

INTERVIEW

Personal dialogue between
PL USA Magazine and the
Sport's Greatest Names.

BC: How old are you?

JB: I am 28 years old.

BC: Where do you live?

JB: I live in McMinnville, Oregon, on Sesame St. (no joke!)

BC: What do you do for a living?

JB: I work for Boeing as an assembly mechanic, building control stands.

BC: What is your athletic background?

JB: I have always been in sports through grade school and high school playing basketball and football and occasionally played around with weights.

BC: How did you get into weight lifting?

JB: My dearest wife, bless her soul. When my wife and I first started going out together she was swimming at the local pool, which happened to have a weight room big enough for a bench and a squat rack. She suggested I start lifting to spend more time together. Eight years, two great kids (3rd grade and one in the oven) later she prodded, insisted, and pushed me to achieve my goal of breaking 600 lbs.

BC: What contests have you entered, and what were the results?

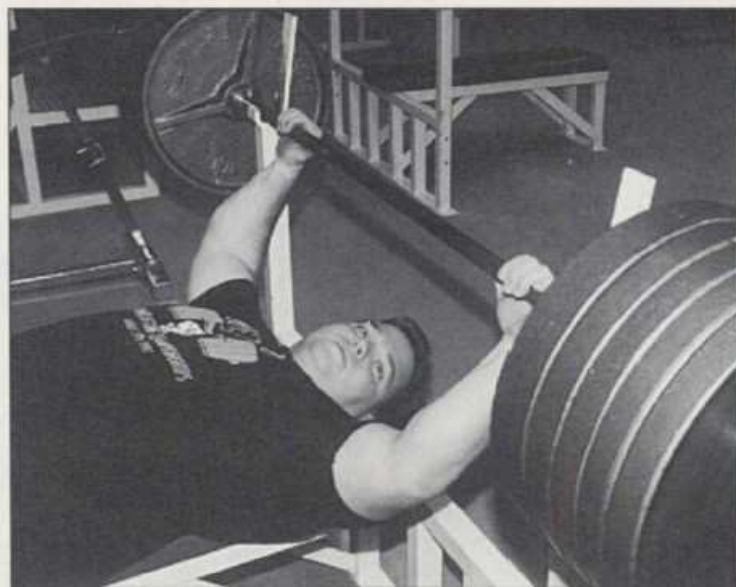
JB: I have entered the Oregon Open Bench Press Championships since 1988, and have taken first in my weight class every year except the first one, at which I placed third. Here is a list of some of my other meets in the last six years: 1994 N.W. ADFPA Regionals 589.5 bench at 275, 1993 N.W. ADFPA Regionals 567 bench at 275, 1992 N.W. ADFPA Regionals second at 242, 1991 N.W. ADFPA Regionals 2nd at 242, 1994 West Coast Open (AD-FPA) 610 bench at 268, 1992 West Coast Open 525 bench at 242, and 1991 West Coast Open 1st at 242. I started concentrating on just my bench press after 1992.

BC: You have the 275 pound drug free bench press record. What was your routine for it?

JB: I counted down from 11 weeks out with Mondays heavy and Thursdays light. Week Eleven: Monday - do warm up then - 1x5x465, 1x4x475, 1x3x485, 1x8x345; Thursday - do warm up then - 3x8x435, warm down - 1x8x355. For the next six weeks increase weights by five or ten pounds. With five weeks out start

