

ROGER RYAN “THE RYANO”

RYAN BENCHING 760 AT
...DESTINATION DALLAS XPC MEET,
SEPTEMBER 6, 2014



ROGER RYAN IS A 59 YEAR OLD BENCH PRESS WORLD RECORD HOLDER WHO IS CHASING 800. AND HE'LL GET IT.

INTERVIEW BY JIM CURLEY

How old are you and what do you do?

I'm 59 and I'm a fully retired police detective from Decatur, IL.

Did you like being a detective?

At first I did but after 10 or 15 years it got old, dealing with the same type of people all the time. I took every school I could, so even though I worked days if there was a call for a detective at night, I got called. You see everything – murders, autopsies. I've been fully retired since 2005. I had a couple part time jobs so now I just train and nap. My wife retired from Archer Daniels Midland and we get along great. Been married 34 years and we were high school sweethearts.

When did you start powerlifting?

When I got out of the military I started lifting weights. I needed upper body strength to control perps in altercations and if you can overpower them it's safer for them and you. I was mostly working on upper body strength, some legs, and I happened to see some powerlifting meet

results and I thought, "I could out lift most of these guys". I went to a Son Light Power meet, got a record bench and a trophy and just had a lot of fun. I was a powerlifter after that! That was in 2003 and I was in 242 and now I weigh 315 so I've gained some muscle since then. You do this sport because it's fun and I won't lift in a meet that isn't fun.

You're primarily a bencher. What's your training cycle look like?

I don't follow a template; I just work my butt off. The harder you push yourself, the more gains you'll get. If your form is good you won't get injured either.

Do you squat and deadlift? Bench is your specialty – what's your best recent bench?

I've got such bad knees...I blew out the left one skydiving and fractured the right ACL trying out for semi pro football at 42, so the knees are shot. I tried an 18" deadlift in a strongman contest and got 550 but I favor one knee as it's less painful. This results in my back being twisted as I pull, so I do bench only meets now. (He got 760

single ply the next day for a new PR).

How are the elbows and shoulders? Can you keep going?

I keep getting stronger and I still love this, so I'll keep going. I've hit over 800 in single ply in the gym several times, but haven't made it happen at a meet yet. I've got several multi ply shirts but I can't touch in any of them so I like single ply.

Do you do much raw lifting?

I worked up to 480 before I put the shirt on a few months ago but I'm not going to ever hit a max raw. There's just too much chance of injury and at my age I doubt if I could recover, so no on the raw max. You've got to stay healthy and keep your form. Technique starts to break down when it gets heavy and I think gear is safer than raw.

Is gear "cheating"?

You have to be really strong to get 550 raw no matter what your size. I'm close to 500 but I can use a single ply shirt effectively and smoke 750. I think raw lifters get jealous of the big lifts, but hey, anyone can get a single ply shirt that's legal in almost every fed except the raw ones, and they can lift a lot more if they can master it. I've tried to explain the difference between gear and raw with a baseball analogy. Slow pitch softball is similar to Major League Baseball. They're similar with the same basic form but they're very different sports. The public will never quite "get" gear but I don't care. I get tired of all the drama in powerlifting but that's the way it is. It will never be unified and that's alright.

Anyone you'd like to thank?

My wife for sure! Ken Anderson and Titan for sponsoring and helping me. Rob Luyando and the crew at Mecca Barbell. I drive 180 miles each way on Saturday to train there. I leave at 6 am and don't get home until 4 or 5. If you want to be the best you've got to train with the best. The help and spotting is outstanding. **PLT**



I'M CLOSE TO 500 RAW BUT I CAN USE A SINGLE PLY SHIRT EFFECTIVELY AND SMOKE 750. (BENCH)

ROGER RYAN