable and beat people. His squat and deadlift continue to increase at regular intervals, and it seems his training is going well. Timmy's bench, however, is spotty and hasn't increased much in the last 10 months. Know anyone like this? He's doing speed work against chains and then against bands, he's seeing an ART specialist for his rotators, he's rotating his max efforts each week, he's

using the Sling Shot, bought some new wrist wraps — and nothing. Timmy asks his training partner, Bobby Big Bench, to go over his journal and after some careful considering, Bobby tells Timmy to try close grip one board for his next max day. Timmy does it and is amazed by how low it was. Then Timmy is on a mission. He builds that close grip one board up and his bench soars.

Have you ever experienced anything like this? CrossFit is always trying to find that close grip one board for each person.





Powerlifting and CrossFit are tough sports and often misunderstood. They are conjugated training for different athletes. See page 53 for a three-week sample program written for an athlete with an astounding CrossFit skill set, a beginner's grasp on bench pressing, good squatting ability but very little exposure to box squatting or dynamic efforts. He's training for the sectionals process, which is the route athletes take to get to the CrossFit Games in July (exactly

like IPF Worlds). Things that will stick out as different, or "CrossFit stuff," are gymnastics movements. Named workouts (e.g. "Fran") are benchmark workouts for CrossFit; getting a PR in a named workout is another measure of improvement. I included this to show what some CrossFitters are really doing for their training, and to show just how inclusive, varied and organized "constantly varied" training can be. **PM**

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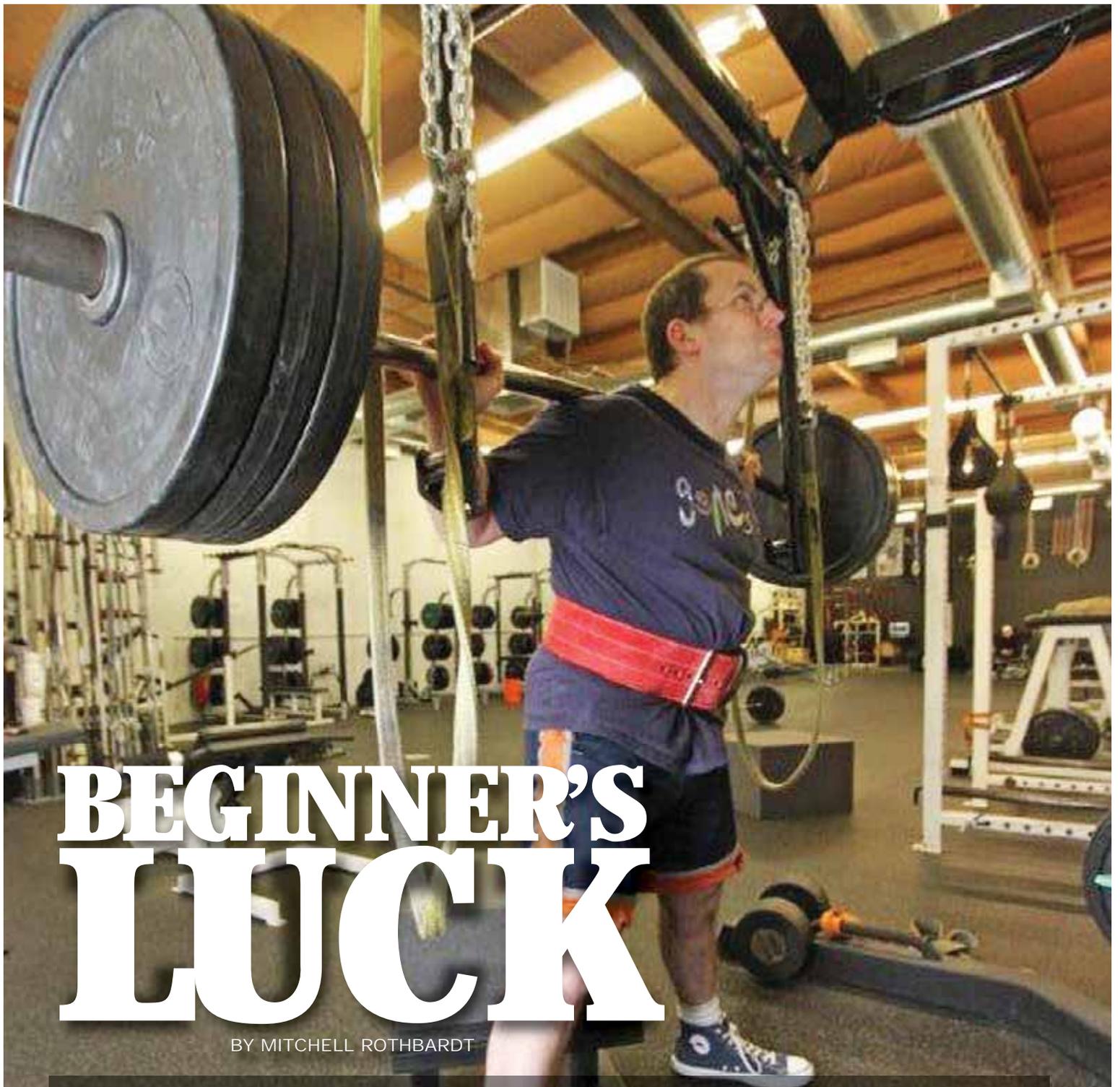
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BEGINNER'S LUCK

