

2006 has been a busy year for Jennifer Thompson in the Benchling World. In May, Jen represented the USA at the IPF Worlds, in Hungary and placed 2nd. There's more to that story, so please read on. Then, in August, Jen traveled to Orlando to compete in the 100% RAW Nationals, winning her class and setting a new RAW World Record of 280 lbs. In September, Jen competed in her home state of North Carolina, taking first place in the USAPL Bench Press Nationals with a 319 lb. Record. Jennifer Thompson is a wife, mother & teacher who is 132 Pounds of Power!

INTERVIEW

JENNIFER THOMPSON 132 POUNDS OF POWER! as interviewed for PL USA by Greg Stott

there, not to mention a World Champion Powerlifter, tell us a little about your family and how you've been able to make it all work?
JT: It involves a lot of juggling. I really enjoy being a teacher and I am lucky that my husband can be home in the mornings when I am gone. We have a 2 1/2 year old adopted son and a new baby that I delivered 9 months ago. I have my students come over to the

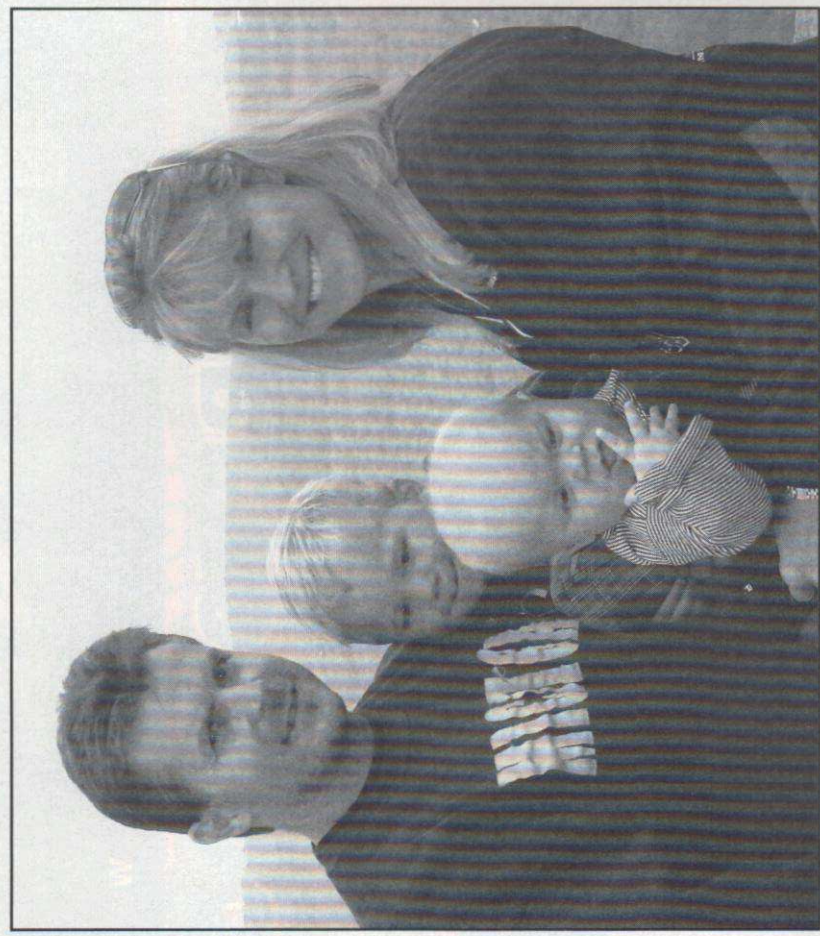
that?
JT: I found out the third week of September that the Russian woman I lost to at the IPF Worlds in May failed her drug test. This wiped out the World Record that she took from me, which I regained that same month at the USAPL Nationals where I added 5 lbs. to my new IPF World Record.
GS: You're a wife, mother & teacher, that's a heavy load right

your day on the platform, in Orlando & in Charlotte?
JT: In Orlando, I had some specific goals. First, was to do double bodyweight raw. Next was to try to break the all time RAW World record for all weight classes, which was 275 lbs by a heavy-weight. I was able to get 280 and missed 290 on a third. I didn't know it at the time but the 280@130 is the best Raw bodyweight coefficient in female history. Pretty Cool.
Charlotte was a little different. It was pretty crazy because I was the meet director as well. My goal was to just win Nationals to get a World Team spot. After I weighed in I was running around making sure everyone was in his or her positions and putting out fires whenever they arose. I didn't have a whole lot of time to worry about lifting. I was absolutely exhausted by the time I went to lift, but I looked out in the audience and saw all my students out there watching me. I knew I had to have a good day for them.
GS: In less than a

house after school to watch my kids so my husband Donovan and I can get some quality workouts in. I also have great neighbors that help us out with the kids. When all else fails they just play amongst the weights with us.
GS: Did you enjoy lifting RAW in Orlando, FL this August?
JT: I did. It was nice to just get a few warm up reps in and then compete. No getting into equipment, and all that. It was also fun to show off my RAW strength, because I don't have many opportunities to do that.
GS: OK, you come back from Orlando after setting a new RAW World Record and you now have to get ready for the USAPL Nationals in your own home state, in just three weeks. How did you prepare for the that meet?
JT: The RAW lifting was for fun. It is something that I do in my workouts all the time, so it was a good warm up for the USAPL Nationals. As far as my lifting cycle went, I basically treated the 100% Raw meet as a heavy training day.

