

# INTERVIEW

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

(In mid-September Powerlifting USA's Ned Low got to spend some time talking to Gene Rychlak, who's had an amazing 2003, with an 815 bench, and a 1005 lb. squat. Gene was very articulate in assessing his powerlifting career; here are excerpts from the interview.)

**Ned Low:** How did you get into powerlifting?

**Gene Rychlak:** I've been training for 20 years. About 15 years ago I was training at a local YMCA, and they were shutting down for two weeks in the summer, so we needed a replacement. We ended up at a hardcore gym half an hour away, and to me it was a "mecca." When the Y reopened, all the other guys want back to it, but I stayed at the hardcore gym.

**NL:** What do you most enjoy about powerlifting and what keeps you competing?

**GR:** The quest of doing better. I'm never satisfied. Nothing's ever good enough. I want to be Number One.

**NL:** What are you proudest of in powerlifting?

**GR:** The combination of my 1000 plus squat and 800 bench.

**NL:** What are your PRs?

**GR:** 1005 squat, 815 bench, and a 2300 total.

And a 715 deadlift.

**NL:** What are your future goals?

**GR:** Benching 900, having the highest subtotal ever (beating Garry Frank's 1746), the highest total (Garry's 2640) And

## Gene Rychlak Jr. interviewed for PL USA by Ned Low



Gene Rychlak Jr. Represents MHP now and will be going for 876 again in the bench at the IPA Senior Nationals



Gene went for it at the Bench Bash for Cash, jumping from 804 all the way to 876, trying to break Mendelson's All Time Bench Press Record

being the first guy to bench 800 in a full meet.

**NL:** Who would you like to thank?

**GR:** John Inzer, Gerard Dente of MHP, Bob Nagle and 5th St Powerhouse Gym in Reading, training partners Kyle Millheiser and Mark Hoffman, and my MHP teammate Joe Mazza.

**NL:** What are your training routines?

**GR:** It's a hybrid of the West-side System. I've utilized bands for two years, and my bench jumped from 585 to 815.

**NL:** How often do you train.

**GR:** We're on a 10 day program. For example 3 days on, one off, 4 on, one off; there are no regular days of the week.

**NL:** How has your training changed over the years?

**GR:** I used to do progressive overloads, pyramids, and percentages, and had set days. I don't do any of that now.

**NL:** Any tips for lifters?

**GR:** Open your mind. Seek out experienced lifters, to help you avoid overtraining and mistakes. Open your mind.

**NL:** Tell us about your meet directing.

**GR:** This year, and next year, I'll put on six meets, some sanctioned, some unsanctioned.

**NL:** What's the best contact information for you?

**GR:** [www.rychlakpowersystem.com](http://www.rychlakpowersystem.com), is under construction right now, and should be ready soon.

**NL:** Gene, thanks very much for your time.

**GR:** Thank you.