

WORKOUT of the Month

My personal training philosophy is the "3 Bs," and that stands for EAT Big, SLEEP Big, and TRAIN Big. My personal feelings are that you should have a good meal before you train to supply your body with enough fuel to sustain yourself throughout your workout. Don't go in the gym hungry because your mind will be on food and your stomach and not on your workout. I've been doing this for 14 years and it's worked for me. NO, I don't eat chicken and tuna with a glass of unsweetened iced tea and carrot sticks. I follow the "P.I.P." program which stands for Pizza, Ice cream and Pepsi. Basically, what I eat is McDonald's, Burger King or any other good pizza place or hotdog stand.

Now, getting to sleep, some of that will come before the eating because a good nap before the workout and a good meal will surely help your training. They say you should sleep 8 hours a day, but I believe that's for the average person - not for the athlete, if you can afford the luxury to do so. After a full day of work, like to come home and take at least an hour or an hour and a half nap if I can. Then I'll get up and have pizza, some ice cold Pepsi and usually some kind of dessert (ice cream, doughnuts, pudding, cookies, pop tarts).

Now that you're rested and fueled up, you should be wanting to go! On to the actual workout. This will be a 12 week course, as I prefer this more than a 10 or 8 week course. A 12 week course gives me more luxury to take my time and allows for more adjustments that I may feel necessary. I don't do 8's or 10's as I don't believe in them, except in my supplemental bodybuilding program to assist my powerlifting. Remember, it's powerlifting, not bodybuilding.

Going into this program, we're assuming the lifter has a 500 lb.

Craig's Breakthrough... at the meet he benched 635, 662.25, 673.25 (to break Lain's record) and felt good so he tried 703.25 on a 4th and made it. His friend Scott Henriksen felt he had 5-10 more lbs. in him! This was a surprise because the most he had handled in training was 661. Scott says that Craig has perfect benching form, and since training with Scott, Craig has put 120 lbs. on his bench in 8 months. NBC had cameras there and the CHICAGO TRIBUNE did a big story on the competition.

A new concept in weight training instruction. A workout by workout, set by set, per rep workout plan, with training cycle, laid out for you. For top performance results. Each month, a different lift is analyzed. By the end of the month, you will know the correct strength levels that simply increase or decrease the training weights in direct proportion. For example, if your lift is 400, and a starting lift for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600 multiply the poundages specified by 1.2 (600 divided by 500).

Craig Tokarski Bench Press Routine



Craig Tokarski Benches 703.25 at 275; at the Iron Works Record Breakers meet in Illinois on June 28th

Exercise #3: Flat Flies - 4 x 12-16 40-50 lbs. Note: The reason for doing inclines & flies is to develop our chest in all areas, which will only correlate to a bigger bench.

Week One: Monday - Heavy Bench Day - Warmup 135 x 1 x 12-16, 185 x 1 x 10-12, 225 x 1 x 6-8, 275 x 1 x 4-5, 315 x 2-3, 365 x 1 x 1. Actual Sets: Heavy Sets - 395 x 4 x 5. That's it for bench & no more. Important Note: don't rush the sets, take anywhere from 5-10 minutes between sets to guarantee 5 reps for each set, I do.

Next Exercise: Incline bench anywhere from 225-275 lbs, you should be good for 5 reps of 4 sets. Note: On bench & incline even if you can do more than 5 reps on each set, DON'T, because what you care about is a 525 lb bench & not burning yourself out on the lighter weights. Save it for the heavier weights.

Friday: #1 LIGHT BENCH DAY: I suggest you start at 315 lbs, and stay there throughout your training cycle. REASON: Light Bench Day means just that, go light, you only practice your form & technique on this day, just pump a little blood into the muscle. SHOULDERS - behind the neck shoulder press 4 x 5- should be good for 185 lbs., but whatever you can get for 4 sets of 5. Note: All the bodybuilding is supposed to increase your bench, so that means you save yourself for the Heavy Bench Day. The sets of 5 should be, on scale of 1-10, about a 7. They shouldn't be a 10 or 9, just enough to help your bench.

NOTE: Take the weekend off & get enough food & sleep to help your body recuperate for Monday, and on Monday the first thing you'll do is bench & don't play baseball, football, or roller skating over the weekend, since we don't want you burning up calories or getting hurt.

About the hardest thing you should do is change channels with your remote control.

