

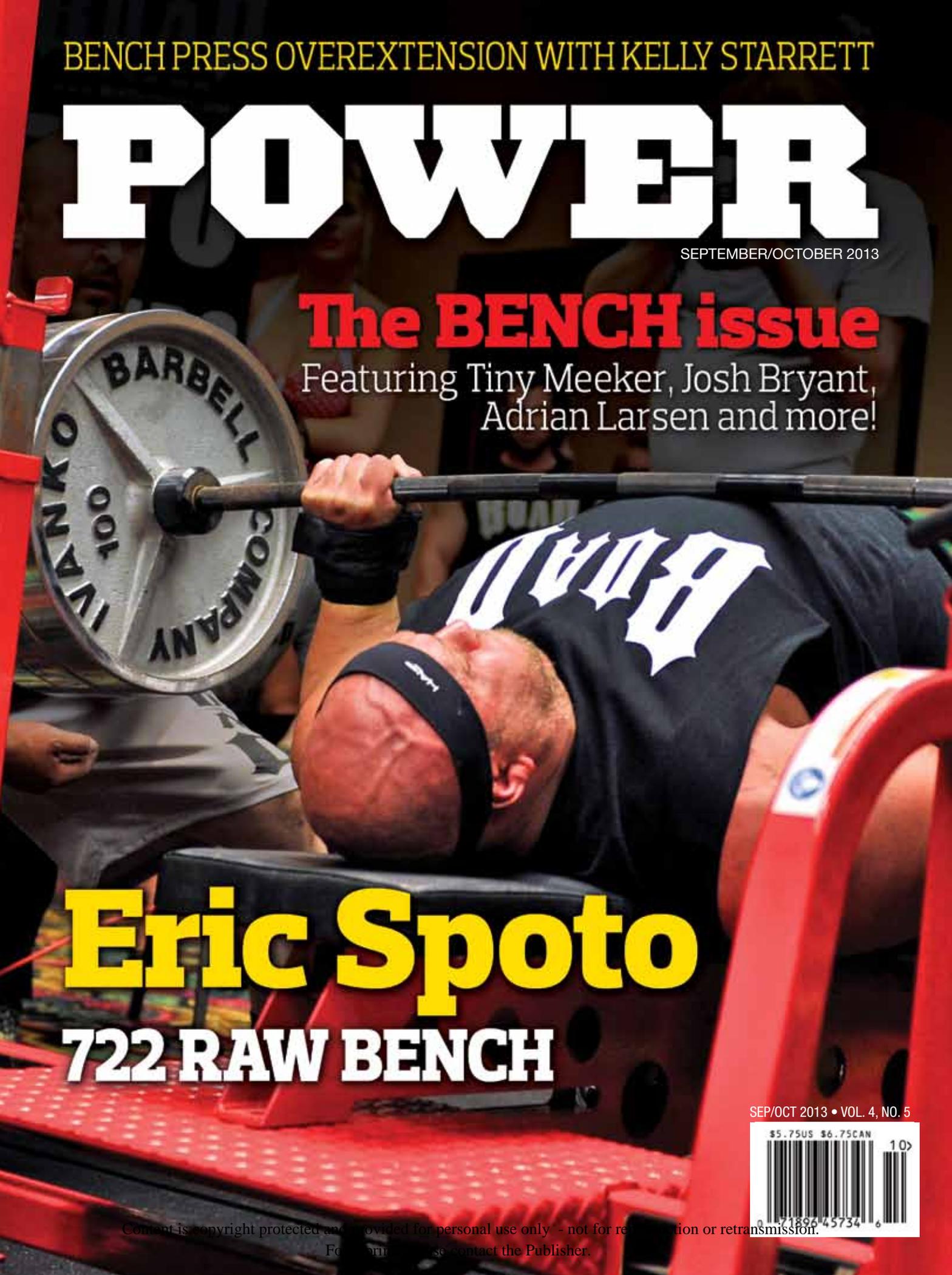
BENCH PRESS OVEREXTENSION WITH KELLY STARRETT

POWER

SEPTEMBER/OCTOBER 2013

The BENCH issue

Featuring Tiny Meeker, Josh Bryant,
Adrian Larsen and more!



Eric Spoto

722 RAW BENCH

SEP/OCT 2013 • VOL. 4, NO. 5



RM-6

MONSTER RACK

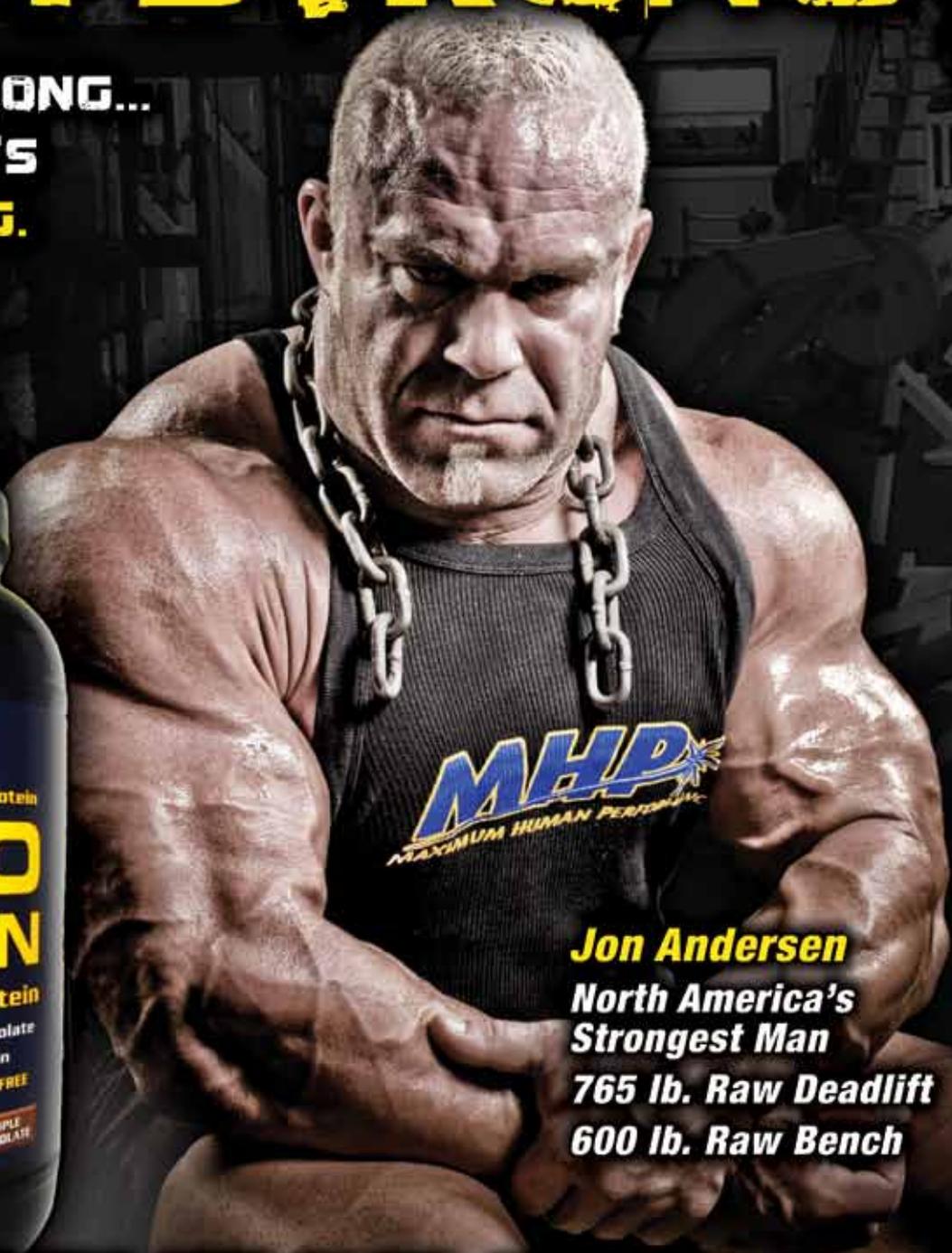
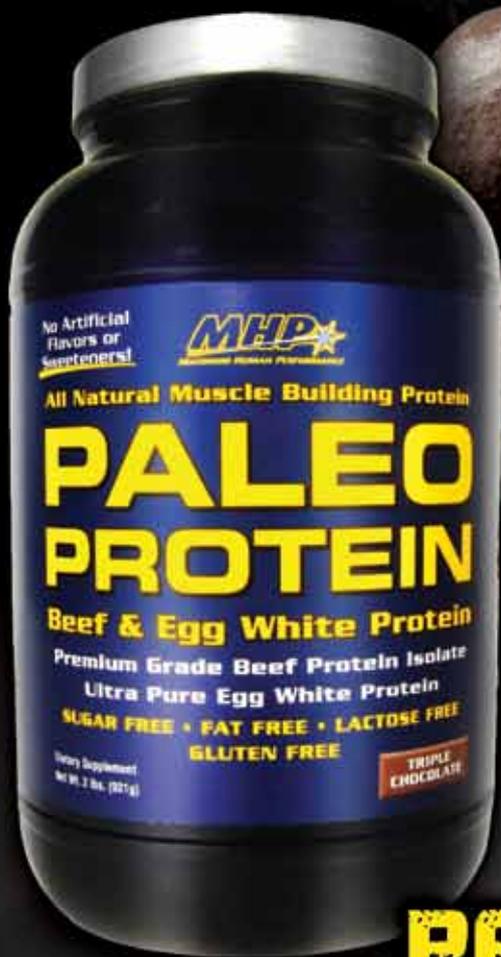


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The Bench Press Issue featuring Eric Spoto 722 Raw and Tiny Meeker 1077 equipped.

Yo, brah – HowMuchYaBench? Hopefully after reading this beefed-up bench press issue of Power you can give a substantial answer to this common methead question.

Josh Bryant, the youngest lifter to ever bench 600 raw, is shares his info here in Power magazine. Josh is known for highly demanding workouts. You could almost say it's Deep Water Benching!



Sophia, Quinn and Kaycie

Speaking of Deep Water, Mr. Jon "I haven't eaten a carb in a decade" Strongman Anderson shares his Deep Water style of nutrition. Jon is a pro wrestler over in Japan, and he lives the code and walks the walk.

Another person who walks the walk does so with a limp. Adrian Larsen is one of the most driven people I have ever met. This guy was born with deformed/dislocated hips. He was told he'd never walk, and now he's just a few steps away from walking up to the platform and drilling a world record. Like Forest Gump, Adrian Larsen broke free from his leg braces, and you can bet that he'll break the all-time bench record of 584@220 in late August.

My boooy Robot interviews Dr. Kelly Starrett about proper movement patterns in the bench, and how a little mobility may be the missing link to you pressing big weights and staying healthy.

Behind the scenes for more than a decade – just training, building, eating, growing and gaining strength with nearly every workout – was a man who turned himself into a bench-pressing machine. This machine moved massive weights in ways the strength world has never seen before, however no one knew who he was. In fact, he came through the doors of Super Training as an unknown. He joined us on a bench day, we all warmed up like we normally do. As we got to 405 lbs. I noticed something unusual about this man that seemed to be sporting 20-inch forearms: He was using high reps on the warm-ups (not common in powerlifting) and the reps were insanely easy – 135 for 10, 225 for 10, 315 for 10, 405 for 10. Then he started to separate himself out from not just lifters of Super Training, but all lifters, as he went on to press 495 for 10, 585 for three and 635 for two. At this point our minds were totally blown and I began to call the out-of-this-world behemoth, "Ogre." To that he said, "I have been called worse, but my name is Eric Spoto." With strength like that, I will call Mr. Spoto whatever he likes! And with strength like that I will place the 320-lb. Vanilla Gorilla on the cover of my magazine and make sure the world knows of his strength. Eric is currently the king of the bench press with his world record 722-lb. raw lift. Learn of Eric's evolution in this exclusive interview for Power.

Please make sure to subscribe to my free Power Project at www.youtube.com/SuperTraining06. Speaking of free, did you guys know that Super Training Gym is now free? All you have to pay with is your blood, sweat and tears. Hit me up with an email if you want to check us out PowerProjectArmy@yahoo.com. One final announcement, just because I love the sound of my own voice: I'm starting a podcast with Jim McD, who runs SuperTraining.tv. Keep your eyes open for more details soon.

I want to say happy birthday to my little girl, Quinn who is turning six years old, and her best buddies Kaycie and Sophia Burdick, who are also turning 6.

You bring a big smile to your dad's face many times each day. I love you, Q.

Mark Bell

Sent from my iPhone 6 and Slingshot HQ

www.HowMuchYaBench.net
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www.SuperTrainingGym.com



POWER MAGAZINE

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King of the Bench

The raw bench press world record holder goes into detail about his training methods and plans for the future.



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Aaron's best total is 2,315, which is ranked No. 5 all-time at SHW and No. 7 all-time overall. He's one of only seven men to ever total 2,300-plus raw and now he is done competing. Read about his farewell competition and his advice to all the up-and-coming lifters.



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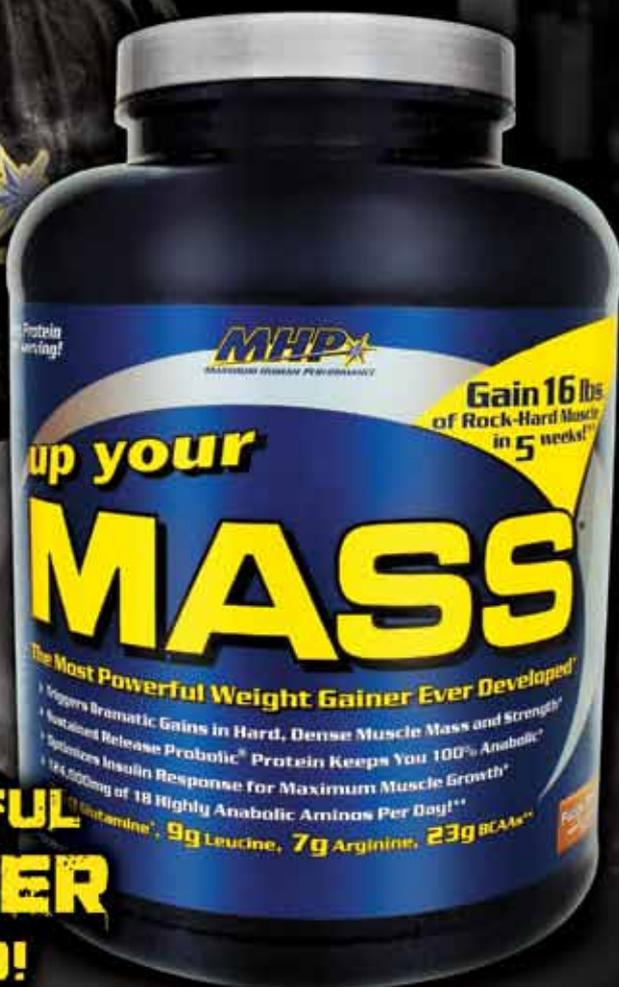
Supercharging Your Bench Press

Josh Bryant has bench-pressed more than 600 lbs. raw at just 22 years old. Take a look at the unconventional methods that will have you bench-pressing huge numbers.

