

Personal Background: I am 32 years old, and I was born in Rome, NY. I now live in Whitesboro, NY with my wife Natalie.

Birthday: I was born on July 16, 1974.

Family: My Parents are Joe & Dianne. I have one sister, Cathi, and I have one brother, Marc.

Weight Class: I compete in the 148 lb. weight class. My normal walking around weight is 151-153 lbs. I normally don't get any heavier than that. I train at Iron Asylum Gym, www.ironasylumgym.com

Athletic Background: At nine years old I started studying martial arts and continued to be involved in Karate until a few years ago. I now focus mainly on powerlifting. I am a third degree black belt. I competed nationally for several years and have won five national titles. Martial arts was always my main focus growing up, but I started wrestling in eighth grade and wrestled through my senior year of high school.

Weightlifting and Competing: growing up I lifted weights from time to time like most kids do, in my friend's basement, using the old sand filled plastic weight set, but I never trained seriously. It wasn't until a few years after high school that I started serious training on a regular basis. My friend Chris Unangst started lifting at a local gym and for months tried to get me to go work out with him. I

finally gave in and went with him, mostly just to get him off my back. He took me to a hardcore, no frills gym, in the basement of an old building. It was dark, dirty, had loud heavy metal music playing and had nothing in it but basic equipment. I was instantly hooked. Nobody in that place was lifting to look good, they were lifting to get strong. It was a great bunch of guys there and everybody supported each other in attaining our common goal, which was to get as strong as possible. I think because my introduction to lifting was in a hardcore gym the other aspects of weight training have never appealed to me. To this day I have never done a bodybuilding workout.

Contests and Results: The first meet I ever competed in was the IPA World Bench Wars on April 19th, 2004, in Glens Falls, NY. I was a complete wreck, nervous and unsure about what I was doing. I was just hoping I could make it through without completely embarrassing myself. I can remember feeling really intimidated and looking around at all the huge monsters in the room psyching themselves up, sniffing ammonia, and getting slapped in the face. I was surprised, as I made my way to the platform for the very first time, that all of the people in the crowd were cheering me on since no

INTERVIEW

JOE CEKLOVSKY as interviewed for Powerlifting USA by Bruce Citerman



Onstage at the '07 Arnold ... Joe Ceklovsky

one knew who I was. Once I made my opening attempt the place erupted. I have not stopped competing since then. I benched 400 lbs. that day at a bodyweight of 144 lbs.

APF/AAPF AZZFEST, Tribes Hill, NY, September 18, 2004. I benched triple bodyweight in this meet, my second ever bench press competition. 440 lbs. bench at 146 lb. bodyweight. This lift broke the APF Bench Press Record.

IPA Gorilla Warfare II, Johnstown, NY, January 8, 2005. I broke The IPA World Record at this meet with a 475 lb. bench at 148 lbs.

APF Candy Azz Classic, Tribes Hill, NY, February 19, 2005. This was my most memorable meet. I am sure someday I will be boring my grandchildren with the story of this bench meet. It was one of those days when everything comes together perfectly. I broke the All-Time World Record at this meet with a bench of 520 lbs. at 147.5 lbs.

APF Asylum Power, Tribes Hill, NY, October 14, 2006. In this meet, I broke the All-Time World Record for the second time with a 525 lb. bench press at 147.4 lbs.

Training Program: My current weekly training schedule is Monday - back and shoulders, Tuesday - triceps and biceps, Wednesday - legs, Saturday - bench, and I like to

have two days of rest before my bench day.

Monday - Back & Shoulders: Back - Close Grip Pull Downs using V bar - 1 warm up set, 4 work sets of 10 reps. Wide Grip Pull Downs - 4 sets of 10 reps. Rows Using Hammer Strength Plate Loaded Row Machine - 5 sets of 10. I also work on a different exercise every week. For a fourth exercise for my back I like to rotate in T-Bar rows, low cable rows, dumbbell rows, and high angle pulldowns (sitting on the floor when doing close grip pulldowns using the V bar attachment.) These exercises are also done for 4 sets of 10 reps. Shoulders: Dumbbell Front Raises - 5 sets of 10, Dumbbell Side Raises - 5 sets of 10, Reverse Pec Deck for Rear Deltoids - 5 sets of 10, Dumbbell Shrugs - 5 sets of 12.