JON BYERS

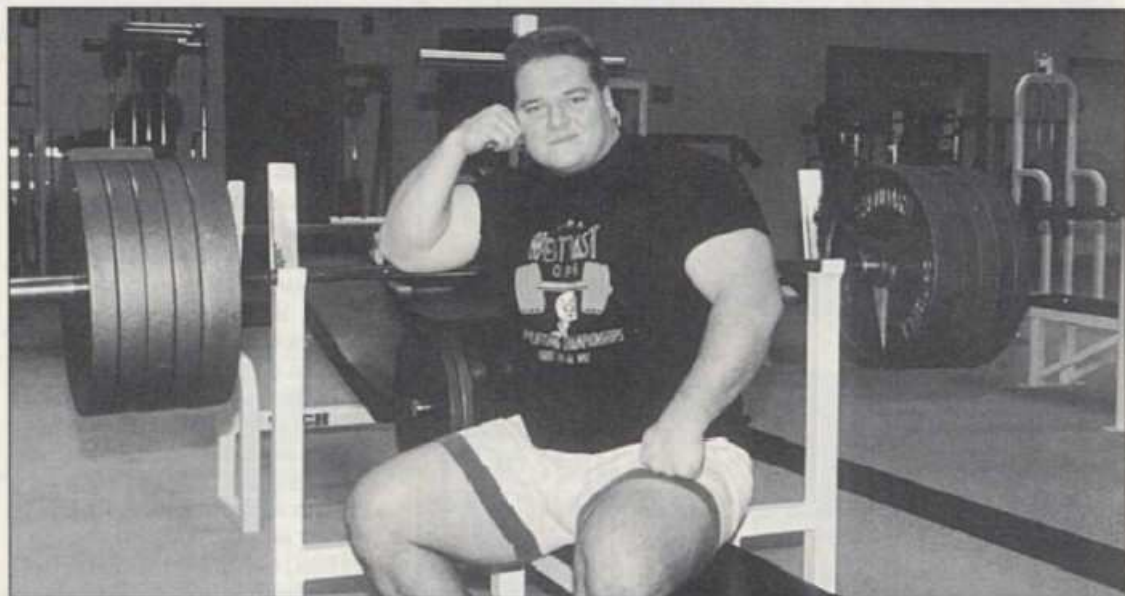
interviewed for Powerlifting USA by Bruce Citerman



Jon Byers sets up for a massive bench press attempt (courtesy Byers)

using bench shirt and this is what I ended up with. Week Five: Monday - do warm up then - 1x2x515, 1x1x540, 1x1x565; Thursday - do warm up then - 1x8x135, 1x8x245, 1x6x355, 3x5x475, 1x8x365. Week Four: Monday - do warm up then - 1x2x515, 1x1x540, 1x1x575; Thursday - do warm up then - 3x5x485. Week Three: Monday - do warm up then - 1x2x515, 1x1x550, 1x1x585; Thursday - do warm up

then - 3x4x485. Week Two: Monday - do warm up then - 1x2x515, 1x1x550, 1x1x600; Thursday - do warm up then - 3x3x485. Week One: Monday - warm up then - 1x2x515, 1x1x550, 1x1x615. Back off on Light Day if feeling overtrained. It helped me by doing only one heavy attempt for one rep. If you think you have more in you on the heavy day, don't do it. Save it for the next week.



Thinking about his future.. Jon, after pushing the ADFPA 275 lb. bench record past the 600 lb. mark

BC: What kind of supplements do you take, and what kind of diet do you follow?

JB: I don't use any supplements except for pure egg protein drink and maybe a multi-vitamin once or twice a week. I try to eat a lot of chicken or fish, bread, rice, hamburger, or anything else I could get a hold of. I drink between 1/2 and 3/4 gallons of milk a day (non fat milk). I also try to limit my fat intake as much as possible. But I still like to partake of a big bowl of ice cream once in awhile.

BC: What are your future plans, and do you have any comments on powerlifting?

JB: I plan to continue powerlifting, at which weight class I don't know yet. I would like to get the all-time drug-free bench record some day. I am a 100% drug-free lifter. Unfortunately, there are too many lifters who compete in drug-tested and non-tested meets that think "drug-free" is being off drugs long enough so they won't be detected. I believe that the ADFPA is the best drug-free organization, but I believe even they can improve and increase drug testing. The Seattle, Washington, area has some of the finest national judges the ADFPA has to offer; they're tough, but they are fair. My thanks goes out to them and the many other people who gave me the support to achieve a very long term goal of mine.