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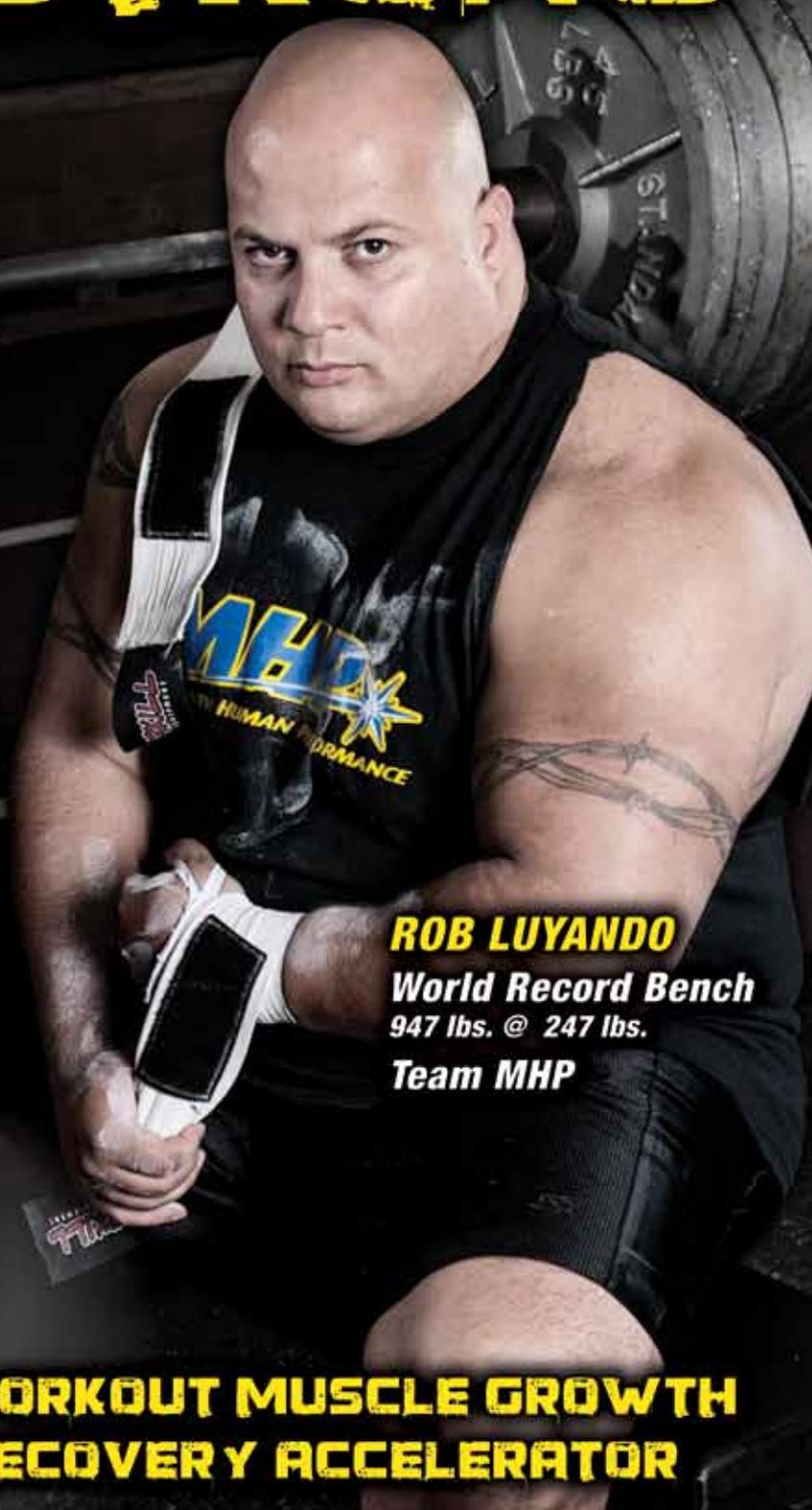
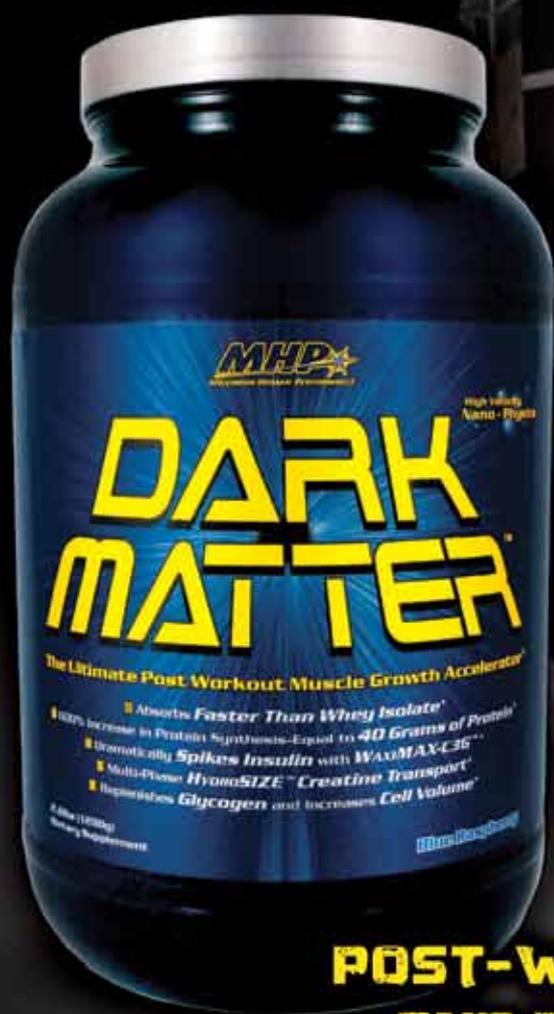
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Mega Triceps curl bar

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PUTTING THE CAN IN CAN'T

BY ADRIAN LARSEN



For the better part of my life, I have been told, "You can't." Let me take you back 33 years. When I was born, I had a few complications. I was born with dislocated hips and clubfeet. Basically, I was awkwardly growing in my mother's stomach. The dislocated hips were an easy fix. They pinned them, which left me with very limited flexibility. The clubfeet were trickier. The problem was, my feet kept turning in. I began having surgeries weeks after I was born. Unfortunately, the doctors didn't think I would ever be able to walk without some form of assistance.

I spent the first two years of my life in body casts recovering from corrective surgeries. Once the doctors took the casts off, I didn't know any better other than to try to walk. Over time I figured it out, and there was no stopping me. For most of my adolescent years, I had to wear corrective braces. After 18 surgeries, they figured the braces would have to do the rest of the work.

Going into junior high school, I had to have one last surgery. This is when my legs really started to cramp my style. I didn't want to wear shorts because I was the only one that had

leg braces. And let me tell you, these things didn't just blend in. I also had to go to a different school than my friends because I was going to be in a wheelchair for part of the year. So I attended a school where I didn't know anyone, and I was different. I was a little out of my element. To top it off, I was not allowed to do physical education. I had to take weight training.

Up until that time, I had two exposures to weight lifting – both negative. The first was when I was 6 years old. I saw WWE wrestling on television and Hulk Hogan said if you wanted to look like him, you had to work out. They

showed a short clip of him exercising. The light bulb goes on in my head and I go straight to the fridge. I open it up and pull out a gallon of milk. I empty the gallon of milk into the sink. Why? I'm not sure. But then I filled it up with water. So I went into the backyard with a gallon of water and started working out.

My mom stormed out and yelled at me for pouring out the milk.

My second exposure to lifting was at my father's house when I was 10. My dad had a bench press set up in his garage. I asked him if I could try the bench press out. He said, no, not right now. He walked into the house, and I took it upon myself to try to bench. Of course, I got stapled to the bench with the bar on top of me. I tried everything I could to get out from underneath the bar. Finally, I had to yell for help.

So I was forced into taking a weight training class with no positive exposures to working out. The first day in class, I just watched everyone and what they were doing. There was basically a lat pull-down, triceps push-down rack, Smith bench press and a leg press machine with a dip bar behind it. The instructor was a fat, bald and know-it-all coach.

One day, a friend of mine dared me to see how much I could bench. Of course, I got on the bench and started to push pretty close to my max with no warm-up, no work-up sets. I just went heavy. And I did way more than anyone else – about 225 lbs. Pretty good for a 12-year-old.

The teacher pulled me aside after class and said, "I don't want to see you do anything like that again. You will never bench more than me." He only benched 315 lbs. on a Smith machine, and back then, that was impressive to me. The teacher went on to say that I needed to follow the program and not to worry about my max bench.

Later that day I told my mom



what had happened. I told her I was mad that someone said that I can't do something that I know I can do. She told me the most valuable thing I needed to hear: Prove him wrong.

Throughout the year, I worked as hard as I could. I had no idea what I was doing, but I worked my tail off. Toward the end of the year, I was easily benching 225 lbs. for 10 and thought it was time to try 315 lbs. I waited until the teacher was distracted, loaded the Smith machine and, with a buddy standing by, I pressed it. And I did it!

The teacher came over because several students began to make a big deal about it. The teacher asked if I'd done that. I said, "Yes." In disbelief, he asked me to do it again. I cranked out another rep. Eat that you fat P.O.S, I thought. He said, "Good job," and walked away. I knew that I had defeated him.

Going through eighth grade and starting high school, I lifted all the time. And I loved it. And, to this day, just before a big lift I think that someone at the gym doesn't believe I can do it – and that is what helps push me to get better.

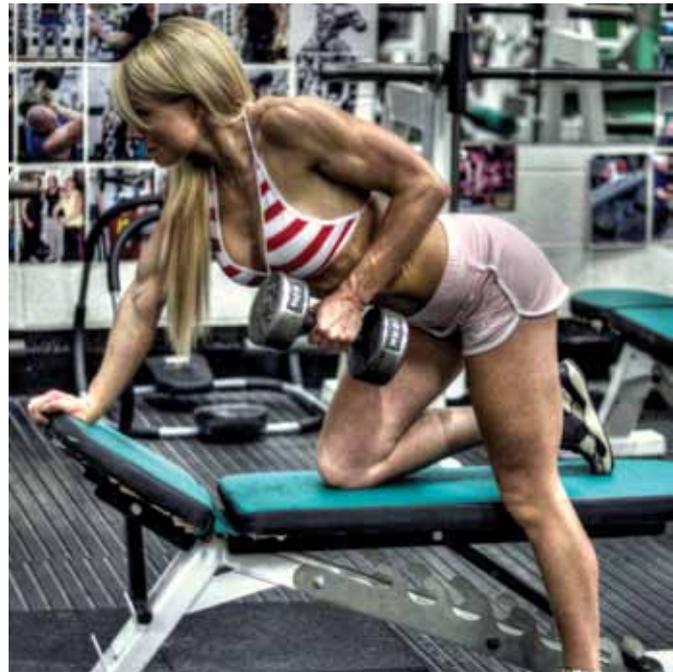
My first year of high school I was still wearing braces, and it really started to bother me. One day while riding the bus to school, I took off my

braces and put them in my backpack and later into my locker. Walking around felt really weird. But I wasn't wearing them anymore. I did this for a long time, until the day I forgot to bring them home. Of course, my mom noticed right away and freaked out. After consulting a doctor, the conclusion was to continue to not use the braces until there was pain, or I had trouble walking. During this time, I was playing basketball and everything was going great. When playing on the basketball team wasn't an option, I began to take a weightlifting class. I met Jauquin Diaz DeLeon, and he began to show me powerlifting. Since then I've been addicted to lifting and training.

What have I learned? I'm glad this happened early in my life. I think a lot of people hear, "You can't do that." And they settle. As a baby I didn't know any better. When I began to walk, I didn't know the doctors told me I couldn't walk. When the doctors said I couldn't run, I played basketball. I never let someone tell me what I can and cannot do. Do not settle for what someone else thinks of your abilities, because 10 times out of 10 they will be wrong. If you dig deep down and want something badly enough, you will get it done. **PM**

THIS CHICK CAN KICK YOUR ASS... AND YOU MAY LIKE IT!

EMMY LOUISE



How old are you, where are you from and what are you wearing? I'm 29 years old from Gravesend, Kent, UK. I'm eating a tin of tuna fish whilst wearing my Bulks Gym leggings and muscle top vest.

Where do you train? At my own gym, Bulks Power and Strength Gym, in Gravesend. It's a traditional "spit and sawdust"-style gym with dumbbells to 100kg, heavy metal music and chalk ... my type of gym. Not a leisure center franchise that doesn't allow you to drop weights and make a noise!

Do you lift with other girls, or is it all guys? I lift as part of my own Power Team and my fellow lifters are all guys – as well as my best friends. I train alongside Shane Harrison, one of the strongest junior powerlifters in the world. Despite everyone having their own competition prep to worry about, they all put my needs and my lifts first. I love them all to bits!

What do you do for work? I am actually a maths teacher and run my own private education business, as well as running Bulks Gym and other associated business ventures. A busy little bee, indeed!

How did you get involved in powerlifting? I have been strength training on and off for about six years, but last year, after divorcing my husband, I decided it was time to take things seriously and devote more time to myself and my training.

What do your "normal" friends think of how much you can lift? Fortunately, all my friends are my fellow lifters and gym members, so they think I am awesome. It's more my family who do not understand what I do. I constantly hear, "But why

would you want to lift that?" or "Why do you want to look like that?" I try to surround myself with positive people who know and encourage me. I find "normal" people just don't get it! They all go to a bar after work. We get under the bar instead!

When you go to a powerlifting meet with a room full of men with massive levels of testosterone, do you feel like the center of attention? I normally create the attention! A little 5-foot blonde in pigtails, a singlet and screaming at the bar would be hard for anyone to miss. I don't look like I should be a powerlifter and I like to play up on that at competitions. I make sure I am as pretty as I can be – a power princess.

Are you married, have a boyfriend or single? I'm divorced, but I live with my partner Jay Hughes, one of Europe's strongest men who is now making a return to the bodybuilding stage 10 years after he first started and was up against Flex Lewis. It's an ideal partnership as we both know how important training and competing is, and can help and support each other along the way.

Do you remember the first time you out-lifted a boy? How did it make you feel? I still out-lift a lot of my gym members. It's a great confidence boost. I love being able to do things that others say are not possible. It just makes me want it more. Tell me I can't lift it and I'll show you that I can.

Do you wear make-up to the gym? Generally, no. If I open up in the morning, my gym members might by lucky enough to see me with make-up still intact, but it won't last

long. Competition day is another matter, though. That is when I have my 22-inch hair extensions in and false eyelashes on, and make sure I'm tanned and toned. I need to look my best on comp day!

What do you have to say to women who don't lift weights because they think they'll get too big?

Grrrrrrrrrr! It drives me mad! Some think they are going to pick up a dumbbell and turn green like the Incredible Hulk. If only! If that's the case, we would all be winning Ms. Olympia! I spend a lot of my time trying to "re-educate" people and break the stereotype. Facebook promotion has definitely helped; lots of people share my photos to help spread the word. "Lifting dumbbells will not turn you into a man!" has been a common post. If I can deadlift three times my bodyweight and look how I do, then then a few weight sessions are not going to make you big! It's a sore point. Rant over.

