

POWER PROFILE

a detailed PL USA look at some of the best lifters in the world

ERVIN GAINER SR.

as told to PL USA by Greg Simmons

NAME: Ervin Gainer.
HOMETOWN (OR CURRENT): Indianapolis, Indiana.

HEIGHT: 5'2".

OCCUPATION: Corporate Trainer w/Liberty Mutual Insurance Group.

WT. CLASS: 52k (114 lb.).

TRAINING WT.: 118.

YEARS TRAINING/COMPETING: 7 years - training and competing.

WHERE DO YOU TRAIN? (GYMNAME, ETC.): Jewish Community Center (JCC) - Indianapolis, IN.

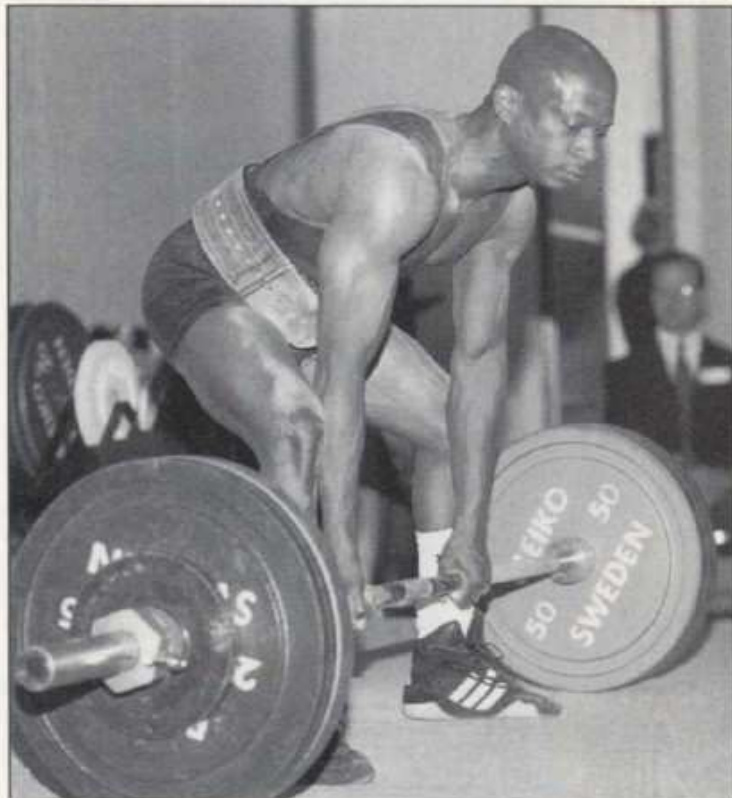
BEST COMPETITION LIFTS: Squat: 195 kg.; Bench Press: 132.5 kg.; Deadlift 230.5 kg.; Total: 552.5 kg.

LIFTING ACCOMPLISHMENTS: State Tournaments: 1995 Indiana State: Second Place - 52 kg. wt. class. 1996 Indiana State: First Place - 52 kg. wt. class. 1996 Bluegrass Open: First place - 52 kg. wt. class. **National Tournaments:** 1997 USPF Senior National: Second Place - 52 kg. wt. class. 1996 ADFPA Men's National: Second Place - 52 kg. wt. class. 1997

USAPL Men's National: First Place - 52 kg. wt. class. 1998 USAPL Men's National: First Place - 52 kg. wt. class. 1999 USAPL Men's National: First Place - 52 kg. wt. class. 2000 USAPL Men's National: First Place - 52 kg. wt. class. 2001 USAPL Men's National: First Place - 52 kg. wt. class. 2002 USAPL Men's National: First Place - 52 kg. wt. class. **International Powerlifting Federation Men's Tournaments:** 1998 I.P.F.: Sixth Place - 52 kg. wt. class: Cherkasy, Ukraine. 1999 I.P.F.: Fifth Place - 52 kg. wt. class: Trento, Italy. 2000 I.P.F.: Fourth Place - 52 kg. wt. class: Akita City, Japan. 2001 I.P.F.: Second Place - 52 kg. wt. class: Sotkamo, Finland. **International Powerlifting Federation "World Games" Championships** (held every 4 years): (Placing based on 'formula' rankings) 2000 I.P.F. WORLD GAMES: Sixth Place - 52Kg-67.5k block, Akita City, Ja-

mination.

FUTURE PLANS/GOALS: My future goals are the following: To surpass the 1300 lb. total mark and



Ervin Gainer continues to make steady progress within the confines of the 114 lb. class. He tried a 518 deadlift at the Men's Nationals.

pan. **IPF World Championship Medals:** 1999 I.P.F.: Bench Press Bronze Medal - 52 kg. class: Trento, Italy. 2000 I.P.F.: Bench Press Silver Medal - 52 kg. class: Akita City, Japan. 2000 I.P.F.: Deadlift Bronze Medal - 52 kg. class: Akita City, Japan. 2001 I.P.F.: Deadlift Silver Medal - 52 Kg. class: Sotkamo, Finland. 2001 I.P.F.: Total Silver Medal - 52 Kg. class: Sotkamo, Finland. **USAPL American Records:** 52k Open Total - 552.5k (1218 lbs). 52k Open Deadlift - 230.5k (508 lbs).

PL GEAR USED (BRANDS, ETC.): Titan for squat, Titan Fury for bench, Titan for deadlift, Adidas WL shoes.

TRAINING SUMMARY/PHILOSOPHY: I have a few philosophies that I try to follow or meditate on while training. Train Smart and Hard, Success is a journey not a destination, Phillipians 4:13 I can do all things through Christ who strengthens me, and The difference between the possible and the impossible lies within a person's deter-

secure the PLUSA All Time Best overall total in the 52k weight class.

OTHER SPORTS/HOBBIES: I enjoy reading, listening to jazz and spending quality time w/my family. **SPONSORS/SPECIAL THANK YOUs TO:** I would like to acknowledge a few individuals who have played a pivotal role in my powerlifting career. 1st I would like to give thanks to God for giving me the strength to rise each and every day, 2nd to my lovely wife and children, Angela Gainer, Ervin Gainer Jr., Jessie Huggins, and Tyler Gainer. Without them I would not be able to train or compete on a consistent basis. 3rd Greg and Susan Simmons for their tremendous support and unselfish desire to help others. 4th Pete Alaniz for his non-stop words of encouragement, 5th my parents Frank and Alice Gainer for putting the smack down while I was growing up, 6th Liberty Mutual Insurance for their most recent support and encouragement, and 7th Kirth Vance for seeing the potential in me I never knew existed.