

INTERVIEW

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

GREG WARR

Interviewed for Powerlifting USA by Bruce Citerman



Another View of Greg Warr's Historic 534 at 163. (courtesy Giorgio)

BC: Where do you live?
GW: I live in Clanton, Alabama in an apartment with one of my brothers, Bob.
BC: How old are you?
GW: I am 26 years old. I graduated from Troy State University in Environmental Science and I'm getting a Masters in Environmental Toxicology.
BC: What is your marital status?
GW: I am not married.
BC: What is your athletic background?
GW: I have played football since I was in the 6th grade. I was an All State running back in high school and I wanted to play college football. I needed to gain weight because I weighed under 100 pounds, so I started working out. A few months later I heard about a powerlifting meet near me. I attended this meet and liked this better than football, so I continued lifting.
BC: What contests have you entered and what were the results?

GW: Some of my most memorable contests and best lifts are: 1989 ADFFPA Deep South Bench Press - 420 weighing 140; This was my first triple bodyweight bench, 1990 ADFFPA Southern States Bench Press - 425 weighing 138; Augusta Bench Press Classic - 470 weighing 150; ADFFPA Syrup City Classic - 450 weighing 146; 1992 National Championship - 429 weighing 147; IPF Worlds - 396 weighing 147; 1993 World Record Breakers - 458 weighing 148; 1993 National Championships - 463 weighing 149; Southern States Bench Press - 480 weighing 158 (locked out 505, but my butt came up); Northside Fitness Center Bench Press - 500 weighing 148; Bodest Bench of the South - 510 weighing 145; 1994 DASH Record Breakers - 463 weighing 147 (I had to repeat my opener twice); 1994 Nationals - 501 as a Middleweight; 1994 IPF Worlds - Middleweight; World Record/Gold

Medal of 496; now, of course, 1995 Budweiser Record Breakers - 534 at 163.
BC: You just broke the Middleweight record again. Did you change your routine from what you had written in the "Workout of the Month" for the February 1994 edition of POWERLIFTING USA?
GW: The workout I wrote for the magazine is basically the same one I have used for the past 2 years. I will change a little each cycle. I do bench 3 times per week, and I don't recommend it, but I don't do any warmup sets either.
BC: What vitamins or supplements do you take?
GW: I try to stick to the basics when it comes to supplements: egg protein, liver tablets, multi-vitamins, GH releasers, branch chain amino acids, and Inosine.
BC: What are your future plans and comments about Powerlifting?
GW: I plan on competing as long as I enjoy it. I think that will be a long time. I especially enjoy competition now that my brother and main workout partner for the last 2 years has moved to Texas. We plan our competitions and meets so we can still compete together. Steve started powerlifting about 2 years ago and is benching in the mid 400s weighing around 170. I think he will become one of the best benchers ever. He has a family, full time job, and is a full time student at seminars in Ft. Worth, and still finds time to work out. When we go to meets together I will probably compete at 148, but I am going to try to go 165 some until I can get my weight up to stay at 165. I feel like I can go 148 sometimes and still get 30-50 more pounds over my 148 record.
If you don't mind I would like to mention 2 lifters I know who deserve more credit also: my friend Mark Childs, at 19 years old, is squatting over 700 pounds; also, my friend Noah Addison has been lifting only a few years and benching nearly 500 pounds at 50 years of age. This is a growing sport around Alabama and Georgia and there are a lot of great lifters who don't get much credit for their efforts. I appreciate your interview and for letting me mention these lifters.

Budweiser Record Breakers	
18 Mar 95 - Richland, WA	
Bench Press	242
S. Sandberg	352
B. Shaw	352
60-69	
C. Morgan	231
148	165
M. Cargile	303
181	220
B. Davis	402
J. O'Loughlin	236
Women	
S. Wilson	396
198	105
A. Berry	347
Novice	114
114	115
S. Leland	185
123	192
T. Griffin	143
J. Carroll	143
B. Cruz	143
J. Pense	209
S. Radcliffe	110
148	303
P. Hale	303
165	170
C. Schockman	170
E. Aragon	303
L. Brittain	132
D. Shin	281
J. Thompson	292
D. Tarabochia	248
181	123
J. Holly	292
C. Moorehead	93
T. Anderson	259
148	165
N. Strehlau	93
V. Neill	93
K. Vasquez	253
198	165
J. Mill	407
J. Hamblin	181
Wassenniller	358
220	Open
M. Webber	363
A. Fartha	352
C. Bender	402
J. Carter	336
K. Napoleon	319
J. Tharaldson	380
165	165
R. Piccitelli	402
F. Redmond	551
S. Schwartz	181
C. Walters	352
273	198
C. Erevia	407
V. Shaw	385
J. Brewer	352
J. Mickelson	341
C. Chandler	501
SHW	242
T. Haug	485
D. Hamlin	600
Adaleinsson	600
165	275
M. Jackson	655
G. Warr	534
SHW	595
W. Williams	628
J. Mickelson	534
Masters 40-49	
Women	
165	231
J. Julian	148
B. Kenyon	330
V. Neill	286
198	181
R. Dohaniuk	363
B. Dooley	363
220	40-49
J. Griffin	501
W. Crossen	440
J. Paggott	319
275	181
D. Hall	374
275	545
R. Pratt	424
T. Tharaldson	468
J. Weisheimer	407
P. Carpenter	683
J. Weisheimer	451
181	50-59
H. Neal	225
198	242
M. Urrutia	275
220	60-69
C. Nelson	375
181	440

(Thanks to Gus Rethwisch for results)

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Skip Sandberg, a veteran Master Lifter, pulled a big one at the Budweiser Record Breakers (Allured photo)

Nick Cali says, "The secret is out!"

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Nick Cali