How has powerlifting helped you? It has completely changed my life. I suffered with bulimia for more than 10 years and had no self-confidence or self-belief. Training helped me deal with my eating disorder and keep it under control, and am now not ashamed to talk about it – or the struggles I face when jumping in and out of weight classes by bulking or cutting, like going from 64kg when I was training for Strongwoman to the descent to 48kg to take on the WPC world records this year in Prague.

I know I need to eat correctly. Otherwise my training suffers, and that is what is of greatest importance to me right now. Competing gives me a focus, and the encouragement I receive is unbelievable. So many people message me saying how I am an inspiration to them and how they want to get into training – I finally think I have some self-confidence and belief. Winning the European Championships and taking home the European deadlift (157.5kg) and total records (322.5kg) in June was a dream come true. It was my first international competition and the first time without my Bulks Power Team. It was even the first time on an airplane by myself. If it wasn't for powerlifting, I would not be becoming the independent, confident, aspiring world champion I am now!

What is your favorite lift? Definitely deadlift; you can get angry with it! The others I have to be a little more focused and controlled with, but I with deads I will pull until I can't pull anymore. I definitely put my heart and soul into deadlifting.

Tell us about your current best lifts. Best comp lifts are squat 120kg, bench 70kg and deadlift 157.5kg. I hold the British Records at 52, 56 and 60kg, as well as the European deadlift and total records.

What are some of your powerlifting goals? Would like to be 48kg WPC world champion this year and take on the WPC world records in Prague in November, so watch this space!

Anything else you'd like to add? I would love to see more women in the sport, but with good publicity it is getting better. Slowly but surely we can convert them to the world of iron sports. **PM**



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ERIC SPOTO

KING OF THE BENCH

BY MARK BELL

Mark Bell: It seems like I interview one mutant after another for Power. But you are a 321-lb. mutant of titanic proportions! When did this all get started, Mr. Spoto?

Eric Spoto: I started lifting weights around age 11. I had those gray plastic weights in my basement that you would fill up with sand. I think my workouts consisted of bench press, clean-and-jerk and bicep curls.

Bell: Give us some stats. How tall are you? How old? How big are your biceps and forearms?

Spoto: I'm 5 feet, 11 inches, 36 years old, biceps are 23 inches, forearms are 19.

Bell: A 19-inch forearm is insane! Did you build your forearms up from arm wrestling? I heard you mention you have an arm wrestling background.

Spoto: Forearms, like calves, have a lot to do with genetics. I'm not saying you can't make them grow, but genetics play a huge role in how big they will get. I always had big forearms before ever doing any direct forearm exercise. I did train them directly for a couple years for arm wrestling, but haven't trained them in at least two or three years. I may return at some point.

Bell: I'm going to write a number and next to it tell us how many reps you have done with it. If you hit it up incline, write that in as well.

225: 80 3/4 reps
315: 60 3/4 reps, 40 full reps
365: never did it
405: 40 3/4 reps
455: never did it
495: 22 3/4 reps
550: never did it
585: 10 3/4 reps
600: 6 full reps
635: 5 full reps
650: 4 full reps
675: 3 full reps
722: 1 rep
210-lb. dumbbells: 17 reps

Bell: Mind-boggling! How much did you bench in high school?

Spoto: First time I did 315 I was 15, I was in the low 400's when I graduated HS.

Bell: Rather than focus in on how you train at the moment, let's get some ideas on how you built this tremendous base. How did you train as you were coming up through the ranks? Sets, reps, frequency and so on?

Spoto: I trained like a bodybuilder. This was all pre-Internet, so muscle magazines and books were your only source for training information. I would do a ton of sets, at least 15 sets for chest, and then still do shoulders and triceps all on the same day. I would do at least 35 sets on a chest, shoulder triceps day. The sets were faster paced and I would be in the eight- to 12-rep range for most exercises. My favorite compound movements were bench, dips, pull-ups and squats. I would do a bunch of isolation exercises for each muscle. Knowing what I know now, I would change a lot of things about how I trained back then, but I do think the tremendous amount of volume I did for all those years helps enable me to train with the volume that I use today.

Bell: What do you feel are some key factors to staying healthy on the bench? What methods and exercises do you include to keep yourself bulletproof?

Spoto: Healthy is a relative term, and I don't think there are too many 600-plus raw benchers who aren't nursing some type of injury on a daily basis. We know you can never fully prevent



Spoto benching 722 lbs. to set the Raw Bench World Record.

injuries, but a proper warm-up will go a long way. I have no problem doing five to 10 sets before I get to my work sets on bench, if that's what it takes to feel ready. Of course, every raw bencher at some time or another is going to have some sort of shoulder issues. The rotator cuff is a very small and weak group of muscles compared to the bigger muscles that are involved in a bench press. I try to train them at least once a week and warm them up before every bench workout. Stay warm. During those brief Vegas cold months I always wear a sweatshirt and try to get a sweat going before I get to my work sets.

Bell: You drilled the biggest bench ever at 722 lbs. However, it looks like there are at least two or three other men out there who will attempt to break your record, like Siamand Rahman and Kirill Sarychev. What do you feel you need to do to keep them off your heels?

Spoto: The fact that there are so many great raw benchers right now is a testament to the resurgence of raw powerlifting. There will always be great athletes in any sport who are at or near the top; you can't focus on what other people are doing you can only try to be the best athlete you can be. That being said, I don't think 722 is the best I am capable of. I am just getting use to the whole peaking at the right time and understanding the timing of trying to be your strongest the day you step on the platform. If I can time everything

up right and have a good training cycle where I can stay relatively healthy, I definitely feel like I am capable of more.

Bell: We spoke about what separates you from everyone else. You mentioned how you started at 11 and just been pounding away consistently. Can you elaborate and share what you said with the people of Power?

Spoto: I always wanted to be big and strong. It seems like every kid from my generation grew up to Arnold movies and wanted to be like him. I started out in my basement like most kids, then moved up to my first gym membership around age 13. My friends and I would lift for hours following some pro bodybuilder's program. I think all the volume and sets I did as a kid really helped build a foundation for when I got older. By growing up and training bodybuilder-style you become extremely conditioned because of the pace and volume of the workouts. Powerlifting is all about moving as much weight as possible; bodybuilding is about focusing on muscle contraction and isolating the particular muscle you are training. The bodybuilding foundation helped develop my slow twitch type I muscle fibers. Most powerlifting articles I have read have said anything more than six reps is pretty much pointless, and 20 to 40 reps would be an absolute waste of time. I tend to disagree with that theory, especially for an athlete that is at or very close to their genetic peak. If an athlete has been stuck at the same 1RM

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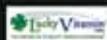
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or 3RM for an extended period of time, if I can get his 1ORM to increase by a couple reps then there is a good chance he will hit a PR on his 1RM. One of the main benefits of this training would be the added muscle hypertrophy from the higher rep sets. A larger muscle has the capability of being a stronger muscle.

Bell: How have you avoided major setbacks and injuries?

Spoto: I have had setbacks and multiple injuries, like any competitive athlete. It is close to impossible to push your body to the upper limits of its capabilities without getting injured. The key is to know when to back off when you feel your body starting to break down. Most powerlifters and athletes in general are competitive people, so it is hard to ease up on your training and not try to push past the pain. You just have to listen to your body and lighten up the weights for a couple weeks to let your tendons and ligaments heal up and adjust to your increase in muscle strength. Then I go back to smashing some big weights and having some fun breaking down my body again.

Bell: I'll throw out some assistance moves and you tell me what you like about them. Dumbbell bench flat or incline dumbbells?

Spoto: These are great because you get the added benefit of building your stabilizer muscles. I think less experienced and younger lifters will get more benefits from them than an elite lifter, but it is a movement that should be in everyone's program. One major drawback for an elite lifter is that as you get stronger the dumbbells need to get bigger, so instead of having an increased range of motion they almost become a two-board press because of the weights hitting your chest. Holding them vertical can help with the range a little but they still hit your chest and I feel a little awkward in that position.

Bell: Shoulder presses – what kind do you like and why?

Spoto: Each and every kind of shoulder press is going to be important. Standing military press is going to be extremely important to younger or intermediate lifters for building overall core and total upper body strength. I still do standing military presses a few a month. The reason seated shoulder press is the best shoulder movement for an elite



lifter is you can lift more seated than standing. It goes back to my theory that whatever exercise allows you to lift the most weight for that particular muscle is going to be the most beneficial to getting stronger. That's one reason I like the SlingShot.

Bell: Triceps extensions and JM presses?

Spoto: Triceps extensions are a great warm-up exercise before a heavy movement like a JM press. Extensions are more of a bodybuilder movement; I don't really see that much carryover in triceps extensions to bench press. JM press is one of the best triceps power movements you can do.

Editor's note: For examples of how to perform a JM Press do a search on YouTube.

Bell: Lateral raises?

Spoto: Great exercise, and one of the few movements I prefer doing using a machine instead of free weights. I think it helps with overall shoulder health and helps prevent muscle imbalances. Your front delt is always going to get way more work than your side and rear delts, so you want to try to stay as well balanced as possible to prevent injuries.

Bell: Rotator cuff work?

Spoto: Extremely important for any powerlifter and especially a bench press specialist. They are weak muscles and get injured really easy. You want them as strong as you can get them

Bell: Now a few questions from our Facebook fans.

Marco Millul: What's the key to a massive bench? What's the element that brought you to 700? And what got you from 300 to 400 to 500?

Spoto: The key to your bench press is you are only as strong as your weakest bench muscle. If your chest can bench 500 but your triceps can bench 400, you are a 400-lb. bench. It is a cliché, but a chain is only as strong as its weakest link. Find out where you fail when you miss a press. If it's off your chest, it's going to be back and/or chest. If it's middle transition, it is normally shoulders, and if it's at the top then it's triceps. Always be aware of what other lifters who have a similar 1RM bench can do at other exercises. If you both have a 400-lb. bench and he is doing shoulder press with 275 and you are struggling with 200, that is a good indication your shoulders are holding you back. Always look to find that weak link and make it stronger. Over the years my weak link has changed several times. I decide what muscle is the weakest and I focus on that muscle. After a while the weak link isn't the weakest anymore, and a different pressing muscle is now the weakest. It is a never-ending constant progression.

Jesse Burdick: What's the deal with Creed?

Spoto: Is this a real question or you just being a wiseass?

Stan Efferding: Why are you scared to squat?

Spoto: I figure if I start squatting, I will break your 2,303 and I don't want to hurt your feelings. Kidding aside, I am slowly trying to squat again. I have tried a few times and every time I get to that 585 range, my compressed discs get to the point I can't walk right for a week. If it's going to affect my bench training, it isn't worth it to me. I am trying to take it slower this time and let my lower back adapt to the weight better. Hopefully it will work and I can start putting up some big squats.

Emonn Harford: Explain your shoul-

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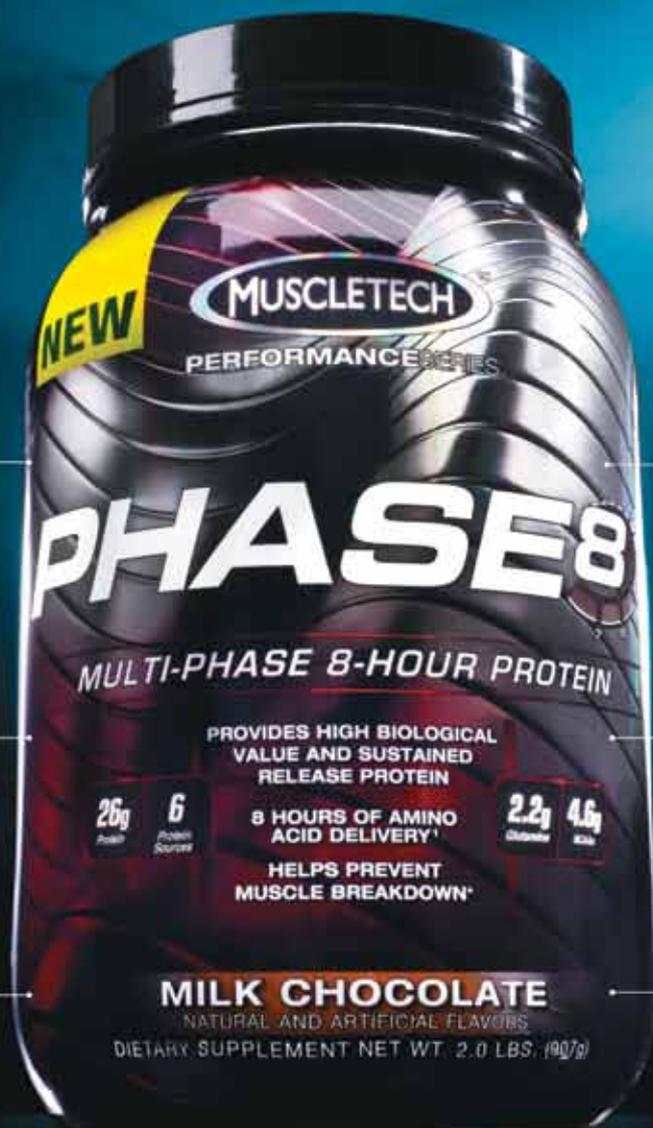
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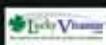
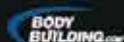
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der workout, and do you train shoulders on a separate day from bench?

Spoto: On max effort bench my shoulders get so fried that I don't need to do any other shoulder movements. On my second bench day, which is either a rep day, speed day or board work, I do direct shoulder work.

Bell: Tell me more about this second bench day. Tell us what a rep day, a speed workout and a board workout look like. Do you feel this second day helps?

Spoto: Rep day: On the rep day I am looking to get a good workout for type I muscle fibers. I will lift at a faster pace between sets and use lighter weights. I will bench press but I will also do some isolation movements for chest on this day, usually one or two types of fly movements. During my max effort day I am focusing on explosiveness and the amount of weight being used. The rep day I actually concentrate on contracting the muscle I am using, very similar to how a bodybuilder would work out. Between the higher reps and the faster pace I actually get a pump, which almost never happens on max effort days. Besides the type I muscle benefits, I also feel this type of training helps with recovery from max effort work and helps strengthen tendons.

Speed day is pretty simple. The goal of this is to move the weight as fast as possible on the concentric portion of the press. I think a lot of people don't get the maximum benefit from this style of training because they do it like it's three fast reps. I look at this as three singles. So instead of going fast on the eccentric portion of the lift, I try to go at a speed that would be similar to my 1RM decent. Once you touch your chest you explode like it is your 1RM, then reset and repeat for a couple more reps. I will do six to eight sets of this. I prefer to have bands so I don't hyperextend my elbows. After warming up I will go use 50 percent of my 1RM for a couple sets, then decide if I want to stay there or add a little weight. I don't count the bands as part of the 50 percent.

For board work I prefer using a three-board because it puts my arms at a 90-degree angle at the bottom, which is



Spoto teaching Mark Bell some arm wrestling pointers

a common sticking point for most people. Most of my board work will be in the three- to five-rep range. Its gets rough doing board work on your second bench day, so if you haven't been eating right or getting enough rest, then you might not be ready for another heavy day so soon. I think most bench specialists can recover enough to add this to their routine once or twice a month, but it would be really hard for a full meet guy who probably has done squats and/or deadlifts in between the two bench days to be ready to go heavy again.

Bell: What does the main bench day look like? Can you lay out a typical three- or four-week cycle?

