

INTERVIEW

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

MISI INOKE

interviewed for PL USA by Larry Miller



Misi Inoke has exceptionally good proportions for bench pressing.

LM: What type of equipment do you like to use when you compete?

MI: When I first started, I used a Marathon for squat and an Inzer shirt for the Bench Press. Before we left for Germany, I received a Crain Bench Shirt. It surprised me how different it was. When I wear the Inzer shirt it pinches, but the Crain shirt was more comfortable and it didn't pull me out of my groove. Now I like the Titan squat suit. It feels really comfortable.

LM: What are your best competitive lifts?

MI: My best squat is 805 lbs. In the bench it is 605 lbs. and my deadlift is kind of ridiculous, I only DL about 655. Do we have to talk about the DL? Maybe you can help me with my deadlift.

LM: You're asking the wrong guy for help on the DL. I can sympathize with you, but let's move on. What type of training program are you on?

MI: I asked my trainer, Leighton Weber, to present some concepts and my 2 chest workouts.

Leighton Weber: Misi is trained as a very strong athlete. His workouts are only 1 hour in length. He trains on tempo. His work rest ratios vary from 1:3 to 1:2. This provides both aerobic and anaerobic isotonic benefit. It also strengthens his mindset to overcome fatigue and workout plateaus. Misi cycles a program change every 4 weeks. This reduces boredom and training weight barriers. It also serves as a 4 week rest because the

bodypart emphasis changes. Presently Misi is training his chest on Monday and Thursday.

WORKOUT: Monday 1) Stretch, 2) BP - 4 sets 12 reps - progressive weights, 3) Dumbbell straight arm pullovers with progressive weights, 4) Flat DB Bench with progressive weights, 5) Pull-over machine with progressive weights, 6) Incline DB Bench with progressive weights, 7) Pulley high

Cross Chest with progressive weights, 8) push-ups 3 sets of 15 reps, 9) Knee up crunches - 3 sets of 25 reps, 10) Table Leg Pedaling - 3 sets of 30 reps, 11) stretch. Tuesday 1) stretch, 2) Incline BP 4 sets - 12 reps - progressive, 3) DB flies 4 sets - 12 reps - progressive, 4) DB flies 4 sets - 12 reps - progressive, 5) Incline DB flies 4 sets - 12 reps - progressive, 6) Incline DB Bench 4 sets - 12 reps - progressive, 7) Pec Deck 4 sets - 12 reps - progressive, 8) Push-ups 3 sets - 15 reps, 9) Knee up crunches 3 sets - 25 reps, 10) Table leg pedaling 3 sets - 30 reps, 11) Stretch.

LM: How often do you do lift?

MI: My coach wants me in 5 days a week, but because of my job, I've been coming in 3 days. I'll try and get in those extra 2 days in the next couple of months.

LM: Do you have any favorite assistance exercises?

MI: Not really, I like to just do squats for my legs and I still don't want to talk about my deadlift.

LM: Do you take any supplements?

MI: No, I eat just about everything I can get a hold of. I take a supplement given to me by NuSkin called IDN and it's an excellent multivitamin. They also have a power bar called Program 16 which I use. I'm not really into dieting, I'm more into hamburgers.

LM: What are your views on drugs and testing?

MI: Before, I used to worry about competing against people who took steroids, but now I don't care. Now I feel that I can compete with them. I'd like to see all the federations get together and create one large drug free organization.

LM: Do you have any immediate goals?

MI: Yes, I have a long way to go. I'd like to win a world competition. I'd also like to go after the 275 total. I'd like to get the 275 total record and then just concentrate on the bench. I'd like to go and win the Nationals.

LM: Do you have any funny stories or any thing that sticks out since you have been competing?

MI: The only story is the one between me and Horace. We have a friendly rivalry and I teased him the entire time in Germany. I look forward to seeing him at Men's Nationals and the Bench Press Nationals. The night before we competed in Germany, we went out to dinner and we talked and teased each other.

LM: Since you've been competing, are there any athletes that stick out in your mind that have impressed you?

MI: I admire all the competitors who are drug free. When you maximize your God given genetics you are a champion without any help. I started lifting drug free and I want to be an example for all those beginning or competing in the sport.

LM: Are there any people you want to thank or any additional comments that you'd like to make?

MI: I would like to thank all the people that have helped me over the years. I want to thank my coach, Leighton Weber, and Ray Weber and my cousin Tul. Now I'm in a nice training facility and I'm able to compete on a World level. I want to thank NuSkin for helping support me with supplements and money. I'd also like to thank my friend Mo and my teammates and coaches for their effort. Lastly I'd like to thank my wife Halene for her support and she's my biggest fan.

LM: OK, Misi, why don't you give us a little background information about yourself?

MI: I am married and met my wife Halene in Hawaii in 1977. We got married in 1980 and moved to Salt Lake and I've been in Salt Lake ever since. I was born on the island of Tonga and was there until I moved to Hawaii. I have 4 children. My oldest daughter is 17 and her name is Inalei. I have a son who is 14 and his name is Sione. I have a daughter, Amella and a son Misi Jr. I work as a steel worker in Geneva. I have been there for 9 years. My hobby prior to PL was rugby. I played rugby back home in high school and played 9 years for a team called the Steelers. I changed hobbies to PL in 1989.

LM: What got you started in PL?

MI: My cousin Tul got me started along with Leighton Weber.

LM: What are your accomplishments in PL?

MI: In 1989 I took 2nd in a state meet sanctioned by the USPF. In 1990 I took first place in the State Meet. The first year I totaled a little over 1500. The second year I totaled 1620. The third year I totaled 1725; all in the 220 lb. class. I took time off for a little bit and I came back in 1993. I went up to 275 and went to an ADFPA meet in Idaho. I totaled 2050. In 1997 I competed at the Nationals in Chicago. In Chicago I tore a tricep during the

squat. In 1998 I competed in Denver at the Nationals and bombed. At the 1998 USA PL Bench Nationals, I tied with Horace Lane, but lost on bodyweight. We both lifted 578 lbs. At the Worlds in Germany I finished second behind Horace and broke the World Record on my third attempt with a bench of 605 lbs. which stood for about 2 minutes until Horace broke it on his third attempt.

LM: How did you enjoy your experience over in Germany?

MI: I enjoyed the camaraderie. It was my first world competition and very exciting.

LM: A great number of people came up to you and Horace after your lifts and congratulated you, wanting pictures and wanting to shake your hand. How did that feel?

MI: You feel like a star basketball player after a game. People want your autograph and to take pictures of you. It felt like we were competing at a different level when we were over there. I had never been to a meet like that in my life.