BY MITCHELL ROTHBARDT

A mop and the song, "I Want To Know What Love Is." That's what finally did it to me. I was bench-pressing at my local gym and this guy was mopping the floor. It wasn't a big deal, except for the fact that he was mopping literally under my feet as I was benching. It's kind of hard to get tight when your feet are pushing into a wet, soapy floor.

As I looked at my friend, Tim, in disbelief, "I Want To Know What Love Is" came blasting over the system. Wow. Fantastic lifting music. Also, my lifts, specifically my bench, were stuck and I felt sure the main reason was technique.

There was no way I was going to go to one of the trainers there to help me. Not after I saw what passed for form with

their clients. I knew that I had to find a better place.

As you leaf through this magazine, you'll find page after page of 900-lb. squatters, 600-lb. benchers and 2,200-lb. totals. This article doesn't feature a lifter with anywhere near those kinds of accomplishments. Just me and my 425-lb. squat. If you're one of those aforementioned 2,200-lb. totalers you might be asking yourself what I could possibly have to say that would benefit you in any way. That's a fair question and, to be honest, the answer is probably "nothing." But here's what I think: There are more of me than there are of you. (If that wasn't the case, everyone would be pulling 700 lbs.) I also think that a lot of the people reading this may



not think they're strong enough to train at a powerlifting gym. I want to say this to them: You are. Don't worry about it.

I know it can be intimidating walking into a gym that probably feels closer to a medieval dungeon than the brightly lit fitness facility you're used to going to. I know it can also feel intimidating walking into a gym where it feels like your max efforts are everyone else's speed weights. I'm going to let you in on a little secret, though. It's something that a lot of these big, tough looking guys may not want you to know.

Powerlifters, generally speaking, are some of the nicest guys you'll ever meet in the gym.

You have to remember that everyone started somewhere. Deadlifting 135 lbs. was hard at one time for Andy Bolton. Benching 135 lbs. was hard at one time for Mark Bell. It took years of hard work and dedication for them to hit the numbers they've hit. Not only that, but it's not like these guys did it all by themselves. They had coaches, spotters and handlers all helping them. Don't believe me? Go to YouTube and look up some top lifters' squat videos. How many guys are there besides the lifter? You'll probably see a guy running the monolift, two side spotters, a back spotter and maybe a guy calling depth. That's five guys other than the lifter helping with one lift! Powerlifting is a team sport.

For some reason it seems that people in the powerlifting game really remember the help they got on their way up and are more than willing to help out less experienced lifters the same way. Why is this the case? Maybe it has to do with why we all do this in the first place. We all have our reasons, but I think for most of us it comes down to self-improvement and self-discovery. You can sure learn a lot about yourself under a heavy bar — and whether heavy means 150 lbs. or 1,000 lbs., it doesn't matter. Gravity always wins in the end, and that keeps even the strongest lifters humble.

THE DOOR IS OPEN

The first time I walked into a powerlifting gym, a large and rather intense man named Ricky was having a problem. He was doing trap bar deadlifts and he couldn't fit any more plates on the bar. Six or seven 45s on each side was clearly not enough. This unfortunate development sent everyone in the gym on a quest to figure out how to attach more weight to the bar. Chains were wrapped around it. Smaller plates were tied to the top of it. This went on in between a number of sets before nothing else could be found, and that's how the end of that exercise was determined for Ricky. I've since trained with Ricky on a few occasions, and he pulls for me and helps me out as much as anyone else — even though he pulls with one hand as much as I can do with two. That's not an exaggeration.

My first day at Re-Active I benched with Andy, Shane and Mario — all elite level lifters. I was most certainly not elite. They helped me with my elbow and back position. I thought I was getting tight on the bench, but that turned out to be wrong, too. Before my sets, four or five plates had to be taken off the bar and then put back on when I was done. But there was no laughing or bitching about the

weight I was using. When we were done they asked if I was coming back to squat the next day. I did, and I realized that my box squat technique really sucked. Again, we had to take four or five plates off the bar for my sets. No complaining, just "Knees out! Big air!"