Spoto: A max effort bench day will start on the flat bench every workout. I will do a bunch of warm-up sets until I feel ready for some work sets. I will take around 10 percent less than my goal triple for the day, and do my first triple. That is considered my first work set. I put a little weight on and hit another triple — that will be the second work set. Now I go to my planned triple for the day and do that for around three sets. After that I throw on the SlingShot for a couple triples of some overload work. Then I lower the weight and do a couple close grip sets for eight to 12 reps, and flat bench is done. From there I go to a push press movement or dips. I finish the day off with some triceps accessory work.

A three- or four-week cycle would all

be based around the triple work sets and trying to add 5 lbs. from the week before.

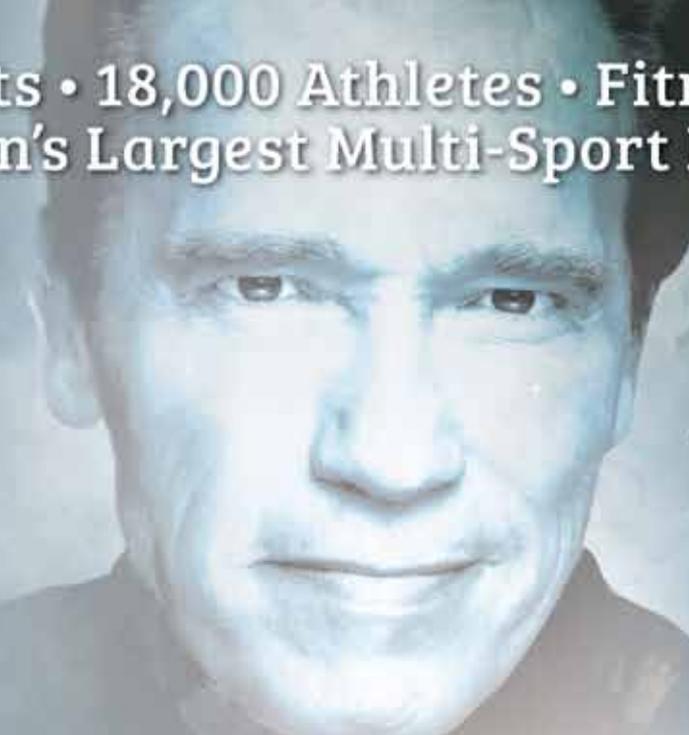
Bell: I noticed you like to use a lot of reps in the warm-up. I know that's how you roll, but many great lifters past and present have used low reps to "save their strength" for the big sets. Do you feel that if you train in a slightly pre-fatigued state that you'll get results faster? Perhaps it's from an increased work capacity?

Spoto: I have tried on a few occasions to cut my warm ups, but didn't like it. I really think your body can adapt to almost any workload and volume. High volume is how I've always warmed up; my body has just adapted to it by now. I would rather be over-conditioned than under-conditioned.

Bell: Looks like you're fixing to crush your own record in November at Super Training. With the team of Stan Efferding and Creed Childress in your corner, I have no doubt you'll smash another WR or two. As our last question of the day, let's have you finish up by talking about how your team got you honed in on the world record.

Spoto: I am very lucky to have great training partners. Any lifter will tell you that good lifting partners are an absolute must to really excel in this sport. We all have days when you just don't have that fire in you. Having elite lifters pushing you is indispensable on those days. One of the most important benefits of training partners is lifting technique. An experienced lifter can see flaws and mistakes you are doing that you can't see or feel when you're lifting. Their feedback on bar height, elbow position, leg drive, etc., is what helps you fine-tune your technique. I can't forget the actual lift-off — nothing will screw a lift up more than a bad hand-off. It gets a little tricky when you're dealing with 700-plus lbs. and lifting off from an awkward angle. I am lucky that I have never had a bad hand-off in training or a meet. There is no doubt I would not have broken the record if not for all the people who helped me, and not just my training partners. I would like to thank all my friends and family for their love and support. **PM**

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THE TINY CONQUEROR

BY JEFF "ROBOT" IRION

How tiny is a Tiny Meeker? According to the man himself, 5'9" tall and 325 lbs. You might be feeling a bit misled upon learning this, but don't be. As he explains, his real name means "little one conquering," and that's where the nickname Tiny came from. But more important than his unique powerlifting nickname, the 42 year old bench presser from Texas recently broke the

All-time Bench World Record with 1077 lbs. Keep reading to learn more about his journey to the record, his training methods, and the big things that are in store for Tiny Meeker.

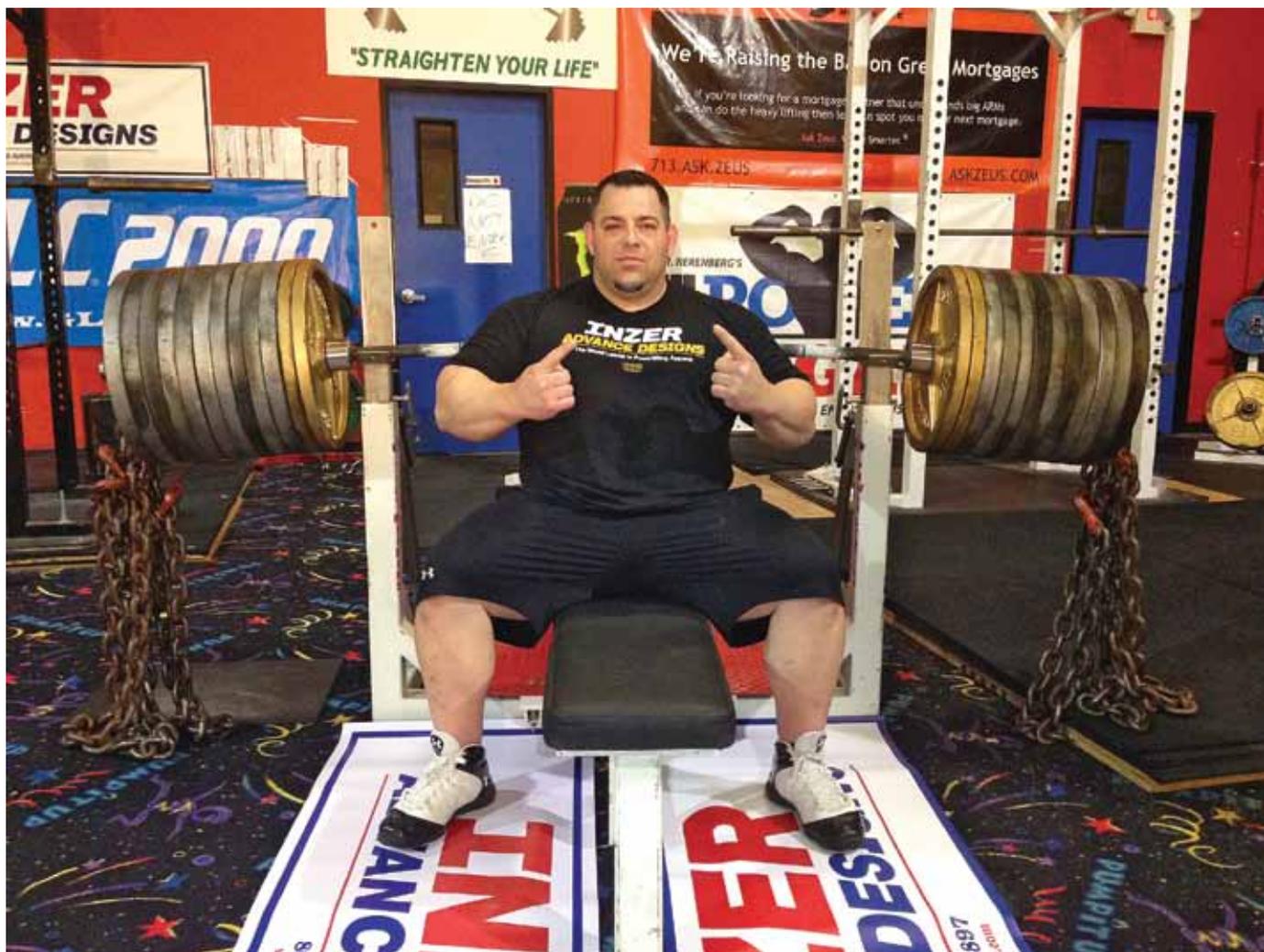
Congratulations on breaking the world record bench with 1077 lbs! However, I hate to tell you this, but the judges on the Internet turned your lift down. What do you have to say about that?

I am just a lifter. I am not a judge. I lay on the bench, take the bar to my chest, wait for the press command, and wait for a rack command. I have no power over what a judge calls. I have been competing for over 25 years, and I have gotten good calls and bad calls. It is what it is.

I wish I could post a video on the Internet and everyone says, "that was perfect," but it will never happen. It saddens me every time I read a negative post. I have worked extremely hard to get where I am today.

Your road to the world record has not been without challenges. Tell us about some of those.

There were 2 years awhile back where I bombed almost every meet, mostly because I did not have the proper equipment to train with. Back then, I was training at a national chain gym where the most weight I could load on the bar was 855 lbs. I would actually enter a meet every weekend just to feel 900+, but I still needed to work with it more. Finally, one



day I met Randy Risher. He bought me a 1000+ weight set, and that is when my bench blew up. I benched 900 in a single-ply Rage X, then 942 in a double-ply Rage X at the Mendy Classic, and after that I got 948. Later, I switched to the SDP [Super Duty Phenom] and hit 1047 at the Biggest Bench on the River and barely missed 1102 on that same day. I honestly should have went for 1076 or 1080 on that day, but I'd trained for 1100. That was in 2010. About a month or two after that, I tore my labrum [an injury to the shoulder joint].

How did you rehab that and come back to not only bench a PR [Personal Record] but to break the world record?

It was a very long road back. A lot of deep tissue massages from Bob Garret and a lot of ultrasound work and adjustments from my chiropractor, Dr. Charles Hilborn. I would take two products called GLC 2000 [joint care product] and MSM. I doubled up the dosage on those, and not much longer after that,

my shoulder really started healing. The problem I had is that I was really rushing to try to get certain endorsement deals. I wanted to be able to lift in particular shows. When I would put my shirt on, I could bench pretty well. Not my best, but enough to put up some big lifts and win some shows. Right after my injury, I couldn't even bench the bar. After 6 weeks, I could finally bench 315 raw again. Once I did, I knew that if I put a shirt on I was good for 800 lbs, since the shirt would hold my shoulder together and allow me to bench pretty well.

What sucks about a labrum tear is that it goes from one point to another. From day to day it may go to your teres minor, your pec minor, or your bicep, because your body is trying to overcompensate. The problems would never go away until I finally took a month off of training and doubled up my dosage of GLC and MSM.

How do you train the bench?

Every workout is different each week. I only bench 1 day a week. If

I feel good, I go heavy. I never shirt up if I do not feel good. I might even take two to three weeks off if I ache. I will lift very heavy over a month out from a meet. At 4 weeks out, I want to know what my opener weight is. If I have issues touching my chest, then I have a few more weeks to work on it. I do not want to max out at this point because I want to be healed up by the meet.

In my opinion, in order to be stronger you have to feel big, big weights. Bigger than what you're going to try to lift. If your goal is 500, then you might want to feel 600-700 off of boards, so when you go for 500, it kind of feels like nothing. When in the gym, we can lift whenever we want to lift, but at a meet you might be sitting around for 10 or 15 minutes, or even up to an hour. You never know when it is your time. So on some training days, you should take big breaks between lifts and other days take small ones.

What shirt do you wear?

It depends on the federation. Right

1076.9 Pound Bench. Any Questions?



Tiny Meeker

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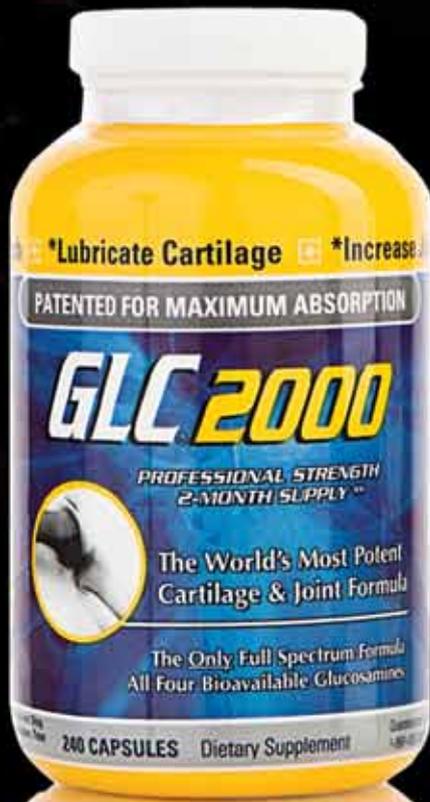
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now, my only focus is the Super Duper Phenom. I pretty much want to hit 1100, then start dropping weight classes and putting up 1000 lbs in each class. And the Phenom is the only shirt that I think will work for my goals. I used to bounce from one federation to another, but not anymore. I want to get the most out of the SDP for now and make my switch later.

Is it tricked out?

Nope, it's just a stock SDP. The ones I wear for 1000+ are triple ply, but otherwise, I'll wear double ply.

You've done some impressive single ply benching in the past. Tell us about that.

I was the first person to bench 800 and 900 in single ply. I believe my best is 914, and I narrowly missed 1000 at the WABDL [World Association of Benchers and Deadlifters] Worlds. Don't be surprised if I go after that record again soon! (Currently held by Mike Womack with 942.)

What shirt did you wear for single-ply?

In the past I wore a Rage-X, but if I go after the record again, I will be wearing the Inzer Bolt. It is a new shirt, but it is IPF [International Powerlifting Federation] legal and some guys are wearing them. I was able to hit a very easy 900 on the first day I broke it in.

Why don't you wear a belt when you bench in a shirt?

I don't think the belt really helps the bench. I think most lifters wear a belt

to hold their shirts in place. Most of my shirts have velcro backs, so I just strap the back extremely tight and most of the time the shirt won't move. I used a plain leather belt when I wore a closed back, but again, just to hold the position of the shirt.

You've done some bench for reps meets in the past. Do you use reps in your training?

Yeah, I post some workout videos on Facebook and most of my workouts are reps, not singles. Full-range some days, boards on others. It depends how close I am to a show. When I am far out, I can go heavier and do more full-range of motion, although I am usually more concerned about handling the most weight I can when I am further out. When I do reps, I work on speed, trying to get the weight down faster and explode up faster. The quicker I touch my chest, the more energy I have to blow it back up. If I have to fight to get it down, then I am going to have a harder time touching and pushing back to lockout.

That brings up a point that I wanted to make. People don't realize this, but when you've got 900 lbs on the bar, it bends so much that the bar has to travel maybe an inch or two farther to touch. That is one reason why guys have trouble touching huge weights. After all, I can touch 600 lbs in the same shirt that I bench 1000 in.

That's an interesting point that would never occur to most people. Do you think it would be a good idea

to do some benching with a buffalo bar to get used to that extra range of motion?

No, I think some stiffness is good for the bench. I do not do much stretching of my upper body. I do stretch my legs, since I have a lot of lower back issues. Also, if my lower back and hamstrings are tight, then I will have a hard time arching and keeping my feet flat on the floor.

I've seen some training videos of you benching in your shirt with reverse bands. What's your philosophy behind that?

