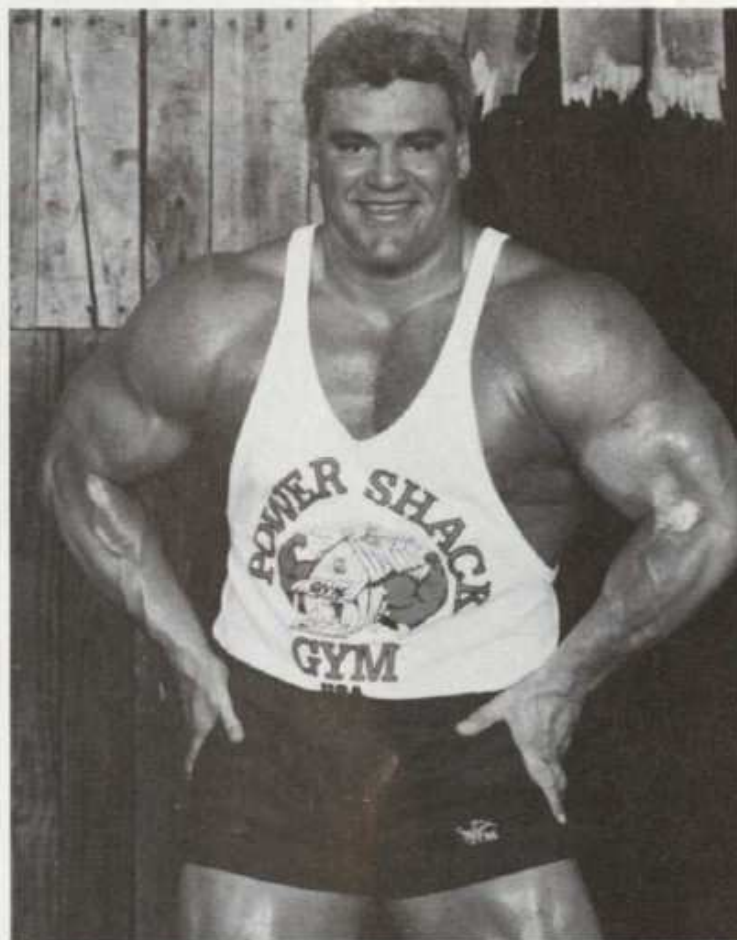


# INTERVIEW

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

## KEN LAIN

as interviewed by MIKE LAMBERT



Big Ken is ready for another assault on the 700 lb. zone (White photo)

**PL USA:** What are your immediate plans and goals?

**KEN LAIN:** I hope to push that 708 mark up some this year. This will be my last year at this bodyweight, as I want to go down to the 242s. After doing the 708, that was my plan, but there's been so much controversy on that lift that I feel like I need to do it again. Hopefully, I'm going to use this meet on July 21st to run that mark up a little bit more. As soon as I do that I'm going to get on a diet and pull the weight back down and compete in some of the lower classes. I'll feel a lot better, and I'll be able to do some other sports and stuff besides powerlifting. At the weight I'm at right now (307), I lift weights and that's about it.

**PL USA:** Suppose you weighed 350. Do you think you could bench 800 at that weight?

**KEN LAIN:** Gosh, if I could get to 350, yeah, but I don't see how I could possibly get that heavy. I'm eating so much now, I'm so sick of it. I never thought that I'd say that. I eat everything I can get my hands on. Anything that's there, if it's not tied down and it doesn't bite back, I'll eat it.

**PL USA:** I know what you mean. I called the gym today just after you left for lunch. The guy said that you'd be back after 5 so I guess it must have been a long lunch.

**KEN LAIN:** (laugh) I don't eat the whole time; probably half of the time. That is a long lunch hour but that's what I usually take. I try to get a nap in the afternoons if I can.

**PL USA:** Do you work at your club (Power Shack Gym in Abilene, TX) both in the mornings and evenings?

**KEN LAIN:** I work both. I come back in the club around 5 and stay here until 7 or so, just depends on the traffic. It works out pretty good for me to take that break in the afternoon after lunch. At any rate, I don't think I could ever weigh 350 unless something came up to give me a bigger appetite than I've already got. I've always thought that when it comes to eating I could put anybody to shame, but I've really just gotten sick of it. I'm actually looking forward to the baked fish and baked chicken. I never thought I'd say that.