Tuesday - Triceps & Biceps: Triceps - Weighted Dips Using Dip Belt - 2 sets of 12 reps with bodyweight to warm up, 5 sets of 10 reps adding more weight on the chain for each set. Dumbbell Tricep Extensions behind the head both hands on one dumbbell - 5 sets of 10-12 reps. Tricep cable push-downs (alternating every week between the V bar and rope attachments) - 5 sets of 10-12 reps. Reverse Grip Tricep Cable Push Downs - 5 sets of 10-12 reps. Biceps: Straight Bar Curls - 4 sets of 10, Seated Dumbbell Curls - 4 sets of 10, Preacher Curls - 4 sets of 10. Every few weeks I will add in hammer curls or cable curls just to change it up.

Wednesday - Legs: Leg Press - 5 sets of 10-12 reps, Hack Squat - 5 sets of 10-12 reps, Leg Extensions - 5 sets of 10-12 reps, Standing calves - 5 sets of 15-20 reps

Saturday - Bench: Raw Bench Warm up - then work sets of 3 until I can not get 3 reps. Raw Board Work - 3 and 4 boards work 3 sets of 5 reps. Bench Shirt Work INZER Phenom (www.inzemet.com) - No boards I work full range of motion on all shirt attempts. I also perform every rep in contest conditions with a press and rack command from my trainers and hold each rep at the top to show control of the weight. I work sets of

two up to a heavy double and try to hit a heavier weight each week for a double. If I try to go up and cannot double that weight I stay there until I can hit it for two reps. After shirt work we work assistance exercises. There are several different exercises we alternate in every few weeks with rack lock outs, floor lock outs, reverse bands, and various tricep exercises.

Vitamins and Supplements: I don't really take a lot of supplements, but there are a few that I do use and really like. As a pre-workout supplement I use BodyQUICK (www.bodyquicken.com) because it helps me maintain a high level of intensity throughout my entire workout without tiring out. I like to use Nitrean protein powder from At Large Nutrition (www.atlargenutrition.com). I usually consume 1-2 shakes a day to supplement my protein intake. I also take glucosamine to help ease the pain in my joints.

Comments and Plans in Powerlifting: I feel that powerlifting is a truly great sport and for me, like most other lifters, it has become a lifestyle instead of a hobby. I like the fact that you can push your limits in this sport. It tests you both physically and mentally and teaches you that nothing is impossible. I have met many great people through powerlifting and made some really good friends. I would like to thank my wife Natalie who is a figure and bodybuilding competitor, for all of her support and understanding. Also my parents and my family for their

help and support, Marc, Cathi, John, Bailey, Paige, Rylee and Chris Unangst. John Inzer and INZER Advance Designs (www.inzemet.com) for providing me with by far the best gear. I have never gotten the type of huge results out of any other equipment that I get out of Inzer gear. Inzer makes equipment to suit any type of lifter and their service and support is second to none. I have to thank the other members of my family at Iron Asylum Gym (www.ironasylumgym.com) Sandi, Zane, Sarah, Kerri McCaslin and Jim Farina for all of their help and support. I have to drive an hour to train at Iron Asylum Gym and it is worth every mile. They have helped me take my training to a new level and also helped me to remember to have fun doing it. Zane and Sandi have really helped me refine the technical aspect of my benching which has resulted in bigger numbers on the bench. They are great training partners and great friends. Also, Tim Ferriss at BodyQUICK (www.bodyquicken.com) and Rick Brewer at House of Pain (www.houseofpain.com). In general I would like to thank everyone who has helped and supported me throughout my powerlifting career. I would also like to thank Powerlifting USA for giving me this opportunity.