

**Bruce Citerman** recently spoke with **Matt Lamarque**, first place winner in the Men's Open Bench Press at the 2002 and 2003 WABDL World Championships and 2003 APFCA State Championships, about a variety of powerlifting topics. These are excerpts from the interview:

**Bruce Citerman:** Matt, give us some personal background on yourself.

**Matt Lamarque:** I am 29 years old and live in Monterey, California. I am married and have two daughters - 2 and 9 years old. I am a Correctional Officer for the State of California at Soledad Prison. I also have a private gym where I train people at and our powerlifting team trains there as well. Our team is called the Iron Society, and we have about 15 members. We have been training together for about 8 years now.

**Bruce Citerman:** What is your athletic background?

**Matt Lamarque:** Although I have participated in many different recreational sports, I have truly only focused on powerlifting for the last 13 years. (I have been competing since I was 16 years old).

**Bruce Citerman:** How did you get into weightlifting and competing?

**Matt Lamarque:** My father Tony got me started in weight training when I was 13 years old. A friend of his, Nick Manzo, took me to my first competition when I was 16 years old. I have competed in 3 - 5 meets a year ever since then.

**Bruce Citerman:** What major contests have

# INTERVIEW

Personal dialogue between  
PL USA Magazine and the  
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## MATT LAMARQUE

interviewed by Bruce Citerman for Powerlifting USA



**Matt Lamarque** has since benched an all time best of 738 @ 220 (courtesy Lamarque)

you entered and what were your results?

**Matt Lamarque:** I have competed in almost every federation there is. Although I mainly compete in the WABDL, I am unbiased towards any other federation as long as they follow the basic standards that everyone else adheres to. I am referring to using three judges on the platform, all lifters in proper lifting attire (singlet or supportive suits), and the standard rules that apply to each lift. At the last two WABDL World championships, 2002 and 2003, I took first place in the Mens Open Bench Press. There were between 600 and 700 lifters at each one of those meets, making them the biggest meets in the history of the sport. I also took first place in the 2003 APF California State Championships in Sacramento. There I squatted 600 lbs., I benched 672 lbs. (and 699 lbs. on a 4th attempt), and I deadlifted 633 lbs. I totaled 1905 lbs. and would have totaled 1932 lbs. if my 4<sup>th</sup> attempt bench would have been able to count for the total, and that would have been an elite total for my weight class. My best lifts are 600 lb. squat, 705 lb. bench press, and a 688 lb. deadlift.

**Bruce Citerman:** What is your weightlifting routine?

**Matt Lamarque:** I basically train 5 days a week - Monday - Bench 5-8 singles usually done heavy, one pressing movement, triceps,

hammers. - Tuesday - Deadlift 5-8 singles with medium to heavy, back, lats, traps, side and rear delts, and abs. Wednesday - Squat - either speed with box or heavy triples. Glute Ham raises, reverse hyper extensions, Abs. Friday - Bench - - singles or triples, triceps, rows, hammers, upper back. Saturday - maximum effort - rack deadlift or rack squat, reverse hyper, abs, sled. All assistance exercises after the main movement are done using 3-5 sets of 8 - 20 reps.

**Bruce Citerman:** What kind of vitamins or supplements do you take?

**Matt Lamarque:** I take Designer Whey Protein by Next Nutrition, glucosamine, MSM, and sometimes I take Celltech by Muscletech.

**Bruce Citerman:** What are your plans in powerlifting and any comments?

**Matt Lamarque:** I would like to have the biggest bench ever in the 220 lb. weight class. Even if it is broken after I get it, if I could at least have it for a day, that would be great. I would also like to have the best bench/deadlift total in the 220s ever. I believe deadlifting sets a lot of us apart and being strong at both of them is important to me. My last wish is that our great sport makes it into the Olympics one day. I love ping pong, but it sure as hell shouldn't be there if powerlifting isn't.