**PL USA:** It's good that you're looking forward to dropping weight. You'll probably do well when you do it.

**KEN LAIN:** You know, that's what I wanted to do anyway. I like to water ski and snow ski and I'm usually pretty active in a lot of other stuff, but not this year. We took the boat out about a month ago and I broke 2 ski ropes. I'm too heavy.

**PL USA:** If you could change anything about your lifting career so far what would it be?

**KEN LAIN:** I can't complain. What I've done, I've done pretty quick. I haven't been in the sport that long. I never really planned to break that

heaviest record in the bench. I just started to train to build up some upper body mass for bodybuilding. Really, I'm glad that it's turned out the way it has. I've had a lot more fun in powerlifting. I've seen a lot of the country. The chances are slim that I would have gotten the publicity in bodybuilding that I've already gotten in powerlifting. If anything, I would have gone into powerlifting first, instead of bodybuilding, but still, I think that bodybuilding, with the high reps and high intensity, has kept me away from injury while training with the heavy weights that I use now. All said and done, I guess I accidentally screwed up just right. I can't say that I would change anything. Everything just kind of fell into place. I never just set down that I was going to body-build for 4 years and then go into powerlifting. It just kind of happened that way. I went with the flow and it paid off for me. As far as any bodybuilding competition goes, it really doesn't interest me anymore. I'd like to have a good physique and be able to go to a power meet and bench

a good, respectable heavy weight and still have a physique that people would like to have.

**PL USA:** Say you pushed the record in the Supers wherever you want it to be and then you go down to 275. What would your goal be there?

**KEN LAIN:** I'll probably hit a meet somewhere down in the 75's. I figure it'll probably take me a year to do it right and pull down to 260 or 265 by eating good foods and training hard. Somewhere in there I'll stop and hit the 75's, but I do want to try a shot at that 242 record.

**PL USA:** Okay, say you do all those things. Then what?

**KEN LAIN:** I don't know. I may go to throwing horse shoes. (laugh) I've always said I should have gotten into synchronized swimming anyways. (laugh) I guess I'll just have to wait and see. There'll be a door open by that time anyways. Fleck, I don't know. Maybe I'm too easy going. Even if I run things up the way I want to, I'll continue to train. Whether it'll be up in a heavier class or down

lower or for bodybuilding or what, there's no telling. Within the next year or so I'd like to try a shot at that 242 record. At the very least, it's going to be healthy for me to pull down that low. I'll at least be leaner than I am now. I carry 280 really well. If I get down to 255 and just drop water off to 242 then I'll have a good shot. That's a pretty good path I've set for myself so far. We'll see what happens. Right now all I'm worried about is running this Super record up a little bit, so that everyone knows it wasn't a fluke the first time. After getting that done, I can go and concentrate on other things. I've been thrown off about a year going after this Super record again, but nobody has hit up in the high numbers twice so at least I'll be the first.

**PL USA:** What is your opinion on the subject of Ted Arcidi?

**KEN LAIN:** Ted was the first man to ever bench 700 lbs. Nobody can ever take that away from him. I respect him for that. For me to think that my record, even if I run it up to 722 (which is where I'd like to hit), is going to last forever is ignorant. I know that it's going to be broken, but at least I set the milestone for people to be shooting towards. As far as Ted Arcidi, he's the one that set the pace for all of us and you have to respect him for that. I don't know the man personally, never have met him, but I'm sure I could get along with him. If not, I'd break his knee. (laugh) I don't have any ill feelings towards him. I think he feels like he's lost something as far as his record goes, but really he hasn't. If he never bench presses again, he was the first one to crack that 700 lb. barrier. He will always be remembered for that. His name will be mentioned a lot in years to come just on account of that. For me to be remembered as well as he's going to be, I'd probably have to break the 800 barrier. Until the man breaks that next 100 lb. increment, Arcidi's name will be on top.

**PL USA:** Do you have any special tips for the beginner or intermediate lifter on their bench?

**KEN LAIN:** Part of the problem I see is that people try too much too fast. I try to tell them to follow realistic goals to start out with. Have that goal in the back of their mind, but shoot for a ten percent increase every 3 months or so, instead of shooting for 150-200 lb. gain on their bench and risking injury. That's the problem I have with my younger guys here in the gym. I have a hard time holding them back and keeping them from overtraining and injuring themselves. Make your short term goals realistic, so that they can be achieved. Over a year and a half to two years of training, ten percent increases 3 months at a time adds up. One bad injury can stop you cold, so stay away from overtraining.