The goal is to feel a LOT more weight than you're trying to hit at a meet. Even more, getting your hands and body used to feeling some really big weight. Reverse bands do a great job of focusing on the triceps without putting a beating on the whole body. You really want to concentrate on speed when using them.

A lot of people may not know this, but in addition to being a great shirt-ed bench, you've also hit 600 lbs raw...on the deadlift. How did you build this incredible raw strength?

Ha ha, I am going to answer this in a different way. When I blew my labrum, I wanted to find out which exercise could really blow my back up. After asking a lot of other big lifters what they did, everybody kept telling me to pull. So I started doing pulls in my workouts. Usually I compete bench-only, although I did some full meets a long time ago. I thought it would be fun to go to a show and surprise everybody by deadlifting. I didn't have my deadlift suit on for that meet, so I ended up deadlifting raw and hitting 600 and 611 conventional. I wear a suit now and I am starting to like pulling sumo better. I think it would be cool to bench 1100 and pull 700 or more in the same meet.

Do you train your raw bench?

I don't max out raw, but I always have raw benching in my training. I like to feel big weight raw with boards, but I am a bit worried about going for a full range bench raw.

Will you ever compete raw?

No way! That's actually how I blew my labrum - I was benching heavy raw one day. And because of my labrum tear, I will never max out raw ever again. I recently started repping 500 and 550 off a 1 board again, but I am

very timid. I think that with boards I can safely go heavy. And with the Sling Shot, I have some support, so I feel much more secure going heavy.

I talk to Eric Spoto, and I'm in awe when I watch him lift. And he says the same thing when he watches me lift. I will never find out what the limit is, meaning the heaviest you can go before your body falls apart. I feel like the shirt will help keep me safer, although there is still some risk, of course. Look at when Ryan Kennelly attempted 675 raw, or Scot Mendelson's recent injury. It would be cool to have all the records, but I'm happy having just one...or two, with single ply!

You've broken the bench press world record. What are your goals now?

Hitting that world record bench was really a relief. My next goal is to hit 1100 and hopefully more on the same day. After that, I'll start dropping weight and doing yoga to work on my flexibility and try to go after some more records. I'd like to get as low as 259. But at this point, I think my inflexibility is actually helping my bench, so no yoga for now!

Also, one thing about me is that I like to lift in other federations. Years ago, I lifted in the USAPL. I've always wanted to lift for the USA in the IPF Worlds, so maybe in the future I'll make another run at that.

Do you squat?

Yeah, I squat, and I can squat a lot of weight, but only with the cambered bar or a safety squat bar. I have actually squatted over 900 using a cambered bar and only wearing knee wraps. I can't get under a regular bar due to lack of flexibility from a few car wrecks back in the day. I have some back problems from those, and I was told not to squat or pull ever again. But interestingly enough, my back is better now that I'm training those lifts. I also do very heavy leg presses for high reps, leg extensions, and leg curls. I do my best to balance my entire body.

What are your top tips for benching?

My biggest tips on the bench are 1) perfect form and 2) listen to your body, plain and simple. If I had listened to my body, I never would've gotten hurt because my shoulders were just really tight the day I blew my labrum. So listen to

your body!

Who would you like to thank?

First, I need to thank GOD, my wife Courtney, my family, and my friends. My brother Jason Meeker for doing all of my PR work, Anthony Saraceni for sponsoring me and giving me an opportunity to focus on my lifting and training others. Mark Bell and Power Magazine. I need to thank John Inzer and the whole IAD [Inzer Advance Designs] team. John has always supported me, even when I was going through some rough times. He just

kept telling me to keep my head up and keep trying. Other sponsors, Shawn Madere and the GLC 2000 team, Dr. Arnold Nerenberg and Power Sugar, Zeus Mortgage, Randy Risher, Dr. Hilborn, Bob Garrett, Paul and Kim Smith, and Nathan Payton. I have to give a major thank you to Keithyon, Steve, Mike, David, Fateh, Harjit, and Patrick. I would never have made this dream come true without my awesome training team showing up every Sunday afternoon. Thank you and I love you all. **PM**

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DEEP WATER NUTRITION

BY JASHA FAYE



Let's get something straight: Deep Water training is not about swimming. It's not about diving. And it's definitely not about fishing. You could use the Deep Water methodology in the pool or any other environment where limits can be pushed. Deep Water training is about dragging yourself off of the proverbial beach of life and venturing into deep, dark places – physically, mentally and emotionally, with no regard for the “swim back.” You save nothing for tomorrow. You give every ounce of everything you have right in this moment. Because there will never be another today.

Deep Water philosophy is something that we believe can and should be applied to any aspect of your life where

you want to see growth. It's a paradigm within which anyone can flourish. But it isn't for everyone. It requires laser-beam focus and uncommon tenacity. It also requires more than a little guts, as well as complete and total devotion. Devotion to the philosophy. Devotion to the grind. Devotion to your peers. Devotion to success. Devotion to failure.

Everyone keeps asking me about Deep Water methodology, details about programming and workloads. The answers are coming. There is too much to encapsulate in a few sentences. We are in the process of outlining the framework for Deep Water methodology, philosophy and programming.

The Deep Water method was created by accident. It was born out of a fat kid's

desire to be bigger, stronger and leaner than everyone else who ever hazed, picked on or out-performed him. And that was a pretty long list of people.

When Big Jon “Deep Water” Andersen was a boy, he was lazy, fat and scared. On his first day of football practice, when the team hit the showers, Jon was the only hairless fat guy in the room. His face burned hot with shame as he showered to what he thought was a constant stream of insults and abuse.

Jon buried himself in the gym. In the gym he found acceptance and a way to silence the critics. By his junior year in high school, he was one of two students that could squat 405 lbs. After he hit it for a few singles, he decided to try a triple. That triple turned into five. Five

turned into 10 and before long, Jon was doing sets to failure. With 405 lbs.

He developed a mantra, a series of phrases he used to motivate himself when no one around him even dreamed of training like him. In fact, most people just looked on in awe, convincing themselves that he was crazy. "What is the next level of pain?" he would demand of the universe. "It's not about who's strong now, it's who's strong after 10 more sets of this shit!"

At that point Jon knew little or nothing about nutrition. He discovered by accident that he recovered well from heavy workouts when he consumed a lot of protein. When he graduated from college he began buying his own food, and money got tight. Tuna and eggs were cheap and traveled well for post workout meals. Before long, carbs fell by the wayside simply because of the time and money and space they consumed. If Jon was eating, he was eating protein. This was before Atkins and long before Paleo. When he was 30, Jon got a beef sponsorship. That allowed him to consume 5 lbs. of grass-fed beef per day. Jon has consumed 4 to 6 lbs. of flesh a day for the last 20 years.

At 6 feet, 1 inch, 300 lbs with never more than 7 percent body fat, Jon is a physical juggernaut. It's hard to imagine that he isn't "pre-contest" or "tapering." This is how Jon looks 365 days a year. It isn't about photo shoots or peaking for a show. It is a lifestyle. Deep Water dieting is a daily routine, not something he tries to stick to or does 80/20. It is his way of life.

If you look up the Latin translation of the word "diet," it doesn't say anything about getting ripped or losing weight. Directly translated, it means "lifestyle." Deep Water is Jon's life. He doesn't have to remind himself to act this way or eat that way. It's who he is.

Before Jon's feet hit the floor in the morning, before his ass hits the toilet, he has consumed 100g of protein. And the fight against catabolic commences. Jon will consume seven or eight meals a day, like clockwork, consisting of no less than 100g of protein per sitting. With that comes a healthy supply of fat. There is no room left for carbs. Not because he wants to watch his glycemic index, but because there's just no way to eat more. Trust me; if Jon could eat 1,000g of pro-

IF YOU LOOK UP THE LATIN TRANSLATION OF THE WORD "DIET," IT DOESN'T SAY ANYTHING ABOUT GETTING RIPPED OR LOSING WEIGHT. DIRECTLY TRANSLATED, IT MEANS "LIFESTYLE."

tein a day, he would.

Try eating 100 grams of protein. It's hard. Now try doing it in a "normal" meal setting. Eat the protein first and see if there's any room left for carbs. Or eat the carbs first and try to cram the necessary protein down. It's tougher than you think. It becomes a matter of choosing your battles. That is, if it's a lifestyle. Most of us, when faced with day-to-day choices, go for the pleasure lifestyle: not eating for sustenance, performance or survival, but more for enjoyment.

Don't get me wrong; Jon enjoys his lifestyle. It brings him joy to know that he adheres to a unique regimen that produces drastic results. He likes that he is forging his own path. He takes pride in doing what others don't have the guts to even try. He also enjoys watching the expressions of onlookers when he orders six steaks and a pitcher of water.

Jon works directly with members of our competitive team at JATPC [Jon Andersen's Training Performance Complex], where I am the Olympic weightlifting coach. That means his meaty paws are in every aspect of our athlete's lifestyle, particularly their diet. Even mine! Since he can't monitor them 24/7 (and he would), Jon makes sure that when they are with us, they get protein. Every workout, at the same time every day, Jon comes out of the office with a giant bag of MHP protein powder and gives every athlete a scoop or two, depending

on their bodyweight. A few days ago Jon had to leave the gym early for an event. He was miles away when he realized he hadn't doled out the daily protein. Without hesitation he turned around and made sure his chirping birds got their worms.

He could easily have called me. I am capable of scooping and dumping powder. But he gets joy from providing protein to his "family." It has become a part of his lifestyle. If he had his way, carbs would vanish from the face of the Earth.

I am here to tell you this isn't an exaggeration. He doesn't "carb-backload" or take carbs mid-workout. He literally doesn't eat carbs. In his quarter of a century of experience, plenty of peers have implored him to use carbs to his benefit. But he never understood. They just served to slow him down and take up space on his plate — valuable space where protein-rich meats could sit. He prefers to swim into very deep water with nothing but animal fat and pure grit and determination to fuel his swim back.

Remember, this is what works for Jon. He created the Deep Water philosophy as much as it created him. For me, Deep Water looks different. My capacity for work has diminished in the last few years, so my limits are different, and the same goes for my diet. Jon has me on 40g of protein per meal. And by default, the carbs are limited. He allows me to eat them, as long as the protein gets eaten first. But 40g is no joke, so sometimes I just leave the rice and bread behind.

But why does he push his limits like this? Well, for one, he has always had a strong desire to lead, constantly push and challenge his limits. Second, his career is largely dependent upon it. At first, as a Strongman competitor, he had to find ways to beat his much larger, taller opponents. His way was to out-work all of them. Now, as a pro wrestler, it is hardly necessary for him to maintain the volume and intensity that he does, but it certainly matters what he looks like. Looking his best is always a powerful motivator for Jon.

"Every time I look in the mirror, I see that fat kid in the locker room," he says, a big grin spreading across his face. "I train like this to make sure he never steps on this side of the mirror again." **PM**

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Aaron Lawrence

SAYS GOODBYE

BY JEFF "ROBOT" IRION

How old are you? I'm 42.

How much do you weigh? I am presently around 306 or so, but at the time of my 2,315 total I was 338.6 lbs. The largest I have ever been was 382.8. I was scary-strong at that weight.

What do you do for a living? I am a high school teacher; my subjects are business and technology.

When did you start lifting weights? And when did you start training specifically for powerlifting? I started lifting weights when I was 12 years old, when my parents bought me one of those sand weightlifting sets that weighed 110 lbs. with a bench and dumbbells. Yes, I am that old!

I started training specifically for powerlifting when I was 18, after I suffered an injury playing college football. My first contest was in 1989 at the ADFPA West Virginia State Championships. I won the Novice division and took second in the Open Class. I competed raw (belt only, though that was not a division) and didn't even know what powerlifting gear was at the time. I went 606, 407, 611 at my first contest.

What are your best competition lifts, and how do you stack up? My best raw lifts are an 830 squat, 630 bench and 855 deadlift. My best total is 2,315, which is ranked No. 5 all-time at SHW and No. 7 all-time overall. I'm one of only seven men to ever total 2,300-plus raw. My 630 bench is ranked No. 15 at SHW. I also benched 605 at 296, and that is ranked No. 15 at 308.

Please explain how you managed to total 2,315 raw without anyone noticing. Honestly, I never gave it a second thought after the meet and I do not know if anyone else did, either. To me it was just another training day. I never even trained for the meet. I was called up a few days before and asked if I would like to compete and help raise some money for some children in need. I had not really maxed out in nearly seven years, so I just did it for fun.



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What's up with geezers like you and Stan Efferding hitting huge raw totals? I never consider my age when it comes to my training. When you start having negative thoughts ("I am too sore," "My body hurts," etc.) they begin to spread and then it is too late. I try and focus on remembering how much fun it is to train. When I was younger I would

walk 6 miles each way just to go and lift at the Powerhouse gym that was in town. I remember the sacrifice it took to do that — and now it is easier to train, so I have no excuse not to pay the price.

Stan is awesome and what he is doing (at a much lighter bodyweight than myself) is unworldly. I respect anyone who can lay it on the line and just do it.

There is a lot of young talent to look out for to reach 2,300 raw or more — lifters like Eric Lilliebridge, Brandon Lilly, Scott Weech and a few Russian lifters. Andrey Malanichev has already hit it, and Konstantine Konstantinovs definitely has the ability with his unreal deadlift. The 2,400 raw record will fall one day, and that will be the greatest accomplishment

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in powerlifting.

What does your training routine look like? My training is routine is something I created myself through trial and error, and it is unique to me. I took the Bulgarian weightlifting system ideas (Ivan Abadjiev) from Pavel, Dr. Siff and a few Russian models, and I modified it all for powerlifting. The key is educating yourself on your sport, reading what others believe works and doesn't work, and modifying it for your own needs. What works for me might not work for you. Never get caught up in a system as being absolute.

A brief description goes something like this: I rarely wear a belt or use straps, and I do my own lift-offs on the bench to feel the weight from start to finish. I bench 12 to 18 times a week, and I squat and deadlift five to 12 times a week, depending on variables. I have some complete workouts listed on the 100% Raw Powerlifting Forum. They are a little older, but they give people a basic idea. Grease the groove!

Typically I train before work, at lunch and after work. In the morning I squat up to a relative max, then drop

"THE KEY IS, WHAT I DID THE DAY BEFORE HAS NOTHING TO DO WITH WHAT I DO THE NEXT DAY. EVERY WORKOUT IS ITS OWN SEPARATE CREATION; IT'S ALL ABOUT INCREASING WORKLOAD AND SPEED"

down and do as many sets of one to three reps, up to 50 total reps depending on speed and intensity. Some days I might do a relative max set and if the down sets are too slow then I'd just stop. The same thing goes for the bench, but I wouldn't do more than 10 sets. Deadlift was always singles, 10 singles or more depending. Weight was based on speed and intensity. At lunch I bench again, but it might be only one single or as many as 10 singles. Later on in the day, I switch deadlifting and squatting and repeat what I did in the morning, and I also bench again. If I'm feeling fresh

I push the deadlift (for example, doing 815 lbs. beltless, or pulling 705 x 17 x 1 off a 3-inch block, or 605 x 30 x 1 speed pulls). As long as the weight was moving fast, I just keep going until I feel my RPE being pushed. You would be surprised how fresh you feel if you work out in the morning and train again in the afternoon.

