

# INTERVIEW

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

## TONYA MYERS

as interviewed for POWERLIFTING USA by Bruce Citerman

**BC:** How old are you?

**TM:** I am 24 years old.

**BC:** What do you do for a living?

**TM:** Recently, I began working for a medical center in their office, and I love it.

**BC:** What is your athletic background?

**TM:** In high school I played volleyball and racquetball. I began lifting weights after my first year at college.

**BC:** How did you get into weightlifting?

**TM:** I began lifting after my "freshman 15" in college. I stuck to basic bodybuilding exercises and aerobics for about 3 years. In 1991, I began traveling with my boyfriend, Angelo Berardinelli, who is a long time veteran in powerlifting. Every meet I went to was more and more exciting

until finally I watched the APF Nationals in 1991, that's when I knew I had to learn to powerlift. There is no better high to me than the one I get from trying to move the most weight I can.

**BC:** What contests have you competed in?

**TM:** 1993 APF Senior Nationals 1st Place 123 lb. class, 1993 USPF Senior Nationals 2nd Place 123 lb. class, 1993 APF/WPC World Championships 2nd Place 123 lb. class, 1994 APF/WPC World Record Breakers 1st Place 123 lb. class - Best Lifter/Ltweight Division, 1994 APF Senior Nationals 1st Place 132 lb. class.

**BC:** What are your squat, bench press, and deadlift routines?

**TM:** My training is always based on 12 week cycles, and that is about the only constant. My squat routine is basic: four weeks of heavy 5's, four weeks of heavy 3's, and four weeks of heavy 2's. Angelo and I always train together. He develops all of my routines, calls all my weights, points out all my weaknesses, and usually brings me home a

champion. Every week is based on how I look and feel. The bench press routine I followed for the Nationals was written by Tamara Rainwater-Grimwood, who needs no introduction on this scene. It was based on 12 weeks also. It included 3 consecutive weeks of heavy 5's on the bench, followed by heavy dumbbell shoulder work and some tricep and bicep work. On the 4th week, I wore my bench shirt and trained heavy triples, then I repeated the work I did in the first 3 weeks, and so on. After 2 years of trying every bench routine in the book, I finally have one that works for me, and I owe it all to Tamara (and my newfound shoulders)! My deadlift routine is similar to my squat routine in that if I'm sore or my form is lacking I take a light week or skip it. There is a lot to be said for rest in this sport. I usually end up pulling deads about once every two weeks. I train conventional during training, then on the day of the meet I warm-up and compete sumo style. This method doesn't make sense to many

people, but it allows me to develop my upper back strength without fatiguing those muscles that I use in the squat.

**BC:** What vitamins or supplements do you take?

**TM:** The only supplement I take is Vyo-Pro, a protein supplement. I have spent a great deal of time over the past year studying nutrition, and I believe the best source of all nutrients and vitamins comes from eating the right foods. However, my diet consistently lacked protein which is why I use the Vyo-Pro.

**BC:** Why do you compete in the APF?

**TM:** I have lifted in the APF and the USPF, and I am partial to the APF because of all the camaraderie amongst its lifters. I have made friends from all over the country from the APF. I also think there are less politics in this federation than the others. Also, since Angelo and I train together, it helps if we lift in the same federation. He has lifted APF since it split from the USPF years ago, so we'll probably stay APF for now.

I have heard that the ADFPA is an up and coming federation, and will probably try one of their meets when it comes near my home.

**BC:** What are your plans and comments in powerlifting?

**TM:** One day I would like to hold a National deadlift record, but I try to concentrate on one goal at a time. Presently, all my concentration is on my training for the World Championships. If I do well at the World's this year, I would like to bodybuild in 1995 and enter a competition at the end of the year.

Powerlifting is an extremely addicting sport, and, God-willing, I'll always be involved with it. I would like to see more interest in the sport from other athletes. If we could receive more recognition and sponsorships, I'm sure the sport would grow. In the meantime, I try to encourage everyone around me that is interested.

I would like to thank my team members at Black's Health World for all their love and support.



Tonya Myers Benching at the 1994 APF Senior Nationals in Elmhurst, Illinois.



For the Win... at the APF Seniors.