Week Two: HEAVY BENCH - This exercise really helped my explosion off the CHEST. Take whatever weight you can do for 4 sets of 5 and on all bodybuilding movements, all those besides the bench, don't increase the weights or the reps because you saving yourself for your HEAVY BENCH DAY.

Week Three: Monday: 405 x 4 x 5 and remember, on the bench, to keep the butt down & feet flat on the floor and try not to bounce the bar too much. Control the weight going down & fast up. The ascent should be faster than the descent, not vice-versa. Wednesday: same. Friday: same.

Week Four: Monday: 410 x 4 x 5. Wednesday: same. Friday: same.

Week Five: Monday: 415 x 4 x 5. Wednesday: same. Friday: same.

Week Six: Monday: Switch to 3's and drop 1 set. 425 lbs. x 3 x 3. Wednesday: same. Friday: same.

Week Seven: Monday: 435 x 3 x 3. First single up to a 485 lb. bench. Wednesday: same. Friday: same.

Week Eight: Monday: 440 x 3 x 3. Wednesday: same. Friday:

same.

Week Nine: Monday - 445 x 3 x 3. First single up to a 495 lb. bench. Wednesday - if you're too sore, from here on out, you can knock out Wednesday's workout. I personally do this as I find myself going heavier and heavier. Friday - Light bench again. If you feel too sore or overtrained knock out the shoulder exercise.

Week Ten: Monday: 450 x 2 x 3. Heavy bench only and go home. Wednesday - (OPTIONAL) you can do 1 or 2 exercises if you feel like doing a little. Friday: Light bench & shoulders if you feel like it.

Week Eleven: Monday - Heavy Bench 455 x 2 x 3. That's it & go home. No inclines & no flies. This is a must. Wednesday - Take Off. Friday: Light Bench ONLY.

Week Twelve: Monday: 460 x 2 x 3 that's it. Go home until contest day. Wednesday - OFF. Friday: OFF.

Meet: warmup 135 x 10-12, 185 x 6-8, 225 x 6, 275 x 5, 315 x 3, 365 x 1-2, 405 x 1 with shirt on and take off. Put shirt back on for 450 - that's it and take shirt back off. Opening attempt - 475; 2nd - 510; 3rd - 525.

Shirt tips: Wash shirt after every heavy bench day and dry it. Also, put the belt on tight and make sure the belt is over the bench shirt because you want to keep the shirt in place to get the most effectiveness out of it.

Use bench shirt from 6 weeks out. Get used to the equipment you'll be using at the contest. It makes no sense at all to only put on your shirt 2-4 weeks before a contest. Use it 6 weeks out so you are used to it and know what it can do. I see some guys use bad form in the bench: butts off the bench, bouncing the bar, kicking feet out, and they always train like that and think that on contest day they'll be perfect. Butt down, feet flat on the floor, and they'll be able to pause their 400 lb. mega bounced bench press. Remember, what you do in practice, you'll do at a contest. Above all, believe in yourself. Think positive and you'll know what you can do. Don't compete against anyone but yourself. Good luck.

If you would like a personalized bench press routine, feel free to write me at: World of Fitness Gym, 7100 W. 79th Street, Burbank, IL 60459. c/o Craig T. Tokarski.

Include: your age, weight, best bench, sex, and your current routine along with check or money order for \$15.00. If you would like a tape of my 635; 662.25 and my 703.25 lb. bench and pre-meet psych, send a check or money order for \$25 to the same address.

Ken Sommer succumbed to a fatal heart attack June 18th. He was with his closest friend Herb Glossbrenner when he collapsed at the Hotel Tropicana in Las Vegas. The two were to cover the NASA National Nationals and World Championships for POWERLIFTING USA. His stalwart competitiveness prevailed to the very end. Only hours earlier Herb asked him: "Do you plan to continue to compete when you are in your seventies and eighties?" Ken's replied without hesitation: "If I'm still around - sure! Why not?"

Born in Orange, NJ April 29, 1931, Ken was the oldest of five children. At age 14 before dialysis became standard treatment, he lost his mother, 36, to kidney failure. This followed a prolonged illness. This made a lasting impression on young Ken. It spawned his determination to someday alleviate the suffering of others.

Ken's intentions to become a health professional paralleled his own quest for physical fitness. He took up weight training. During the Korean War he served in the Air Force at Travis AFB, CA. It was there he met a young Lt. Otis Chandler and John (Skip) Harrison, a close colleague over the past 40 years. At the Vallejo YMCA he took up Olympic lifting.