I repeat this process five or six days a week. I always rotate different versions of squatting and deadlifting in an attempt to not allow my body to get used to any intensity or variables of stress placed upon it.

The key is, what I did the day before has nothing to do with what I do the next day. Every workout is its own separate creation; it's all about increasing workload and speed.

It works very well. My students who I have trained with it did great. A quick example is a 140-lb. high school junior squatting 400 lbs. in only a belt (his fifth squat workout of the week), or a 143-lb. senior deadlifting 500 lbs. raw on his sixth deadlift of the week. The only issue most people cannot handle is the volume. It is massive and something that

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needs to be built up to.

It took more than six years of daily training to reach the volume I am at presently, and it is a real gut-check on whether you really enjoy lifting. "The Dark Days" are not pleasant when the thought of squatting or deadlifting makes you want to cringe, but you still have to pay the price.

The more you do something, the better you should be at it. I will admit it is taxing on the body, but if you want to be great at something you have to sacrifice both time and body.

How has your training changed as you've gotten older? Training has changed some due to outside variables. I still bench 12 or so times a week, but have cut back the squatting and deadlifting to only five times a week or so. Training to me is about speed and volume; you cannot lift a heavy weight slow. The force is still being exerted at a fast rate, just the bar speed is varied.

Rumor has it that this was a farewell meet for you and that you just did it for fun. Is this true? Why did you choose to retire from com-

petition? Have you changed up your training now that you're retired? Yes, I am done. That was my last contest. It is nice way to walk away on my own terms. Competing should be fun, training and pushing yourself should be fun, but when it comes to sacrificing your family or losing a job or relationships, some people need to get in check.

It is lifting — you're not making a living doing this, so have some perspective. I earned two MBAs to allow myself the freedom to train in a career which allows me to work, coach and train at my discretion. Too many people think about training in the wrong terms. "Victorious warriors win first and then go to war, while defeated warriors go to war first and then seek to win." ~Sun Tzu

I have other training goals in mind and want to be able to pursue those efforts. My body has had enough of the extreme lifting and it is hard at my age to walk around at 340 lbs. Plus, there are not a lot of 340-lb., 40-plus-year-old men walking around, so my goal is to get down to 272 or so (my high school weight) and be healthy.

I understand that you train and compete in Jiu Jitsu. How long have you been doing that? What kind of success have you had in that sport? And given your strength, do you throw your opponents around like ragdolls? I have been training Brazilian Jiu Jitsu five days a week for four years under Professor Roberto Maguilla (sixth-degree BJJ blackbelt) and my instructor Phil Whitelock (a blackbelt under Professor) at Complete Jiu Jitsu/Maguilla. It is a way of life (I am a student, instructor and athlete). I am the NAGA Maryland State (directors) SHW champion and the NAGA Worlds Silver Medalist SHW (directors) runner-up.

My strength is an advantage at times, but in BJJ using strength is a no-no. If you use strength you get tired, and if you get tired you die! Not really, but you will get tapped out. BJJ is a game of chess for sure, and a great way to stay conditioned and in shape. The more you train BJJ, the less strength you learn to use. Now when it comes to boxing and kickboxing, the fast twitch muscle fibers are a plus.

What's interesting about you doing Jiu Jitsu is that most big powerlifters have neither the mobility nor the conditioning to do it. Furthermore, everyone thinks that training for a sport such as Jiu Jitsu would hinder your gains in powerlifting. How are you able to do both? What effect do you feel that Jiu Jitsu has had on your powerlifting? Brazilian Jiu Jitsu improved my powerlifting. My conditioning is great, I can train forever in the weight room and accomplish what I need to do that day and not be exhausted, and the flexibility really benefitted my deadlift by allowing me to sink into the pull.

I never place limitations on my training by saying this or that. I just do it and make some slight changes to my weight training based on what I trained in BJJ. If I rolled really hard in BJJ one night, then the next day's training would focus on speed and volume. For example, I benched 405 for 100 singles with 30 seconds between sets, focusing on speed and volume rather than attempting to hit a relative max on the bench, knowing that my shoulders were shot. If I am not beat up too badly, I will work up to a relative max on a particular movement then hit some volume/speed

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sets on the way down. Every day is unique.

If I were planning to compete using this method, I would set up a meet about two weeks out using relative max parameters as a guide for a contest.

What does your diet look like? I follow the paleo diet. During the day I only eat fruit, vegetables and nuts. I do not eat meat until after I have trained because eating meat during the day makes me feel sluggish and tired. Eating clean keeps me alert and focused.

You also have a 2,600 multi-ply total from back in 2006 (1,030 squat, 730 bench, 840 deadlift). How did your training back then differ from the training that produced your 2,315 raw total? I basically followed the West-side template, with some Boris Sheiko tied in to add more volume. I stopped after 2006 because I tore my groin attempting an 860-lb. sumo deadlift, and the gear thing to me was getting a bit out of hand. But that is another topic.

Is there anything else you'd like to add? Anyone you'd like to thank? I want to thank God, my family (mom, dad and brother) for all the years of support. Any and all training partners I've had over the years and the interesting people I met during my travels. I was fortunate to compete from coast-to-coast and everywhere in between. Guys like Bill Kazmaier, Don Reinhoudt, many other powerlifters on CBS Television when it was broadcast nationally, and Strongman competitors were my inspiration to push the limits. In addition, I want to thank Complete Jiu Jitsu (Professor Maguilla and Instructor Whitelock) for pushing my physical limits but more importantly showing me another path to train.

I really want to thank Mark Bell and Jeff Irion of Power magazine for allowing me to have this moment. What a great way to say goodbye to the sport. Believe in yourself even if nobody else does, for the only person you have to impress is the one in the mirror. **PM**

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BENCH PRESSING FOR ATHLETES

BY MATT VINCENT

The bench press is arguably the most popular lift. It is a common ground we all share – whether we like it or not. I guarantee that no matter what male you are speaking to, from a pro athlete to a high school kid just getting a feel for the training, “How much ya bench?” is going to translate and bring us all together. The bench is not only popular, but it is also one of the most important lifts that an athlete can master. No matter the sport, benching can aid you in your performance.

The first thing I recommend for would-be benchers is learning how to properly bench. I am really thankful for the years that I spent pursuing powerlifting and learning how to perform the bench press properly. The bench, like the squat and the deadlift, is a very technical lift when done correctly. Doing it correctly also reduces the risk of injury.

The basic steps are pulling your shoulders together and driving your traps into the bench. Pull the bar apart to engage your lats. Drive the weight up while pushing through your heels to transfer your power into the bar. There are great videos online showing how to bench, and I recommend viewing them.

Matt setting up for the Caber Toss





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56 lbs. weight, height of 17 feet.



Turning 125 lb. caber 20 feet

Benching for athletes is important for developing upper body strength. Athletes should make time spent in the gym as efficient as possible, since it is all general physical preparedness. What athletes do in the weight room is designed to transfer to the field. Benching helps develop strength in the upper back, chest, shoulders and triceps. When performed correctly, it is a full-body lift and teaches athletes how to use every-

"ATHLETES SHOULD MAKE TIME SPENT IN THE GYM AS EFFICIENT AS POSSIBLE, SINCE IT IS ALL GENERAL PHYSICAL PREPAREDNESS"

thing at the same time and in the order that they want it to. Building strength in these areas is going to benefit any athlete.

Accessories for the bench that help athletes the most are other big multi-joint movements. Dips, pull-ups, overhead pressing and Kroc rows are going to be the best bang for your buck. Programming these is also easy. Set training up in a four-day-per-week training split or break it down to two days a week for later season or older lifter training to make strength gains. Each training session is two to three main lifts and two accessory lifts. This is the best way to make strength gains for athletes and still have time to work on sport-specific training the other days.

One of the biggest things lifters can do to improve their bench is to get stronger pressing overhead. No matter if you're push-pressing – my favorite for athletes because it forces leg drive, timing and keeping the core tight and strong – strict pressing or performing jerks, this will translate into pressing power. Eventually, when you improve your bench form, it will mimic the push press in terms of staying tight and using leg drive to move the bar. All of the main lifts are full-body movements, and that is why athletes benefit from them.

By coupling main lifts like bench with overhead pressing, you are covering all of your bases. The accessory

Three days a week

	Day 1	Day 2	Day 3
Main lift/accessory	Squat/good morning bench/Kroc rows, dips	Snatch/snatch pulls Clean/clean pulls	Deadlift/good morning Overhead press/pull-ups, dips
Week 1 main/acc	5x5 @ 85% / 3 x 10	5x3 @ 75% / 3x5@85	5x5 @ 85% / 3x 10
Week 2	5x5 @ 90% / 3 x 10	5x3 @ 80% / 3x5@90	5x5 @ 90% / 3 x 10
Week 3	5x3 @ 95% / 3 x 10	5x2 @ 85% / 3x5@95	5x3 @ 95% / 3 x 10
Week 4	5x1 @ 100% / 3 x 10	5x1 @ 90% / 3x5@100	5x1 @ 100% / 3 x 10
Week 5	3x10 @50% / 3 x 10	3x5 @50% / 3x5@50	3x10 @50% / 3 x 10

Two days a week

	Day 1	Day 2
Main lift/accessory	Squat/good morning Bench/Kroc rows, dips *Snatch or snatch pulls	Deadlift/good morning Overhead press/pull-ups, dips *Cleans or clean pulls
Week 1	5x5 @ 85% / 3 x 10 *5x3 @ 75% or 3x5 @ 85	5x5 @ 85% / 3x 10 *5x3 @ 75% or 3x5 @ 85
Week 2	5x5 @ 90% / 3 x 10 *5x3 @ 80% or 3x5 @ 90	5x5 @ 90% / 3 x 10 *5x3 @ 80% or 3x5 @ 90
Week 3	5x3 @ 95% / 3 x 10 *5x3 @ 85% or 3x5 @ 95	5x3 @ 95% / 3 x 10 *5x3 @ 85% or 3x5 @ 95
Week 4	5x1 @ 100% / 3 x 10 *5x3 @ 90% or 3x5 @ 100	5x1 @ 100% / 3 x 10 *5x3 @ 90% or 3x5 @ 100
Week 5	3x10 @50% / 3 x 10	3x10 @ 50% / 3 x 10

*I recommend using some type of Olympic lift for all strength athletes. However, clean/snatch pulls are going to be just as beneficial for making strength gains.



APEX

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Cleaning 401 lbs. at the Sorinex weightlifting meet.

movements will push the opposite of the lift. If you are benching, performing a horizontal push, then you will do rows and carry out a horizontal pull to complement it. This is the same for overhead pressing and pull-ups. Dips are great for both lifts and strengthening the

make the actual strength gains, this will be a weight you can handle whether you are healthy or tired. This also reduces the chance of missed lifts and injury. Injuries occurring while training due to poor programming are completely avoidable and unforgiveable. Use this

formula, check the ego and do the work. The gains will come and continue to grow steadily. Push your rep maxes at the prescribed weight on the last set to test yourself. De-load on last week by doing three light sets of 10 at 50 percent to keep active and promote recovery. **PM**

“WHEN YOU IMPROVE YOUR BENCH FORM, IT WILL MIMIC THE PUSH PRESS IN TERMS OF STAYING TIGHT AND USING LEG DRIVE TO MOVE THE BAR”

entire shoulder girdle all at once. Having this area bulletproof and strong is going to adapt to any sport.

Base your percentages off of your training max (90 percent of actual max). This will accomplish a few things for athletes. Since the multiple sets of five and three are where you are going to

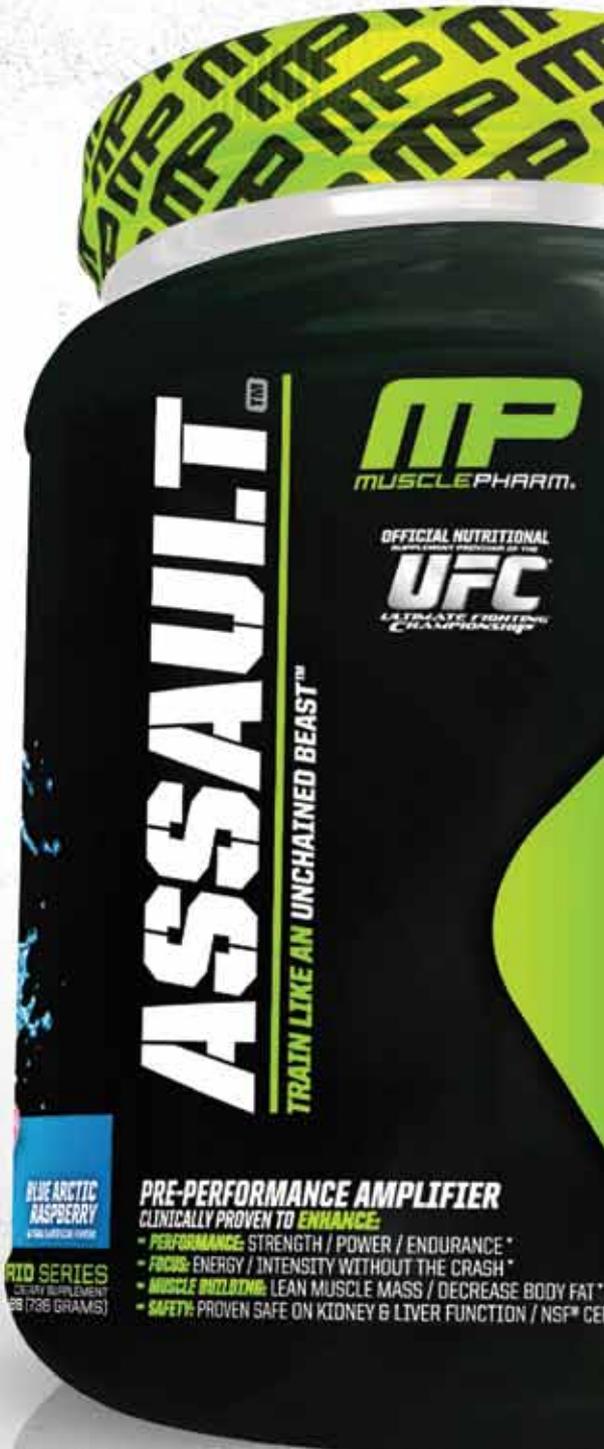


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Correct Grip

UNDERSTANDING OVEREXTENSION PART 2

BY KELLY STARRETT

We gave squats and deadlifts their rightful attention on this topic of overextension. Now we turn our focus to benchin'!

Thoughts on the bench press.

I love the bench press! We do some repetition of mid-range pressing (e.g. floor press or board press) once a week or once every other week for everyone. One reason I think it's such a great

movement is because the mid-range doesn't challenge the end range of motion, so I get some excellent shoulder work in.

Strength coaches used to say that mid-range pressing tied the shoulders, or tied the arms to the body. What the hell does that mean? It means that in sports and in life, there are a lot of movements that happen with my arms out in front of me: pushing, pull-

ing, opening a door, all of that. This is mid-range shoulder function, with the arms out in front at shoulder height. The bench is a beautiful way to groove this motor pattern from the start. We break the bar, creating external rotation torque, and we grind our way down to another stable position. We're in this beautiful, mechanically stable position for pressing, and we can perform this movement for decades. From an athletic



perspective, if you think about the guard position in MMA or wrestling or tackling or anything where your arms are out in front of you, it's the same thing and it teaches you this firm position. It's not an accident that every strength coach I know and respect has some kind of bench variation in their programs. Everyone presses. (Although the bench is not the only shoulder motion you should be responsible for.)