About five months after that, I entered my first meet. I was a little nervous, but I had the same experience there that I did at the gym. There was support for everyone from guys with 650-lb. totals to guys with 2,300-lb. totals. I think the biggest applause was for an 82-year-old lifter who totaled 694 lbs.

Jesse Burdick runs the powerlifting team at Re-Active and we run the gamut with our lifters. We have lifters that may have trouble squatting 135 lbs and we have guys who can routinely squat 750 pounds and more. Everyone gets the same respect and attention.

THE FIRST STEP

There are a few things to remember if you decide to set foot into a powerlifting gym (and you should):

1. Work. This goes without saying. Other lifters will help you more than willingly if you work hard. If you don't, they won't help you — and they shouldn't, either.
2. Listen. If you are reading Power then you know powerlifting is not a mindless pursuit. You do not hit the numbers elite lifters hit without a tremendous amount of technical knowledge about how to perform each lift. To paraphrase Dave Tate, you need to learn a lot more about the bench press to go from 200 to 300 lbs., and more still to go from 300 to 400. Listen to what people tell you about what you're doing. Absolutely ask questions if you need to, but listen to the answers. Be a sponge, not a brick.
3. Help out. Load and unload the bar. Hold the boards. Run the monolift. Get in there! Even if you don't feel comfortable helping a more experienced lifter with his form, you can still help in other ways. Let those guys know that you're there for them, and that'll go a long way.
4. Have fun. This is supposed to be fun, remember? You can take something seriously and still have it be enjoyable. No one wants to be around the guy who pouts like a child after missing a lift. You can be upset and disappointed, but deal with it and move on and don't take it out on the people around you.

Don't let a little bit of fear get in the way if powerlifting is something you really want to try. If you don't know of a nearby powerlifting gym, go on www.powerliftingwatch.com or www.elitefts.com and see what you can find. Even if you have to drive some distance, you'd be surprised how much you can learn and how much stronger you can get just lifting once or twice a week with stronger, more experienced lifters. Try and you won't be sorry. Happy lifting. **PM**

I GET NO RESPECT

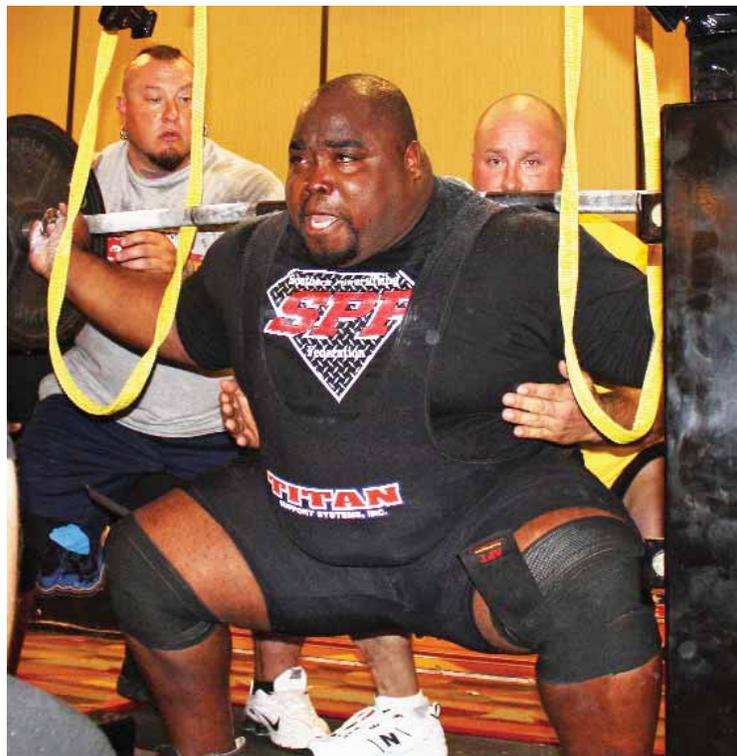
BY ROBERT "BIG WILK" WILKERSON

Ever since my first competition, when I squatted 826 lbs. and totaled 2,006 lbs. raw, it seems as if my lifts have been under the microscope. I always hear "his squats are not legit," "his deadlift sucks" or "he is only a great bencher." Someone told me that I need to go bench-only and focus on beating Mendelson's record.

