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# Equipped Lifting with **Brian Carroll**

BY MARIEL TAGG

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

**Weight:** 265 lbs.

**Age:** 35

**Location:** Jacksonville, FL

**Gym:** Team Samson Powerlifting

## **Best lifts on and off of the platform:**

### **Gym squat:**

220 lbs. – 1005

242 lbs. – 1110

275 lbs. – 1200

### **Gym bench:**

220 lbs. – 675

242 lbs. – 825

275 lbs. – 900

### **Gym deadlift:**

220 lbs. – 765

242 lbs. – 850

275 lbs. – 825

### **Meet squat:**

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

242 lbs. – 1102

275 lbs. – 1185 – all-time WR

### **Meet bench:**

220 lbs. – 633

242 lbs. – 788

275 lbs. – 825

308 lbs. – 815

### **Meet deadlift:**

220 lbs. – 755

242 lbs. – 780

275 lbs. – 800

### **Best totals:**

220 lbs. – 2376

242 lbs. – 2651

275 lbs. – 2730



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

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

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

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

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

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



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

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

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

### **How did you get into geared lifting specifically?**

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

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

### **Any particular reason why you don’t lift raw?**

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



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

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

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

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

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

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

**What are your goals for 2016-17?**

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

**Long-term goals?**

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

