

INTERVIEW

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

Interview with Germany's Markus Schick shortly after his historical 600lb bench at 165. For PL USA by Thomas Klose, Germany

Thomas Klose: Congratulations, Markus. 3 years ago I interviewed you for PL USA. Then you mentioned that a 600 lb. bench would be a dream for you? Now this mark is history with your performance at the WPO Bench for Cash. How do you feel right now?

Markus Schick: I am extremely happy and still can't believe what happened at the "Bench Bash for Cash". My dream has come true - to be the lightest athlete in history who made the 600lb barrier.

TK: What was your overall impression at the meet, with all those 700lb + lifts etc.?

MS: This was an incredible competition, unique in its outcome. 12 athletes pressed a least 700 lbs., 2 did more than 800 lbs. And there was one nearly good attempt with 876 lbs. This competition made history.

TK: Looks like jet lag etc. isn't that much of a problem for you. How do you manage those short trips to the USA from Frankfurt, Germany?

MS: Concerning the travel to the USA the "jet lag" has never been a problem, because I arrive in the evening. I stay awake for a few hours and then go to bed. Going back to Germany is a bigger problem. I arrive in the morning there, when it is night time in the US. But I don't mind, as the competition is over.

TK: What was your feeling in the days before the meet. Had you planned to break the 600 barrier?

MS: I was a bit nervous, as always. I didn't know how non-adjustable bench racks would affect my performance. My training had gone very well, but I did not think for one moment that I would break the barrier at

Markus Schick interviewed for PL USA by Thomas Klose



Markus Schick benched 600 lbs. at the Bench Bash for Cash (courtesy Steven Notaras)

that time.

TK: I know that you traveled alone. Who actually handled you in Orlando?

MS: I had two extremely good coaches in Orlando that made this day and this success possible for me. Mario Flueckiger from Switzerland, who also coached Rene Imesch, handed the bar to me on the stage and eliminated the problem with those fixed racks completely. My second coach was my best friend and training partner Gunda Fiona von Bachhaus, who supported me mentally in our workouts and led me to this success in Florida. I dedicate my victory and this special day to her.

TK: What training routine did you use for the meet preparation?

MS: I used the 3x3 method of Mieczyslaw Szafranski and Stefan Korte which I modified to my needs with band and chain work and some lockouts in the Smith machine.

TK: Can you give us a short overview of your last week's training poundages

MS: Until about 4 weeks be-

fore the "Bench Bash for Cash" I trained without a shirt. My highest load was a solid single with 230 kg. (507 lbs.) and 4 reps with 200 kg. (440 lbs.) all without the use of a shirt. My best single with a shirt was 265 kg. (584 lbs.)

TK: What kind of shirt did you wear?

MS: I wear the double layered INZER Phenom with Velcro.

TK: Any thoughts of changing to the more radical fabrics?

MS: I got some tips from Bill Crawford, and because of that I will try to change to a denim style shirt. I hope to compete in a denim shirt at next year's Arnold Classics with Bill's help.

TK: Could you take advantage of the 48 hour weigh-in rule?

MS: I do not get any advantage from the 48 hour weigh-in. My weight is pretty much the same at about 74 kg. (163 lbs.). I weighed this at the weigh-in and on competition day.

TK: Would you consider bulking up to, let's say 175 lbs., dehydrate for the weigh in, then get the weight on again?

MS: To be honest, I am not convinced about this idea. I

think the risk of injury would increase due to the dehydration. I am not willing to play with my health. I feel good and strong enough with my current bodyweight.

TK: With Fred Boldt and Joe Mazza you face a new challenge at next year's Arnold. You have met them both. What do you think about your toughest competitors? How will they influence your next training cycle?

MS: The "Arnold Classic" 2004 will be one of the toughest events of all time. A real thriller. All 3 categories are close. Fred and Joe are exceptional athletes, who will make my life hard there. It will be a tough fight between us three and August Clark Jr. could be a factor too. This will push my motivation, hopefully to a new record or personal best. Guys, this will be a hot battle.

TK: I know this is an old question, but what are your future goals now?

MS: I think a unique 4 times bodyweight bench at 70 kg. (154 lb.) could be within reach. There are goals left for the future. Right now, my next step is to break the 181 lb. All time record of Dave Waterman at 600 lbs. I would be the only one to own 3 all time marks in three different weight classes. I will go for it in December at approximately 77kg. (169 lbs.)

TK: Any final comments?

MS: I would like to say thank you very much to my sponsor INZER ADVANCE DESIGNS for years of incredible support and the best equipment in the world. To my training buddies and especially Gunda Fiona von Bachhaus. You are always there for me and build me up when I am down. You are part of my success and I thank you all. My thanks to Mike Lambert's Powerlifting USA magazine, for featuring me so well in the magazine over the years.

TK: Markus, it was a pleasure to interview you. Good luck and all the best for the future.