I have asked myself a thousand times why my lifts always get downplayed. In my short time as a powerlifter, I have been at meets where I think I have been judged differently from the geared lifters because the judges did not want a raw lifter out-shining the geared lifters. This was not just in the squat, but also in the bench, which is supposed to be my best lift. Last year the stuff really hit the fan on the Internet, when I made powerlifting history by setting the all-time raw (with knee wraps) squat record in June 2010, later broken by Andrey Malanichev in December 2010. I took the record back with a 1,000-lb. raw squat at the SPF Pro-Am in Tennessee in March.

I think it's time to speak out to all my Internet haters and Internet judges. My first concern is, why I do I have to do so much more just to get a "respectable" squat? I mean, really, do I need to squat 4 inches deeper, walk it out and play the piano with my toes just to get a squat that is accepted by some of these online critics? Does my name have to be Kirk Karwoski, Donnie Thompson or Brian Siders to get Internet credit for a lift? Then, when I do get three white lights in a meet, the online critics start complaining that the judges are either blind or horrible. Even better is how people who lift in the same federation turn around and bash my lifts, when they are judged by the same judges.

And what about the damn walk-out? Why the hell do I have to walk out my weight for my record to count? I have never seen walking weight out as a requirement for it to count. I always thought it was the lifter's choice as to what federation or meet he



or she chooses to lift in, but that's not so with the online critics. Apparently I have to lift in a certain federation just to get respect. I want to know why I have to do all this extra stuff for my lifts to be respected. I also don't understand the blow-ups that occur over training videos. Why can't my training videos stay just that, training videos? I post them so other lifters can see what I'm doing in the gym and hopefully get motivation to train. Internet judges and "schoolgirl powerlifters" love to harp on my training videos. I like to call them schoolgirls because they act just like some of my high school students. Some act like they have never done a high squat in their entire life, which is bogus, because I've seen it in some of their own training videos posted on YouTube. Hell, I did a 1,100-plus-lb. raw reverse band squat with just a belt on and got a ton of negative comments about it being high. A few weeks later I posted a video of a 910-lb. safety squat bar squat (that was obviously parallel) and I didn't get one comment, positive or negative. Someone explain what that one to me.

So, to all the haters, critics and Internet judges who think they are saving powerlifting with negative online comments: You are not. You are destroying the sport because of your petty jealousy and egos. Remember, every negative word you type on the Internet can be read by non-powerlifters, the very people we want to get interested in powerlifting to support this sport. They see this negativity and they think we are a big bunch of childish idiots. Instead of discouraging get from behind the keyboard, get under the f***ing bar and train. The entire sport of powerlifting needs you to do that. **PM**

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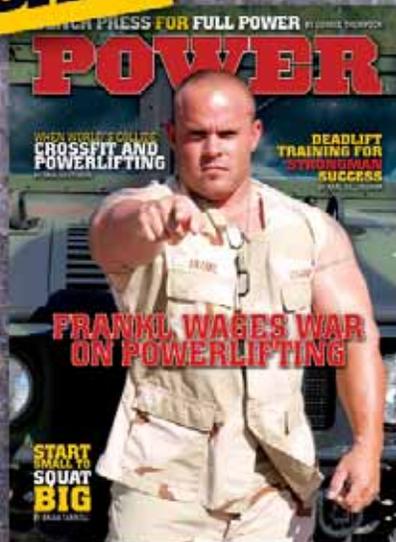
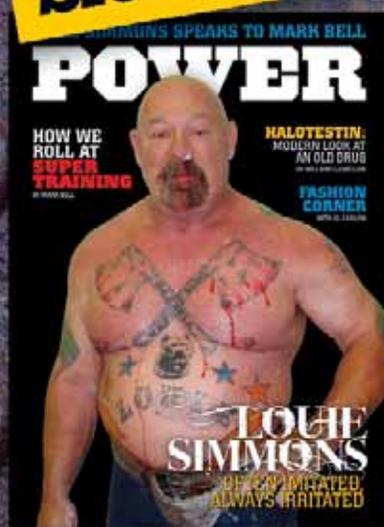
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CROSSFIT POWERLIFTING CERTIFICATE	WWW.CROSSFIT.COM	61
GNC	GNC.COM	9, 13, 23, 63
HOUSE OF PAIN	HOUSEOFPAIN.COM	55
HRT RX	HRT-RX.COM	36
INZER ADVANCE DESIGNS	INZERNET.COM	32, 33
IRON WOLFE BARBELL	IRONWOLFEBARBELL.COM	11
ISOLATOR	ISOLATORFITNESS.COM	17
LIQUID GRIP	LIQUIDGRIP.COM	37
MHP	MHPSTRONG.COM	2, 3, 4, 5, 7
POWER MAGAZINE	THEPOWERMAGAZINE.COM	59
POWERLIFTING WATCH	POWERLIFTINGWATCH.COM	45
PRIMO CHALK	PRIMOCHALK.COM	45
SLING SHOT	HowMuchYaBench.net	50, 51
SUPREME PROTEIN	SUPREMEPROTEIN.COM	64
USPlabs, LLC	WWW.USPLABSDIRECT.COM	25

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DAVID HOFF

What superhero power would you most like to possess? The Incredible Hulk. I envy his hulk jumps.

