

ERIK RASMUSSEN

1. How long have you been in Powerlifting?

Well, I started to do Powerlifting in 1982

2. How many World and European Championships have you competed in?

O wow, there has been so many! But my best place was coming 3rd in the Open Worlds in Cape Town in 2004/2005.

3. You are the owner of ER-Equipment, one of the leading brands in squat and bench racks, can you tell us how you started the company?

We started the company back in 1999

4. You have competed in the IPF for a long time now, where do you think Powerlifting is going?

It is definitely moving forward!!!

5. Your equipment is one of the best in the world today, is there anything we as lifters can expect more from ER-Equipment?

I have made the racks for lifters and the loaders. I want to make it accessible for everyone. If someone came to me with an idea, I will think about it and see if I can do it. All the idea's about the racks came from powerlifters.

6. Where did you use your first rack?

It was at our National Championship in 1999 in Denmark.

7. If there is anybody that could give you new ideas for racks where can they get hold of you?

You can go to my website and find my contact details on there: www.er-equipment.dk



Erik Rasmussen, Owner of ER-Equipment

JAROSLAW OLECH



Yes, the strongest athlete on the planet, the eight times World Champion (2002-2009) and twelve time European Champion (1998-2009), a many times world record holder (15 records in the 67,5 kg and 75 kg categories), Champion of the World Games 2009, and most of all likes to take part in competitions. Jaroslaw - one of the few athletes, about who we can say that his modesty only decorates him. He never brags about his conquests - he is their lives and gives sports enjoyment to many fans of powerlifting.

Jaroslaw, we start with a few words about where you were born, where you grew up, about your childhood, about parents, and how you came into powerlifting?

"I was born in city, which is situated between Krakow and Warsaw in Poland. There I grew up, trained and studied. Now I live partly in Poland, partly in London. As a child I was an ordinary kid, maybe a bit stronger than my peers. From childhood, I liked football, and I still love to see high-quality, interesting matches. At the age of 18 I heard about powerlifting for the first time, then started training. My first coach was Darek Darlatka, he worked with me for three years.

As parents, they have me simply wonderful. My mother worked in a hospital as a nurse, my father was a master of the tree. Now they are retired. I have an older brother, he is two years older. Previously, he was also involved in powerlifting and took part in international

competitions, he became a bronze medalist of Europe championship twice. He is working now and has no longer practicing. I have two daughters - Caroline and Daria. Caroline is about 13 years, Daria - 4 years old. My wife Anna doesn't work - she devotes herself fully to the family."

Tell me about your first competition, where and when they were held?

"My first competition - the Poland National Championship - I competed on the category 56 kg. I do not remember how much I totaled then, - it was 17 years ago. I took part in international competition for the first time in 1995 - it was the Junior European Championship. Then I entered the category 67, 5 kg, and took second place with a total of 637.5 kg. A year later I had won this competition with a total of 685 kg. I began competing in the world championships in 1997. I began in the category 67, 5 kg with the total of 710 kg for the third place."

Jaroslav I know, that you have competed for a long time with the powerlifting legend of the world, Alexei Sivokon. How did it influence on your sport way, and how were your relationships?

"Yes, I'm really a lot of time lost to Alexei. What I was feeling? What is not worthy of victory. It has mobilized me to work hard in training, and subsequently it has borne fruit. Alexei was a model athlete for me, I always treated him with a great respect. He also was a good friend with whom I could talk also".

Jaroslav took part at the World Championships for ten times in weight category 67, 5 kg, and his best result is - 832.5 kg (World record) in 2004. Then he did a world record in the squat - 340 kg, in the next year's world championships, he set a world record in deadlift - 318 kg. He won European Championship in the category 67,5 kg 9 times, for the first time it happened in 1998. In the 75 kg category he stands Champion since 2007. For now, he three times-winner of European and World Championships in this weight category. His best result - 887.5 kg (world record). In the squat Jaroslav beat the world record three times: first by 350 kg in 2007, then - 360 kg in 2008, and finally, 365 kg in 2009.

What do you like in powerlifting?

"I love to compete, do not like training. When I compete, I'm very calm, full of myself.

I like it when coaches help me. I have three coaches: Arkadiusz Znoek - coach's of club (in Poland, all athletes were in favor of any club, in my club about a hundred athletes - there are also powerlifters and bodybuilders), Roman Shimkovyakov - my coach in national team. Roman in the past was very strong athlete, repeatedly won European and World Championships. And the man with whom I training directly - Jacek Wiak, he also serves with me. I write my training plan by myself."

Tell me about your training schedule.

"It's a secret (laughs). I am training three times a week for 4 hours. Six weeks before the competition starts to work with equipment. After that, every training day I work with equipment. Without it, I squatted 220 kg, 160 kg bench, deadlift 270 kg. During training I try to enter the competitive equipment. Each training session I have varied, depending on the period of training I was doing between 5 and two attempts. During the competitive period, I train only competitive exercise, and immediately them before competition. In the off-season I did not train at all, my greatest passion in the off-season - "rock" biceps"

How does your diet look like?

"I do not like fish, I like meat and chicken more. I love noodles and pasta, rice is not it. I like sweets very much, I eat it, when I want. I have no diet. Of the sports supplements use vitamins, protein, BCAA, glutamine ... Oh, and beer every day (laughs).

Now it is not hard to take part in my weight class, I feel comfortable with, because I do not have to loose the weight. When I go to the category 67, 5 kg, I should be rounding up to five kilograms."

What do you do in your spare time?

"I don't have much free time. A lot of time consuming works on London in construction work - I work for a decorator. I am training with Jacek and his brother, who also carried away powerlifting. Jacek - my best friend, he



helps me a lot. In my spare time I like to read sports magazines, I like to find interesting new instructional techniques in terms of training and equipment.”

What are your future plans?

“I plan to continue to take part in competitions. Of course, I have my injury, but everything is normal with my back now. Me with Jacek have a good doctor, Tim, he has his own clinic in London, where he works with various athletes and various problems with back and joints.

As for memorable events I remember the World Games, there was no more vivid event in my life. In general, I am peaking only twice a year - at the World and European championships.”

What would you like to wish our readers?

“First of all, I want to wish them patience in training and health!”



***“I don't like training,
I like to compete!”***



The two strongest nations in the IPF are Russia and Ukraine. By comparing the results of their National Championships 2010 you can make yourself an image about the sportsmen accomplishments.

by Zhanna Ivanova