Even people with long arms need to bench?

Everyone needs to bench, or floor press. It's not optional. Look at Olympic lifting. The shoulder goes to every position required except bench pressing, so what do Olympic lifters do? They bench press. You may not be the best bench presser in the world if you have long arms, but that's because you chose the wrong parents.

Why should we bench?

For some people, it's their job to bench press. Mark Bell, Jesse Burdick and Scot Mendelson, for example. But the rest of us are using the bench press to become better at everything else.

One of the reasons I like the bench so much is that it forces the athlete to learn what the good movement pattern is. For example, people can do push-ups forever, but they do them poorly because the load is so insignificant. And there's a real difference between closed chain activity (like benching) and open chain activity (like push-ups).

Another reason we teach the bench press is because it teaches pressing from a global extension position. As athletes, there are basic shapes we need to be able to get into in order to have athletic proficiency, and one of these is a globally arched position, arching all the way from the hip to the neck. This is the

same kind of global arch you would see if you were about to slam a volleyball over the net or do a dolphin kick in a swimming pool. It makes sense to bench press because the bench is a whole body exercise. That concept of creating a globally arched back and moving off of that globally arched position and organizing the primary engine (the shoulder) in a position of stability is what the bench press is all about.

Global arches and organized engines? It sounds so hard!

Benching is one of the most technical movements we perform. It's very difficult to bench well. There are two ideas I think are important: 1.) Does the athlete know what he's supposed to do? Can he break the bar, spread the bar and create that globally arched position? There's a lot that can go wrong on the bench. As an aside, that's why the Sling Shot is



Correct Grip

such a beautiful device: It actually teaches correct bench mechanics. 2.) Does the athlete have enough range of motion to actually be able to execute a good bench press? Here's where we start to see the overarching problem, aka the less-than-effective back setup.

For example, when I first met Mark Bell, he was having a hard time with his right shoulder. His shoulder would translate forward under heavy loads and tweak his pec. When I watched him bench, he wasn't creating a global arch with his abs on. His thoracic spine was stiff and he was hinging at the base of his rib cage (or in his case, turtle shell). I call this a local extension fault. One of the first things we do before we attack biomechanics is we attack the athlete's movement pattern. Mark had his feet turned out and knees directed

in, a wretched ACL [Anterior Cruciate Ligament] tearing position that he would never squat in. We're talking about 900-lb. benches here – the mechanics need to be perfect!

One of the things we had Bell do was get into a better knees-out, feet straighter position. Guess what happened when he got his hips into a better, more stable position? He stopped hinging so much. What Bell was looking for was stability, and that's why people hinge or overextend to end-range: They're looking for stability. It is a fact that handling heavy weights makes you stiff. It's not Bell's fault, it happens. So we got Bell to mobilize his thoracic spine a little bit and be less stiff. While he never did manage to bench 900 in a meet (Editor's note: Because he is a loser), he did press 900-plus off of boards several times. And

when asked what he was thinking about when he un-racked those weights, he said "knees out."

So, to translate that anecdote, what Bell was really doing was getting his spine into a better position. The spine is the chassis for the primary engine of the shoulder. We can chase around shoulder problems (and, by extension, bar path problems) all day. But as long as the chassis is bent or twisted, we can't really tell what's going on. And this is assuming that you've got full range of motion in your shoulders, which you powerlifters don't.

Is that such a terrible thing to not have full range of motion in the shoulders?

It's fine if you want to compromise your position and trash your shoulders,

or if you don't want to bench heavy. Bottom line, you need full internal rotation for your shoulders. But that's a different article.

What's so bad about a local extension fault?

When we start hinging, the musculature that stabilizes the shoulder doesn't work as effectively. That's the same reason we tell people not to overextend on the overhead press or let their body sag when doing push-ups. We've got to create a position where we stabilize the shoulder blades and create a stable position off of which to press. The bench press is all about creating the most

"WHEN WE START HINGING, THE MUSCULATURE THAT STABILIZES THE SHOULDER DOESN'T WORK AS EFFECTIVELY. THAT'S THE SAME REASON WE TELL PEOPLE NOT TO OVEREXTEND ON THE OVERHEAD PRESS OR LET THEIR BODY SAG WHEN DOING PUSH-UPS.

stable shoulder/scapular position so that we can simplify the movement down to an elbow extension. The best benchers in the world turn it into such a simple yet elegant movement. What we need to do is create a platform where that can happen.

One of the issues here is that people default to the movement that they do all the time. When we see this crazy lumbar extension on the squat, it's no surprise that we see it again on the bench press. Squatting is supposed to be a hard arching position, but we're arching against our musculature, not our spine. It's the same with bench pressing. We're trying to create a locked system that supports this arch, not a bone-on-bone system.

You're basically arching from the

back of your neck to your butt. Abs should be engaged, knees should be out. Some benchers bring the feet back a little bit to extend that arch even further, down to the knees, thereby creating a very stable platform off of which to bench.

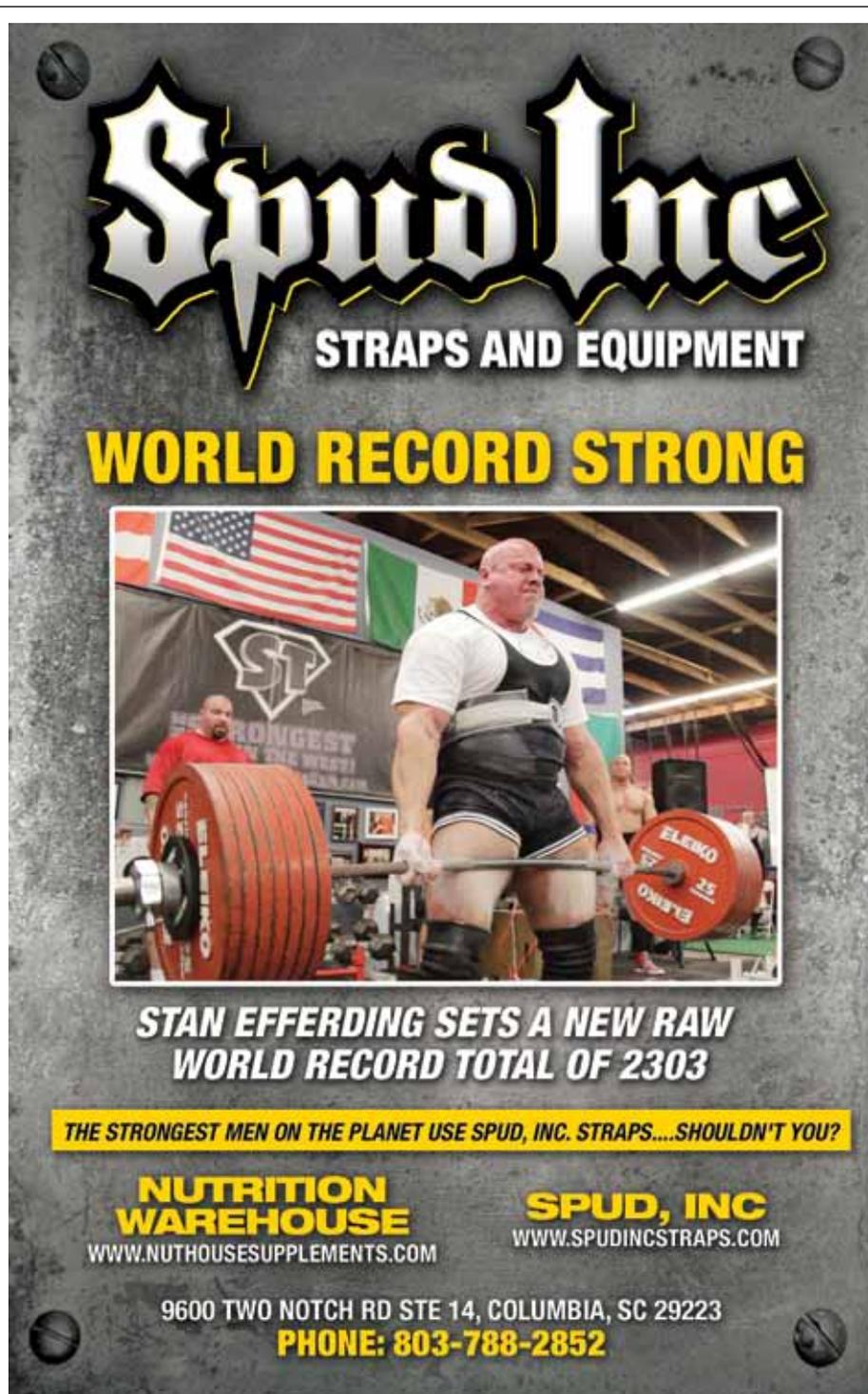
Where do you recommend a lifter touches?

That's already been determined by your setup. Look at the best benchers in the world. It's much lower than people

think. You do not touch your nipples.

How do foot position, hip mobility and leg drive play into all of this?

What foot position allows me to create the most stability in the hip? The back isn't just floating on the bench, it's supported by the hips. It's just like squatting: my feet are screwed into the ground and my knees are out. When the bar touches your chest and you're at that point of compression and the bar is no longer directly over the shoulders,



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Correct Extension



Incorrect Extension

that's when people fall apart. When athletes are missing internal rotation, the shoulder sometimes translates forward a little bit and the head comes up. The best benchers in the world don't do this! Leg drive is about setting up the conditions to have a more stable lower body connection. By driving the legs, they're committing to that global arched position. If your anterior hip is really short, you've got a kink in your system and you'll have to get that extension elsewhere, i.e., the lumbar spine.

The standard cue for the scapulae is to pull them back and down. Is this a good cue?

This advice, which comes from the best bench pressers in the world, turns out to match the physiology of the human being. We've gotten really good at figuring out which cues put the ath-

lete into the best position. The advice of Louie Simmons, Dave Tate, Donnie Thompson, Laura Phelps, etc. on how to lift the most weight matches what physiology dictates. They're creating the most stable shoulder position. And remember, the lats have some attachments on the scapula themselves. So the lats are responsible for keeping the upper back in extension, which is why we pinch the triceps to the lats. This is the fullest expression of creating external rotation torque: bending the bar and getting the shoulder into the most stable position.

What do you have to say about skinny people, especially female lifters, who utilize crazy arches when they bench?

What these people are trying to do is to turn the bench into a decline bench.

However, the biggest benchers don't do that because it's not a stable position and it falls apart under heavy loads. Look at Eric Spoto. I guarantee that guy is in a stable position. Why? It's the only way you can handle 722 lbs.

These people are looking for stability because they may be hypermobile in some of those positions. They put their bodies into the best position to lift the weight. However, if you overextend yourself and have a big overextension moment, you will see some neural shutdown. So it's important that people understand that this isn't just about tissue mechanics, it's also about neural mechanics. It's no surprise that you'll see lifters overextend their spines on the squat and bench at a meet, and then they perform poorly on the deadlift. Ultimately, overextension ends up being a dead end. Eventually, something will

break. And while these crazy arches may give them a competitive advantage, keep in mind that most people aren't competitive bench pressers, they bench to make themselves better athletes.

So how much should we arch?

There isn't going to be a universal arch height, but there will be a universal arch shape. Laura Phelps is going to have more of an arch than Mark Bell or Jesse Burdick. But the point is that we're supported by the system - we're not hanging on the bones. The end result is that we create a very stable system, and nothing moves except the shoulder.

How does a bench shirt affect any of this?

I don't bench in a bench shirt. But what a shirt does is it helps you manage the bottom position. It gives you some input on your shoulder stability, so sometimes because the shoulders are very tight and stable, people will get a bit sloppy with their back. However, the shoulder is mechanically stable but not actively mechanically stable, and we're looking for peak function. The bench

"WEARING A BELT ENABLES US TO CREATE MORE TENSION THROUGH THE BELT AND HELPS US NOT HINGE"

shirt gives you passive stability, not active stability. No wonder we have to cue the leg drive again!

Is it OK to wear a belt while benching?

Wearing a belt enables us to create more tension through the belt and helps us not hinge. But here's my problem: If my job is to bench press, I'm going to look for everything I can to bench more weight. But if I'm a recreational bench presser, why am I wearing a belt? If your back and spinal mechanics are the weak link, then so be it. The load is just a way to challenge the position. If we sacrifice position to lift more weight, that's a dead end. Any good coach wouldn't let you squirm and sacrifice position in an

attempt to lift more weight at all costs. I think it's even more important that our bench technique is good because we're trapped between the bar and the bench, and we can potentially get into some very compromised positions. So technique has to matter even more on the bench.

Look, if powerlifting is your sport and that's the only way you can bench pain free, then wear a belt. Don't freak out about it. Also, it will help you create even more intra-abdominal pressure and create an even more stable position. Wearing a belt for benching isn't natural, but you know what's natural about benching more than 500 lbs.? Nothing.

All right, Mr. Starrett, let's Gangsta Wrap this up.