What is your idea of perfect happiness? Friends, family, Westside Barbell and a world record.

What is your greatest fear? Letting my teammates and gym down.

What is the trait you most deplore in yourself? A.D.D.

What is the trait you most deplore in others? Hating. It gets old, and no matter what someone is always going to have a problem with something.

What is your greatest extravagance? Being invited to train at Westside Barbell.

What is your current state of mind? Hungry.

On what occasion do you lie? On what occasion do you lie ?

What do you most dislike about your appearance? The good lord made me how I am, and I'm cool with that.

What do you most value in your friends? Honesty and loyalty.

What or who is the greatest love of your life? Chara Grace Barker and Westside Barbell.

When and where were you happiest? Im happy right now. I'm surrounded by the best people any one could ask for.

If you could change one thing about yourself, what would it be? I want Arnold biceps – the twin peaks!

What do you consider your greatest achievement? I think it's a tie between being the first ever at Westside to bench 900 lbs. As well as having the highest total ever posted at Westside barbell: 2,770 at 275 lbs.

What is your most treasured possession? My two bull terriers.

What is your most marked characteristic? My carefree attitude.

Which historical figure do you most identify with? General Patton and King David from the Bible.

What is your greatest regret? Not making 242 lbs. when I was lighter.

Which talent would you most like to have? I would like to have the Incredible Hulk's angry rage strength, so squats benches and deadlifts are easier.

What is your motto? WESTSIIDE!!!!!!!!!!!!!!!!!!!!

Which living person do you most admire? Arnold Schwarzenegger. He's accomplished so much in his life.

Who is your favorite hero of fiction? Conan the Barbarian.

If you were to die and come back as a person or thing, what do you think it would be? A Liger – half lion, half tiger. They are real. YouTube it.

What is your favorite movie? Dumb and Dumber.

Who is your favorite lifter? Chuck Vogelpohl, Ryan Kennelly.

What do you prefer: single-ply, multi-ply or raw? I don't have any single-ply, but I like multi-ply and raw.

Are you married? In a relationship? In a relationship! Marriage is just around the corner. Time to settle down.

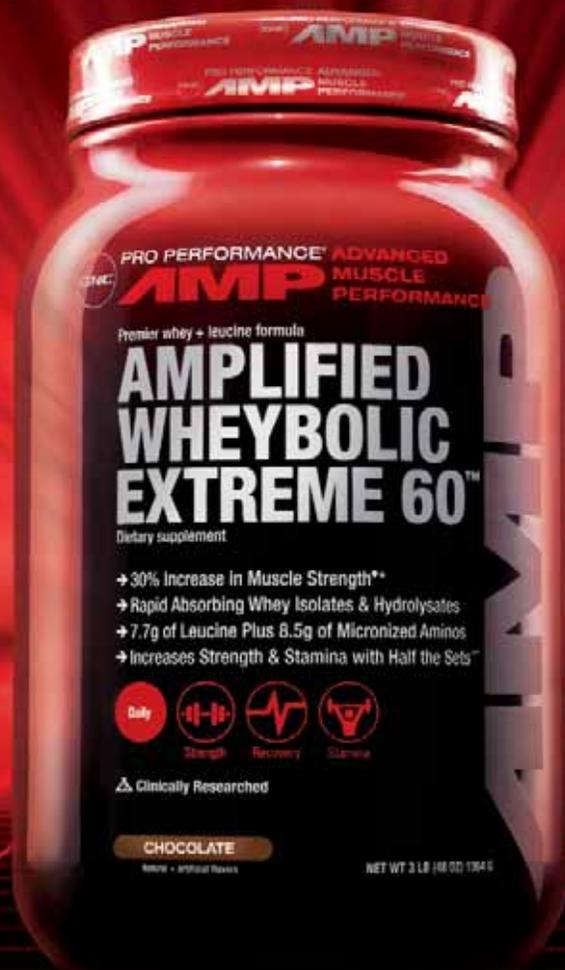
Besides yourself, who would you like to see on the next cover of Power? Garry Frank! He paved the way for all huge totals!





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