

INTERVIEW

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

The Kirk Karwoski Story

as told by Bob Gaynor

Kirk Karwoski of Gambrills, MD recently set two American Records in the ADFPA North American Championships, with an 850 Squat and 2010 total. At 5'8" and 240 lbs., Kirk is one of those individuals who looks like he was meant to lift heavy weights. As he matures and moves into the 275 lb. class, his lifting will be unbelievable.

BG: How old are you and what is your current occupation?

KK: I am 21 years old, and employed by Parker Mailing Service in Landover, Maryland. I am a member of the Washington Mailers Union, Local #29. My position therein is as a mailer.

BG: How long have you been training?

KK: I have been training for 9½ years and competing for 7.

BG: How did you get started?

KK: As a child, I was fat, and the other neighborhood children frequently picked on me. Therefore, I began lifting weights in my basement which resulted in my becoming more muscular. As I had hoped, the other kids left me alone. I went to my first powerlifting meet when I was 16 years of age, where I did a 420 squat, 300 bench press and a 400 deadlift in the 181 lb. class.

BG: What other sports did you participate in?

KK: I found my newly acquired strength useful in other sports, such as football and track. In high school I was an all-county lineman in football, and I went on to play a year of football in college, but due to an ankle injury I didn't return for my senior year. While attending high school I also ran sprints, both indoor and outdoor; 100m in 11.4, 200m in 23.2, and the 400 in 55.3. As a senior in high school I entered an olympic lifting competition in the 198 lb. class where I jerked 325, snatched 245 and military pressed 245. A month later at a powerlifting meet I did a 606 squat, a 363 bench press, and a 578 deadlift at 220 pounds. Today I devote all my energy to powerlifting.

BG: What are your best lifts?

KK: My best lifts in a meet are: 850 SQ, 460 BP, 700 DL; My best lifts in training: 860 SQ, 465 BP, 725 DL.

BG: You are one of those rare individuals who do not leave their best lifts in the gym.

BG: What are some of your titles and records?

KK: Some of my records are as follows: Multiple State Records, USPF Teenage American Record Squat (16-17 years of age) - 628, weighing 220 lbs., ADFPA Teenage American Records (17-19 Age Group) - 744 SQ, 369 BP, 644 DL, weighing 242 lbs., ADFPA American Records - 850 SQ - 2010 Total, weighing 242 lbs. Some of my titles are as follows: Multi-time Maryland State Champion, 1984 and 1986 USPF Teenage National Champion, 1986 ADFPA Teenage National Champion, 1986-87-88 ADFPA North American Champion.

BG: What is your future goal?

KK: I would like to break the IPF World Record in the squat in the 242 lb. class. Currently it stands at 876 lbs.

BG: What are your views on steroids and drug testing?

KK: I have never taken any steroids, nor do I plan on taking any. I think the only way to make things more fair is to develop a test that is capable of tracing drugs consumed several months prior to the meet. Too many people are beating the test, and that hurts the drug free lifter.

BG: What are your training routines - both In Season and Off Season?

KK: During the off season I like to do tens in

the squat and deadlift. While performing these tens, I do not wear any belts, suits, or wraps. In the bench press I do four sets of four, closegrips. During the season I train fives in the squat and deadlift. I increase 20 pounds a week, adding equipment as needed. The last 2 weeks I do triples. I open at the meet with my last set of five or first triple. In the bench press I do the same as the off season, four sets of four, but with a regular grip. In the squat and deadlift, I do not do any assistance work. However, for the bench press I work on military presses, pec decks, lats, pushdowns, and nosebreakers.

BG: What advice would you have for a beginner?

KK: Beginners should do repetitions without aids, i.e., suits, wraps, belts, etc. Get a good base before using the tools. SQUAT DEEP! Develop good form - don't cheat, you only hurt yourself. Know the difference between pain and injury. In other words, when you are hurting - rest.

BG: Who are your heroes in powerlifting?

KK: Of all the lifters I have ever known, Ed Coan is one of the nicest, as well as being a super lifter. Other who have impressed me are: Eric Arnold, Mike Hall, Hugh Cassidy and John Kuc. My coach, Marty Gallagher, has helped me immensely and I owe him a lot. I would also like to thank everyone at Chaillet's Fitness and Strength.

BG: What other interests do you have?

KK: I enjoy fixing up old cars, as well as spending time with my 6 ft. boa constrictor and parrot.



KIRK KARWOSKI..at the 1988 U.S.P.F. Seniors.