

INTERVIEW

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

PAULA SUZUKI as interviewed for Powerlifting USA by Bruce Citerman

Below... Paula's heavy duty power training has produced one of the most striking physiques in women's bodybuilding today



BC: Where do you live?
PS: Honolulu, Hawaii
BC: What is your occupation?
PS: I am a student. I would like to pursue body building or power lifting as a career if sponsorship would become available.
BC: What is your athletic back-

ground?
PS: I played softball for a short time in the 7th grade and I also played racquetball for a few years in high school.
BC: How old are you?
PS: 26 years old.
BC: How did you get into weight lifting?
PS: I started weight training in the 8th grade. I wanted to become stronger because I was such a terrible "team" sport player. I can't shoot a basketball, I can't spike a volleyball, I can't catch a football and I have a terrible throwing arm for softball. I just loved the idea of being stronger than everyone else.
BC: What powerlifting/bodybuilding titles have you won?
PS: 1987 - University of Hawaii Bodybuilding Contest. (1st/overall); 1988 - Hawaiian Classic

Paula is not just a bench presser

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Back view of dog appears on back of shirt

to take smaller jumps in weight before I get to my top set.

Light/Heavy days for bench cycle:

Week 1: (heavy) 2xbarx15/20, 2x135x10, 1x165x8, 1x180x6, 1x195x4, 1x205x2, 2x220x8. (light) 2xbarx15/20, 2x135x10, 1x155x10, 1x175x10, 1x185x10, 1x200x10.

Week 2: (heavy) 2xbarx15/20, 2x135x10, 1x165x8, 1x185x6, 1x200x4, 1x215x2, 2x230x8 (light) same as Week 1.

Week 3: (heavy) 2xbarx15/20, 2x135x10, 1x175x10, 1x195x8, 1x210x4, 1x225x2, 2x240x6. (light) same as Week 1.

Week 4: (heavy) 2xbarx15/20, 2x135x10, 1x150x10, 1x190x8, 1x215x6, 1x230x2, 1x250x6. (light) 2xbarx15/20, 2x135x10, 1x160x10, 1x180x10, 1x200x10, 1x215x10, 1x170x10, 1x195x6, 1x225x4, 1x245x1, 1x270x4. (light) same as Week 4.

Week 5: (heavy) 2xbarx15/20, 2x135x10, 1x170x10, 1x195x6, 1x225x4, 1x245x1, 1x270x4. (light) same as Week 4.

Week 6: (heavy) 2xbarx15/20, 2x135x10, 1x170x10, 1x195x6, 1x225x4, 1x250x2, 1x270x1, 1x290x4. * Use bench shirt one size bigger than competition shirt. (light) same as Week 4.

Week 7: (heavy) 2xbarx15/20, 2x135x10, 1x175x8, 1x215x6, 1x240x4, 1x260x2, 1x280x1 1x310x2. * Use competition bench shirt. (light) 2xbarx15/20, 2x135x10, 1x165x10, 1x185x10, 1x195x10, 1x225x10.

Week 8: (heavy) 2xbarx15/20, 2x135x10, 1x180x8, 1x220x6 (shirt) 1x250x4, 1x275x2, 1x305x1, 1x325x2. (light) same as Week 7.

Week 9: Week of meet. Light bench on Monday - 3x135x10. Light chest workout.

Example of PAULA SUZUKI's Light/Heavy chest, shoulder triceps workout for the 1st week of 10 week power cycle:

CHEST (light) Bench - 2x45x20, 2x135x10, 1x155x10, 1x175x10, 1x185x10, 1x200x10; Incline - 1x135x10, 1x155x10, 1x175x10, 1x175x10; Flat Flies - 4x45x15; Pec Dec - 4x5x15

SHOULDERS (light) DB Presses - 4x15 (25, 30, 35, 35); Side laterals (seated) - 4x15x15; Upright Rows (cable) - 4x100x10; BB Shrugs - 6x10 (135, 225, 315, 365, 385, 405)

TRICEPS (light) Rope Pressdowns - 5x50x15; Seated Cable Overhead Ext. - 5x80x15; Close Grip Bench - 5x15 (45, 65, 85, 95)

CHEST (heavy) Bench - 2x45x20, 2x135x10, 1x165x8, 1x180x6, 1x195x4, 1x205x1, 2x220x8; Incline - 4x100 (135, 155, 175, 180); 2x220x8; Flat Flies - 4x12 (40, 50, 55, 55); Cable Crossovers - 4x12 (60, 70, 80, 80); Pullovers - 4x15 (35, 40, 45, 50)

SHOULDERS (heavy) BB Presses (behind neck) - 1x45x15, 1x75x10, 1x95x10, 1x105x10, 1x115x10, 1x135x10; Side laterals (standing) - 4x12 (15, 20, 25, 25); Rear laterals - 4x12 (15, 20, 25, 25); DB Shrugs - 4x10 (130, 140, 150, 160)

TRICEPS (heavy) Cable Pressdowns - 4x12 (100, 110, 120, 130); Rope Extensions - 4x12 (70, 80, 90, 90); 2 Arm DB Ext. - 4x12 (55, 65, 75, 85); Bench Dips - 4x12.

I do warm-up sets for every exercise. On heavy days, towards the middle to the end of my cycle, I do more sets on my bench because I like

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