month, you set a new National and World Records. What did your family & friends think about, not only your victory & records, but also your schedule, stacking two major competitions so close together?
JT: My family has always been very excited and supportive of what I do. I hear them brag on me a lot, so I know they are proud. The competition schedule hasn't been too bad for me because I am coming off of a year break from competing, due to the new baby. The layoff rejuvenated my will to train heavy and get back on the competitive stage.
GS: In your last TEAM iXL interview, you mentioned that the deadlift was your favorite lift even though you're a World Class Bench. Please take a minute and share with us why?
JT: It is so much less complicated than a bench press. You really only have to worry about not hitching the bar and getting the weight off the ground. You just bend down and pull as hard as you can. The deadlift is all about guts and I like that.
GS: Please describe for us a bench workout, say mid competition cycle?
JT: We don't really cycle. Our system is pretty consistent. We split our program into a speed and heavy week.
On speed week: We start with 3 raw singles, followed by 3 equipped single competition lifts to the max. This is followed by work sets with bands. We're pretty old school and still incorporate work sets on the incline and decline bench both weeks. We then like to finish with some speed presses.
On heavy week: We start with a heavy static hold. This is then followed by work sets flat, incline and decline. All our work sets are 3 sets of 5 raw. Then we will finish with some negatives and upload presses.
GS: Who are your current workout partners and or Coach?
JT: I have always lifted with my husband/coach Donovan. It is our time of the day to spend together and talk about our day or lifting. We help push and motivate each other. We have an ongoing com-

a lifter just getting started in Powerlifting?
JT: It is important to find a mentor, someone who knows the sport and can help you with the equipment and exercises. It is easy to get hurt doing this, so it is important to know someone that has some experience in the sport. In addition, go to as many local events as possible. This is a great time to learn from others as well as learn something about yourself.
GS: Any final comments you'd like to make or people you'd like to thank?
JT: Of course, I would love to thank my family and friends. Without their love and support this wouldn't be as much fun. I would not be where I am or who I am without my husband. He is my best friend and a wonderful father. I would also like to thank Inzer Advance Designs and Quest Nutrition who continue to support me with their awesome products. And finally, thank you Greg, for the interview and the opportunity to showcase my strength, Drug Free as a TEAM iXL SuperStar.



The Thompson Family ... (left to right) Donovan, Tucker, Broden, and Jennifer (from Jen)

JT: I would like to win the USAPL Women's Powerlifting Nationals and earn a spot on the World Team. I would like to be able to win the IPF World Bench Press Championships, and put some more pounds on my world record. I would also like to hit a bench press of 300 pounds RAW. I was close before I got pregnant & would like to finally get there.
GS: What is your vision for the sport of Powerlifting?
JT: I would like to see it become less complicated and more united. If we could do that we would have a chance at getting into the Olympics. At least we would be more likely to see a big sponsor come in and get Powerlifting on ESPN and receive television coverage. If this would happen we could become a mainstream sport and I wouldn't have to watch the World Series of Black Jack.
GS: How has the sport of powerlifting affected your everyday life?
JT: It is a really great hobby. It makes me feel good about who I am and who I want to be. I have developed some really awesome friendships that mean the world to me.
GS: Do you feel Powerlifting should be an Olympic Sport and why?
JT: I would love to see it in the Olympics. We have such a huge international following already that it just makes sense. The Olympics is the ultimate in championships, what a wonderful opportunity to be a part of history.
GS: What advice would you give to yourself in 2007?

petition he tries to stay a forty-five pound plate on each side ahead of whatever I am lifting and I try not to let him.
GS: Jennifer, you've shown that you can lift huge weights drug free! What advice do you have for athletes & coaches reading this interview in regards to why they should stay the drug free course?
JT: That's simple: Health, Pride and Competition.
GS: What supplements & equipment are you using currently?
JT: I use Quest Nutrition products. I drink their Ana-Protein shake twice a day and take the Jack-Stacked II twice a day as well. I've been an Inzer girl from the start. I use the Rage X bench press shirt, the Hardcore squat suit and Max DL suit. Inzer Products have always been good to me.
GS: Tell us a little bit about your diet? Describe what a typical day of food consumption looks like, as you're preparing to bench press nearly 2.5 times your bodyweight.
JT: I am somewhat of a "supplement junkie". It makes life easier when you are working and raising kids. I start my morning with a protein shake with milk. I have a ProMax bar for a mid morning snack. I have a lean lunch. Another bar for an afternoon snack. A second shake after my workout, then when dinner time rolls around it will be some sort of chicken dish. Sounds boring, but eating is over-rated.
GS: What goals have you set for yourself in 2007?

Nutrition who continue to support me with their awesome products. And finally, thank you Greg, for the interview and the opportunity to showcase my strength, Drug Free as a TEAM iXL SuperStar.
GS: Jen, you truly are 132 Pounds of Power! The way you're living your life to the fullest by not only becoming a World Champion lifter, but a World Champion wife, mother & teacher is to say the least inspirational. Congratulations on all your recent victories and accomplishments. We're very proud to have you on our TEAM and I am confident that there's many more records, in your future!

Greg Stott is the Founder of TEAM iXL. An organization of Athletes worldwide on a mission to inform, motivate & demonstrate that There are No Limits Drug Free! For more info on Jennifer & other iXL SuperStars visit www.TEAMIXL.com. (c) 1994-2006 iXL Productions. All rights reserved

