

# MATT KROC

**What superhero power would you most like to possess?** Immortality. The possibilities are truly endless.

**What is your idea of perfect happiness?** Being in a committed relationship to the most perfect person for you, having a very close bond with your children, having family and friends that you can share all of your deepest secrets with, doing what you love for a career and working toward all of your biggest dreams.

**What is your greatest fear?** Dying before I've achieved every goal that I have set for myself.

**What is the trait you most deplore in yourself?** My insecurities, and I have a lot of them. However, I am conscious of them and I approach them pragmatically. I have managed to use them to motivate me to achieve my goals.

**What is the trait you most deplore in others?** Selfishness.

**What is your greatest extravagance?** I'm not overly concerned with material things but if there's one area I find enjoyment, it would be in extremely fast cars.

**What is your current state of mind?** Motivated and excited about what lies ahead.

**On what occasion do you lie?** In general I abhor lying, but I will lie when the truth will hurt someone more than the lie.

**What do you most dislike about your appearance?** I don't know that I can name just one thing. I constantly feel too small, too fat, and I don't think I'm very attractive.

**What do you most value in your friends?** Loyalty and honesty.

**What or who is the greatest love of your life?** Without a doubt, my beautiful wife, Lauren. Every day I look at her and think to myself how fortunate I am to have her in my life.

**When and where were you happiest?** Every time one of my sons tell me how much they love me, every night I snuggle with my wife and every time I achieve a very difficult goal I have set for myself.

**If you could change one thing about yourself, what would it be?** I've spent the majority of my life wishing that I could change a lot about myself, but now I can honestly say there's nothing that I would change. I have plenty of flaws, but they are all part of what make me who I am.

**What do you consider your greatest achievement?** So far it would have to be breaking the all-time total record for the 220-lb. class by going 1,003-738-810 = 2,551 after cutting 35 lbs. in 24 hours to make weight, but I think my biggest achievements still lie ahead of me.

**What is your most treasured possession?** I don't have one.



Material possessions pale in comparison to relationships and achievements.

**What is your most marked characteristic?** My mental toughness.

**Which historical figure do you most identify with?** I am a complex and unusual person and, as such, there are very few people who I can identify with. I identify with certain traits or characteristics a person may have, but I have never really met or heard of a person that is similar enough to me to be able to identify with them.

**What is your greatest regret?** I have made many mistakes, but I don't regret them because they are often our most valuable learning experiences.

**What is your motto?** Never let anyone ever tell you that achieving your dreams is impossible.

**Which living person do you most admire?** I respect a lot of people and their achievements but I wouldn't say that I really admire anyone.

**Who is your favorite hero of fiction?** Neo from the Matrix. He begins as an average person searching for the truth and then gradually ascends to nearly limitless abilities by realizing that there are no limits to what one can become. Also, he risks everything for love and refuses to give up even when everything appears to be impossible.

**If you were to die and come back as a person or thing, what do you think it would be?** I don't believe in such things, but if it were possible I would like to come back as myself in the near future and take a completely different path and see how differently my life would turn out.

**What is your favorite movie?** The first Matrix. So many great ideas and philosophies expressed in that movie, not to mention that the cinematography was ground breaking at the time.

**Who is your favorite lifter?** Ed Coan. In my mind, he is hands-down the greatest powerlifter to ever set foot on a platform. He dominated the sport for almost two decades and, at 220 lbs., often out totaled everyone in the meet — including the super heavies. To put that in perspective, that would be like a 220-lb. lifter now going out and totaling over 3,000 lbs. He was that good.

**What do you prefer: single-ply, multi-ply or raw?** I have competed in all three, and it really doesn't matter to me what the rules are as long as they are applied fairly to all lifters. For me, it is more about the challenge of competition than the rules.

**Besides yourself, who would you like to see on the next cover of Power?** Any lifter who is truly deserving of it.