

# INTERVIEW

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

**TK:** Congratulations, Markus. How do you feel 3 days after your 'Mega-performance'?

**MS:** I am so happy. To break Greg Warr's all time record at 165 lbs. was my goal for a long time.

**TK:** To own the highest formula bench in history is incredible. You can take it on the Reshel, Wilkes or the old Schwartz formula. The 562 at a bodyweight of 69 kg. is the highest ever.

**MS:** I still think I'm in a dream and any moment someone will wake me up. I hope this dream will never end!

**TK:** You also took a little money back home?

**MS:** Oh yes, I got total prize money of 4500 USD. This is awesome. \$2500 for the class victory, \$1000 for the overall title and \$1000 for the World record. My travel expenses were completely covered by this and now I can pay for my trip to Vegas for the upcoming WPC Worlds also. I already changed it to our German currency and it feels really good. Fantastic.

**TK:** Did you prepare specifically for this meet?

**MS:** No, not at all. I was in preparation for the WPC Worlds in Las Vegas. Then, two weeks before, I talked to Kieran Kidder and he asked me to compete at the "Bench Bash for Cash". Everything had to move fast. I had to get holidays from my job and I also needed a flight. Everything had to be done very, very quickly. Luckily, I got everything I needed, and so I started the "Bench Bash for Cash" adventure!

**TK:** What were your emotions when you flew to the USA?

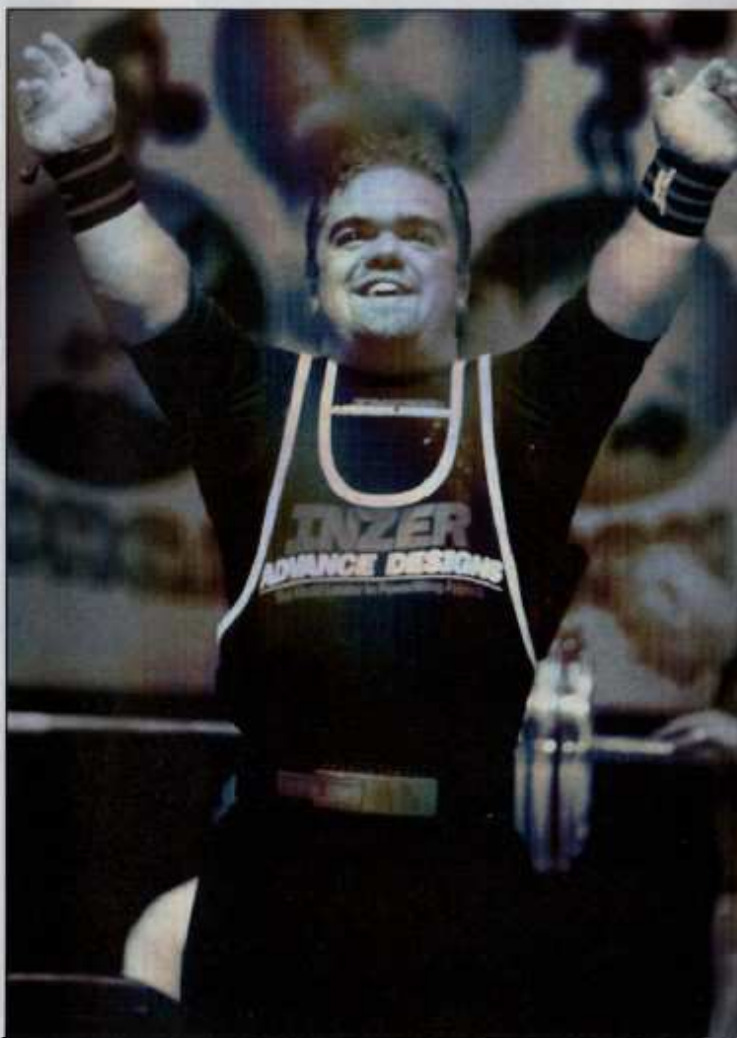
**MS:** My feelings were mixed. It was the first time that I went to the States without any coach or buddy who could help me. I didn't know what would happen and so I was a little bit nervous! The flight took 11 hours and I arrived totally tired in Florida.

**TK:** What happened when you arrived?

**MS:** I rented a car and drove to the hotel, where I slept 7 hours. Friday morning I went to the Huge Iron Gym to weigh in. I was very surprised to be so light. I only weighed 69.1 kg. I weighed around 72 kg. when I left Germany.

## Germany's MARKUS SCHICK

interviewed for Powerlifting USA by Thomas Klose



**Markus** exults after his remarkable performance at the WPO Bench Bash for Cash. He was actually interviewed once before in *Powerlifting USA* by Thomas Klose in the October 1996 edition, when he was benching 80 lbs. less at the same bodyweight! Markus is, coincidentally, also featured in the current issue of *POWERLIFTER Video Magazine*. (photographs provided courtesy Huge Iron Productions)

**TK:** What happened next?

**MS:** I just relaxed on Friday. I went to bed early and woke up at 8.00 Saturday morning. At 2.00 PM I stepped into the huge Peabody Auditorium. The first person I met was Anthony Clark and we talked a while. All the athletes came into the warmup area, one after the other: Dave Waterman, George Halbert, Kenny Patterson, Angelo Berardinelli, Beau Moore, J.M. Blakley, etc. They were the best in the World. Only Glenn Chobot was missing. I was thrilled.

**TK:** Who did actually coach you?

**MS:** To my surprise I met a friend, Tim Bruner, whom I got to know at last year's WPF/USPF Worlds. He directly offered to handle me. I was very, very happy as you might understand.

**TK:** When did you feel this could be a good day for you?

**MS:** During my warmup I knew that this could be a great competition. Every rep felt so light and after my opener with 496 lbs. I was sure that this would be my day!!! Well, the next with 529 lbs. was easy also, so we upped the

weight to 551, a WR. Good lift, Tim wanted me to do 573, but we decided to go 562 on a 4th. I pressed it and got white lights. I was the happiest man in the whole wide world. I would like to thank Tim Bruner again, who handled me perfectly.

**TK:** How did your last workout in Germany go?

**MS:** My last workout before the contest was on Tuesday. I made 3 reps with 440 lbs. and one solid rep with 480 lbs. Everything was done without a shirt.

**TK:** What kind of shirt did you wear?

**MS:** I wore the double-layered Inzer EPHD Poly shirt with Velcro on the back.

**TK:** What do you think about the WPO?

**MS:** For me the W.P.O. is the biggest chance for Powerlifting and Bench Pressing getting more popular. And if there is any chance to grow, with Kieran Kidder, the sport of Powerlifting and the Bench Press have that chance, now!

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

**MS:** At the WPC Worlds in Vegas I want to get my 8th world title and I hope to break my world record again. My dream would be a 600 lb. bench. You know, sometimes dreams come true!!!

**TK:** Any final comments?

**MS:** I would like to thank a few people who support me and help me in this sport. First, to my coach Udo and his brother Heiko.

These guys are the people who make me the lifter that I am today. I want to say thank you also to INZER ADVANCE DESIGN and Scifit-Nutrition Europe who sponsor me and give me the chance to be the best in this sport. Also, thank you to my buddies Mirco, Dirk, Suen, Thomas and Harald who help me in workouts and every time I need them. Last, but not least, my special thank you to my parents who supported me my whole life and to my beautiful girlfriend Anja - without her I would not be that man who I am today. In the most recent months, she gave me the best help she could give and everything else I needed! Thank you, Sweetheart!!!!

**TK:** Markus, thank you for giving this interview and all the best for the future.