

INTERVIEW

MIKE MILLER

interviewed by Bruce Citerman

Bruce: Mike give us some personal background on yourself.

Mike: I live in Totamy, PA. I grew up a few miles down the road in Bushkill Twp., PA, a small rural farm community. I spent my summers working on a farm and my winters hunting and trapping. I have 5 kids and one on the way. Their ages are 6-15. **Bruce:** What's your athletic background?

Mike: I played football and wrestled in high school. I was a defensive lineman and I played offense for a short period of time. I had too many penalties called on me, so they stuck me on defense full time. I have done the Highland Games as an amateur.

Bruce: How did you get into lifting?

Mike: I started weightlifting in my basement when I was a little kid. I had the old Sears set of sand weights. I lifted on and off throughout high school and into my 20s. I took a break for a while and then one day I decided to get back into it. I went to a hardcore gym in a small town up the road. I met this girl there, whom I found very attractive. She had long legs and a tight round butt, and was wearing short blue shorts doing chain suspended good mornings. She told me I was a big guy and should start powerlifting. I ended up with the girl and started my career in the sport.

Bruce: What contests have you entered and what were the results?



Mike: Well, here are a few of the most recent: 01-08-2005 IPA NY State Meet - 1st Place SHW, Mens'

Open, 2155 total, 1200 squat, 455 bench, 500 DL. 04-17-2004 APF Northeastern Regional Championships, New Brunswick, NJ - 1st Place SHW, Mens' Open, 2510 Total, 1050 squat, 805 bench, 655 DL, Best lifter award. 11-16-2003 IPA Senior Nationals, Harrisburg, PA - 1st Place SHW Division, Mens' Open, 2405 total, 1015 squat, 750 bench, 640 DL, IPA world record sub total 1765. 07-05-2003 2003 Bench America, Chicago, IL - 730 Bench Press, 2nd place overall. 06-07-2003 2003 IPA Strength Spectacular - 2nd place SHW division, 760 Bench, World record submasters division. 04-01-2003 2003 IPA Metal Militia Bench Wars - 2nd place SHW Division, 755 Bench, World Record Submasters Division. 03-15-2003 IPA Beast of the Bench - 1st place SHW, 705 Bench, World Record submasters Division. 09-29-2002 2002 IPA Northeast Regional Championships - 1st place SHW, 700 Bench, World Record Submasters. 08-10-2002 IPA Metal Militia Bench Wars - 1st place SHW division, 655 Bench Press. 06-2001 2001 AAU National Bench Press Open - 1st place/Best Lifter, Division SHW, 535 bench press. 06-28-2000 2000 York Strength Spectacular - 1st place SHW Police-Fire, 680 World Record Squat.

Bruce: What is your exercise program like these days?

Mike: The system we use at Nazareth Barbell is based off a 5 week wave, in a training system called ESP (Enhanced Strength and Performance), which is a combination of Zero Momentum Work (see inset) and CNS (Central Nervous System) Overload. This system is designed to optimize strength by using a maximal amount of weight through active resistance, zero momentum, progressive force training and plyometrics. We also use the conjugate method which allows use to train all year long, free of injury, and we continue to get stronger. These methods are some of the best in the world and have produced some of the strongest powerlifters on the planet. If followed correctly you will maximize your strength in a very short period of time.

Bruce: What kind of vitamins and supplements do you take?

Mike: I use MHP Up Your Mass protein Powder, MHP glutamine and Trac. I have a rather lengthy list of vitamins, but I will give you a few, Vitamin C, E, B complex, L-Tyrosine, and D-Phenylalanine.

Bruce: What are your plans in PL?

Mike: My goals are to hit a 1400 lb. squat and to total over 3000. I would like to coach a lot afterward and take time to enjoy the sport.

Bruce: Any comments about PL?

Mike: I would like to see more unity in the sport. We are our own worst enemies. Instead of working together to promote the sport and increase it's public exposure, we fight and argue and criticize something that only a few thousand people give a — about. Instead of finding ways to belittle one another, why not find ways to help each other and make something of this? I would like to thank Frank and Gerard at MHP, Alan at Pro wrist straps, Rick and Jason at HOP, John Inzer for the best powerlifting gear around, Iron Woody Fitness Bands, Lloyd Hemenway at Metro Motors for all his support, Larry at ANAFIT and Rob Morris for making the trip to the Seniors possible and more comfortable. Also, to my wife Deb and all my friends and Family — thank you for everything.