During his lengthy lifting career Ken participating in both weightlifting and powerlifting. His best Olympic lifts were: 290 press, 235 snatch and 320 clean & jerk. He holds 64 National Records in his 60-69 age group. Ken was state champion in both W/L and P/L as a Master lifter. In one P/L competition he set 15 world records (three attempts in all lifts, 4th included and three totals). His best efforts in P/L were 420 squat, 340 bench and 620 D.L. The latter was a world 45-49 age group record. Ken was runner-up at SHW in the 1987 IWF World Masters W/L Meet in Puerto Rico, and he was 1988 Pan Am champion.



Dr. Ken Sommer battling steel.

ption in olympic lifting.

"Doc" Sommers worked his way through the L.A. College of Chiropractic under the G.I. Bill. He was an assemblyman at the now defunct General Motors Plant in Van Nuys, CA, and for a time was a switchman at a Glendale railroad yard.

He opens his chiropractic practice in 1960 with two other doctors. He married Anne Guthrie in 1964, who became his assistant until their son Steven was born in 1967.

Ken preached what he practiced, advocating physical fitness to all his patients. His articles and research regarding Blomfort's science appeared in national magazines and periodicals. He was a firm believer in usage of vitamins and food supplements to maintain vibrant health and energy. He kept abreast of all the latest scientific developments in sports medicine. He had an avid interest in astronomy, antique automobiles and was a dedicated movie fanatic.

Ken was strongly opposed to steroid usage and maintained a drug free lifting career. He abhorred World War, he served in the health and business profession and set an outstanding example for others to follow. Dr. Sommer's uncompromising integrity in every aspect of his personal and professional life earned him the utmost respect from colleagues and patients alike. His 32 years in Chiropractic saw the skepticism from the medical profession in the beginnings, progress from growing pains to not only acceptance but consultation after three decades of great productive strides.

Ken treated many famous athletes and movie stars as well as his many loyal patients. All were given the same serious attention and reaped healthy rewards the benefits of his unselfish service.

Ken always considered others before himself. He would give fellow competitors complimentary adjustments at competitions and even send them photos he had taken. He was most gratified when he received a verbal word of appreciation or a note of thanks. Most of the time he got neither. Too many took Ken's kindness for granted. One of his last acts of hospitality in this world came only shortly before his death. Ken took a camera from a total stranger's wife, and took the picture himself - just so she could be in the picture too! This was vintage "Doc" Sommer in everyday life.

The Iron Game has lost a dear friend. Our condolences to his family, friends, patients, and colleagues. To have known my pal "Doc" was an enriching experience. This issue of Powerlifting USA is dedicated to his honor. Herb Glossbrenner

IN DEDICATION



Lee Marsh (courtesy John Petroff).

Leroy Marsh passed away on July 18, 1992 while in Chicago for the Teenage Nationals. Lee was 56 at the time of his death. Lee judged on the first day, then suffered a heart attack at dinner and passed away at about 7:30 p.m. He was in the company of his sons Kyle, Rick Fowler, John Emerson and myself. He passed away surrounded by close friends and family. Lee was the Masters Committee Chairman, Meet Director, and National Referee for the A.D.F.P.A. Lee was an A.D.F.P.A. Masters Champion in 1988 and his lifting dates back almost three decades. Lee is survived by his son Kyle, Kelly and daughter Kimberly. He leaves behind many friends that he trained with both in the St. Louis area as well as in Illinois. He was always there to help a lifter train, especially in the bench and much of his efforts went for the Teenage and Master level lifters. He never missed a meet that needed his help in judging. You could always count on Lee to be there if he said he was going to be there. Lee traveled to several A.D.F.P.A. meets to judge and would go to many U.S.P.F. National meets to help out some of the St. Louis lifters in those competitions. Lee helped out so many people that I am not going to mention names, lest I leave one out and offend that person or persons. Lee's life was not all powerlifting. He was an Art Teacher at East St. Louis High School, an avid artist, enjoyed judo and had a sincere concern for people. I am a better person for having known Lee. He touched my life as he did so many in this area. Lee was very much loved and respected. He will be missed very much. Good-bye Leroy. Those who knew you, loved you. Those who had not the opportunity to be in your company missed knowing a truly kind person. John Petroff