As Dan John said, if you're not making progress on your bench press, then something is wrong with your program. Benching is such an important part of your training. You may not need to bench a lot of weight, but you need to be able to do it well. Bench pressing teaches us things about how our shoulder works, and it does so better than a lot of other movements. **PM**

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SQUAT

RANK	LBS.	ATHLETE	DATE	LOCATION	FEDERATION
1	887.4	Al Caslow (US/80)	<3/22/09>	(Omaha, Nebraska)	(APF)
2	881.8	Gerry McNamara (Ireland/63)	<6/16/12>	(Limerick, Ireland)	(GPC/WPC)
3	870.8	Oleksandr Kutcher (Ukraine/80)	<11/3/06>	(Lake George, New York)	(WPO)
4	854.3	Tony Conyers (US/59)	<9/24/05>	(New Port Richey, Florida)	(APF)
5	837.8	Nick Hatch (US/85)	<6/2/06>	(Las Vegas, Nevada)	(APF/WPC)
6	825.0	Angelo Berardinelli (US/65)	<7/9/04>	(Shamokin Dam, Pennsylvania)	(IPA)
7	825.0	Brian Schwab (US/74)	<8/23/08>	(Sharonville, Ohio)	(IPA)
8	815.7	Igor Shestakov (Russia/Canada/69)	<11/29/03>	(Calgary, Alberta, Canada)	(WPC)
9	805.8	Jaroslav Olech (Poland/74)	<11/9/11>	(Pilsen, Czech Republic)	(IPF)
10	800.0	Rickey Dale Crain (US/53)	<11/22/96>	(New Carrollton, Maryland)	(IPA)
11	799.2	Ron "Lionheart" Palmer (US/73)	<3/4/05>	(Columbus, Ohio)	(WPO)
12	785.0	Dustin Cyr (US/84)	<11/19/11>	(York, Pennsylvania)	(IPA)
13	782.6	Dan Petrillo (US/79)	<3/2/07>	(Columbus, Ohio)	(WPO)
14	777.1	Wade Hooper (US/70)	<3/2/08>	(Columbus, Ohio)	(USAPL/IPF)
15	775.0	Charlie Conner (US/89)	<4/10/10>	(Asheville, North Carolina)	(SPF)
16	771.6	Jarmo Laine (Finland/66)	<2/24/02>	(Columbus, Ohio)	(WPO)
17	771.6	Brian Tincher (US/70)	<3/2/07>	(Columbus, Ohio)	(WPO)
18	771.6	Sergey Ayvazov (Russia/77)	<11/3/07>	(Togliatti, Russia)	(WPO)
19	771.6	Ilya Khariton (Russia/87)	<2/19/11>	(Bersk, Russia)	(IPF)
20	771.6	Artem Konik (Ukraine/89)	<3/26/11>	(Krivoy Rog, Ukraine)	(WPC)
21	766.1	Jay Rosciglione (US/56)	<5/31/96>	(Atlanta, Georgia)	(APF/WPC)
22	765.0	Jose Perez (US/60)	<11/20/94>	(Brick, New Jersey)	(APF/WPC)
23	760.6	Vasily Tsvetkov (Russia/83)	<11/3/05>	(Helsinki, Finland)	(WPC)
24	760.6	Alexander Gromov (Russia/81)	<11/4/09>	(New Delhi, India)	(IPF)
25	760.6	Ibrahim Abou Kahla (Egypt/66)	<11/20/09>	(Bournemouth, England)	(WPC)
26	760.0	Ilya Kokorev (Russia/73)	<11/5/11>	(Atlantic City, New Jersey)	(RPS)
27	755.1	Mick Manley (US/85)	<8/30/09>	(Omaha, Nebraska)	(APF)
28	751.8	Ausby Alexander (US/56)	<4/2/89>	(Honolulu, Hawaii)	(USPF/APF/WPC)
29	751.8	Alexander Govorin (Russia/85)	<8/11/07>	(Moscow, Russia)	(IPF)
30	750.0	Martin Hardy (US/79)	<1/27/07>	(Columbus, Ohio)	(APF)
31	749.6	Jason McElroy (US/69)	<3/2/07>	(Columbus, Ohio)	(WPO)
32	749.6	Artem Postovalov (Ukraine/86)	<7/28/07>	(Krivoy Rog, Ukraine)	(WPO)
33	749.6	Stanislav Prikhin (Russia/75)	<11/3/07>	(Togliatti, Russia)	(WPO)
34	749.6	Jordan Dunn (US/91)	<9/12/09>	(Saint Francisville, Louisiana)	(APF)
35	749.6	Maxim Nurutdinov (Russia/82)	<2/17/10>	(Chelyabinsk, Russia)	(IPF)
36	749.6	Arkadiy Shalokha (Ukraine/83)	<3/2/13>	(Columbus, Ohio)	(XPC)
37	744.1	John Inzer (US/62)	<7/16/88>	(Columbus, Ohio)	(APF/WPC)
38	744.1	Alan Cayer (US/56)	<5/27/12>	(Baton Rouge, Louisiana)	(APF/WPC)
39	738.8	Vince Graham (Canada/64)	<6/26/04>	(Okotoks, Alberta, Canada)	(WPC)
40	738.8	Alexey Merkulov (Russia/83)	<3/4/05>	(Kazan, Russia)	(IPF)
41	738.8	Viktor Furashkin (Russia/69)	<3/4/05>	(Kazan, Russia)	(IPF)
42	730.0	Brian Crowe (US/70)	<6/28/09>	(York, Pennsylvania)	(IPA)
43	730.0	Shay Larrisey (US/74)	<12/5/09>	(Boyetown, Pennsylvania)	(IPA)
44	727.5	Viktor Baranov (Russia/67)	<10/3/03>	(Syktykhar, Russia)	(IPF)
45	727.5	Maxim Lapshin (Kazakhstan/79)	<1/25/04>	(Saint Petersburg, Russia)	(IPF)
46	727.5	Artyom Korotygin (Russia/80)	<9/20/06>	(Syktykhar, Russia)	(IPF)
47	727.5	Aleksandr Nekipelov (Russia/87)	<11/3/07>	(Togliatti, Russia)	(WPO)
48	727.5	Arten Konyk (Ukraine/90)	<5/29/10>	(Donetsk, Ukraine)	(IPA)
49	727.5	Jose Castillo (Ecuador/86)	<11/10/10>	(Potchefstroom, South Africa)	(IPF)
50	727.5	Anatoliy Glazunov (Russia/72)	<3/18/12>	(Yekaterinburg, Russia)	(WPC)

BENCH

RANK	LBS.	ATHLETE	DATE	LOCATION	FEDERATION
1	705.0	Joe Mazza (US/66)	<12/5/09>	(Boyetown, Pennsylvania)	(IPA)
2	650.4	Markus Schick (Germany/76)	<3/5/05>	(Columbus, Ohio)	(WPO)
3	622.8	Brian Schwab (US/74)	<6/13/09>	(Palm Beach Gardens, Florida)	(APF/WPC)
4	619.5	Daiji Kodama (Japan/79)	<9/17/05>	(Saitama, Japan)	(IPF)
5	578.7	Brad Heck (US/81)	<11/29/05>	(Omaha, Nebraska)	(APF)
6	575.0	Kalin Chester (US/84)	<8/22/08>	(Sharonville, Ohio)	(IPA)
7	567.7	Joe Smith (US/76)	<3/3/13>	(Columbus, Ohio)	(USAPL/IPF)
8	562.2	Sergey Kniazhev (Russia/76)	<3/25/06>	(Suzdal, Russia)	(IPF)
9	562.2	Mike Hara (US/60)	<11/17/07>	(Denver, Colorado)	(USAPL/IPF)
10	562.2	Maksim Balakhov (Russia/85)	<5/26/12>	(Saint Petersburg, Russia)	(IPF)
11	558.9	Valentino Plummer (US/68)	<8/11/12>	(Corvallis, Oregon)	(WABDL)
12	557.8	Ray Hickman (US/71)	<10/31/09>	(Reno, Nevada)	(WABDL)
13	556.7	Dan Petrillo (US/79)	<3/2/07>	(Columbus, Ohio)	(WPO)
14	556.7	Yuriy Sokolov (Russia/83)	<12/9/11>	(Vladivostok, Russia)	(WPC)
15	555.0	Diego Salafia (US/90)	<10/16/10>	(Tribes Hill, New York)	(SSA)
16	551.2	Fred Boldt (US/76)	<3/1/03>	(Columbus, Ohio)	(WPO)
17	551.2	Oleksandr Kutcher (Ukraine/80)	<3/3/06>	(Columbus, Ohio)	(WPO)
18	551.2	Roman Zuzuk (Ukraine/71)	<3/18/09>	(Krivoy Rog, Ukraine)	(WPC)
19	551.2	Akbar Abdollahifoori (Iran/76)	<8/14/10>	(Manila, Philippines)	(IPF)
20	550.0	Greg Warr (US/69)	<9/16/95>	(Dallas, Texas)	(NSM)
21	550.0	Kevin Harmon (US/75)	<12/19/09>	(Fulton, Mississippi)	(APA)
22	550.0	Michael O'Brien (US/88)	<3/9/13>	(Bristol, Pennsylvania)	(RPS)
23	545.6	Ryan Wagner (US/87)	<7/30/10>	(Dubuque, Iowa)	(UPA)
24	545.6	Dustin Cyr (US/84)	<5/7/11>	(Westbrook, Maine)	(APF)
25	545.6	Oleg Butenko (Kazakhstan/83)	<5/22/13>	(Kaunas, Lithuania)	(IPF)
26	542.3	Andrey Tchesnokov (Russia/74)	<11/26/03>	(Calgary, Alberta, Canada)	(WPC)
27	540.1	Nick Hatch (US/85)	<6/2/06>	(Las Vegas, Nevada)	(APF/WPC)
28	540.1	Al Caslow (US/80)	<3/22/09>	(Omaha, Nebraska)	(APF)
29	540.1	Alexander Gromov (Russia/81)	<11/4/09>	(New Delhi, India)	(IPF)
30	540.1	Adrien Poinson (France/91)	<5/22/13>	(Kaunas, Lithuania)	(IPF)
31	540.0	Damian Osgood (US/84)	<6/26/05>	(Norwich, Connecticut)	(APA)
32	540.0	Angelo Berardinelli (US/65)	<8/23/08>	(Sharonville, Ohio)	(IPA)
33	540.0	Ilya Kokorev (Russia/73)	<11/5/11>	(Atlantic City, New Jersey)	(RPS)
34	536.8	Toru Miyake (Japan/85)	<9/8/07>	(LaGarde, France)	(IPF)
35	534.6	Larry Miller (US/54)	<8/25/02>	(Bedford Heights, Ohio)	(USAPL)
36	534.6	Angelo Galati (Australia/68)	<11/5/05>	(Helsinki, Finland)	(WPO)
37	534.6	Wade Hooper (US/70)	<7/8/06>	(Miami, Florida)	(USAPL/IPF)
38	531.3	Alexey Bakhirev (Russia/81)	<5/21/11>	(Saint Petersburg, Russia)	(IPF)
39	531.3	Rostislav Petkov (Bulgaria/88)	<10/31/12>	(Aguadilla, Puerto Rico)	(IPF)
40	530.2	Alexey Merkulov (Russia/83)	<6/16/06>	(Bratislava, Slovakia)	(IPF)
41	530.0	Scott Werner (US)	<4/10/93>	(Fresno, California)	(APA/WPA/UBPF)
42	530.0	Jason Murphy (US/71)	<5/16/09>	(Columbus, Ohio)	(IPA)
43	530.0	Tom Albano (US/62)	<5/1/10>	(Tribes Hill, New York)	(SSA)
44	529.1	Petri Kotka (Finland/77)	<5/4/03>	(Tampere, Finland)	(WPC)
45	529.1	August Clark (US/62)	<3/6/04>	(Columbus, Ohio)	(WPO)
46	529.1	Lance Kirchner (US/74)	<10/1/05>	(Elgin, Illinois)	(Bench America3)
47	529.1	Denis Alypov (Russia/92)	<10/6/12>	(Yekaterinburg, Russia)	(IPA)
48	525.0	John Reese (US/80)	<2/4/05>	(Spokane, Washington)	(APF)
49	520.3	Keisuke Takahashi (Japan/73)	<9/1/01>	(Takamatsu, Japan)	(IPF)
50	520.3	Taylor Tom (US/76)	<7/14/07>	(Honolulu, Hawaii)	(WABDL)

First man to BP quadruple body-weight.

List compiled by Michael Soong. "All-Time Historical Powerlifting World Records/Rankings" statistician. To make sure your lifts are considered for the future rankings, please email Michael your meet results: soongm@comcast.net • <http://www.powerliftingwatch.com/records> • <http://www.thepowermagazine.com> • <http://www.criticalbench.com/powerlifting-benchpress-hallofame.htm>

MEN'S POWERLIFTING

DEADLIFT

RANK	LBS.	ATHLETE	DATE	LOCATION	FEDERATION
1	793.7	Oleksandr Kutcher (Ukraine/80)	<3/3/06>	(Columbus, Ohio)	(WPO)
2	780.0	John Inzer (US/62)	<9/16/95>	(Dallas, Texas)	(NSM)
3	749.6	Ismo Lappi (Finland/73)	<11/16/01>	(Sotkamo, Finland)	(IPF)
4	744.1	Dan Austin (US/58)	<7/30/94>	(Houston, Texas)	(USPF/IPF)
5	740.0	Al "Pit Bull" Trice (US)	<12/97>	(Waymart, Pennsylvania)	(FCI)
6	739.7	Darimin Sahroni (Indonesia/75)	<9/20/94>	(Quezon City, Philippines)	(IPF)
7	735.2	Troy Culbertson (US/67)	<8/24/96>	(Seguin, Texas)	(USPF)
8	734.1	Jarmo Virtanen (Finland/63)	<5/14/88>	(Murnau, West Germany)	(IPF)
9	728.6	Vladimir Pak (Russia/82)	<3/2/06>	(Ufa, Russia)	(IPF)
10	727.5	Ivan Kalyha (Russia/62)	<10/3/03>	(Syktyvkar, Russia)	(IPF)
11	722.0	Ausby Alexander (US/56)	<4/2/89>	(Honolulu, Hawaii)	(USPF/APF/WPC)
12	722.0	Rostislav Petkov (Bulgaria/88)	<10/31/12>	(Aguadilla, Puerto Rico)	(IPF)
13	717.6	Eddie Coppin (Belgium/60-01)	<5/11/85>	(Hague, Netherlands)	(IPF)
14	716.5	Raimo Valineva (Finland/45)	<3/13/82>	(Varkaus, Finland)	(IPF)
15	716.5	Rick Gaugler (US/54)	<3/13/82>	(Hacienda Heights, California)	(USPF)
16	716.5	Rickey Dale Crain (US/53)	<7/23/83>	(Austin, Texas)	(USPF)
17	716.5	Andrey Belyaev (Russia/83)	<2/28/03>	(Kazan, Russia)	(IPF)
18	716.5	Alexander Govorin (Russia/85)	<3/2/06>	(Ufa, Russia)	(IPF)
19	716.5	Erik Nickson (US/75)	<11/20/10>	(Las Vegas, Nevada)	(WABDL)
20	716.5	Vashon Perryman (US/86)	<2/24/13>	(Tampa, Florida)	(RUPC)
21	711.0	Bob Bridges (US/64)	<10/30/93>	(Saint Louis, Missouri)	(ADPPA)
22	711.0	Viktor Baranov (Russia/67)	<9/29/00>	(Sotchi, Russia)	(IPF)
23	711.0	Viktor Furashkin (Russia/69)	<7/16/05>	(Duisburg, Germany)	(IPF)
24	711.0	Anatoliy Goryachok (Ukraine/79)	<2/20/10>	(Kharkov, Ukraine)	(IPF)
25	706.6	Alexei Sivokon (Kazakhstan/73)	<4/6/02>	(Shymkent, Kazakhstan)	(IPF)
26	706.6	Hassan El Beghiti (France/75)	<5/8/13>	(Pilsen, Czech Republic)	(IPF)
27	705.5	Bill Cavalier (US/45)	<3/12/83>	(Los Altos, California)	(USPF)
28	705.5	Tom Eiseman (US/58)	<11/17/90>	(Parkersburg, West Virginia)	(USPF)
29	705.5	Arnoldo Rimoldi (Italy/74)	<11/13/98>	(Cherkasy, Ukraine)	(IPF)
30	705.5	Markku Pesonen (Finland/54)	<8/2/92>	(Jarvenpaa, Finland)	(IPF)
31	705.5	Jaroslav Olech (Poland/74)	<11/9/11>	(Pilsen, Czech Republic)	(IPF)
32	705.0	Fred Toins (US/65)	<3/28/92>	(Omaha, Nebraska)	(NSM)
33	702.3	Jerry Bell (US)	<5/21/78>	(Toledo, Ohio)	(AAU)
34	701.1	Edwin Manmano (US/83)	<7/5/09>	(Honolulu, Hawaii)	(WABDL)
35	700.0	Willie Grider (US)	<3/27/93>	(Forsyth, Georgia)	(USPF)
36	700.0	Eric Holmes (US)	<8/25/01>	(Stanardsville, Virginia)	(USAPL)
37	700.0	Markku Pesonen (Finland/54)	<5/5/90>	(Reykjavik, Iceland)	(IPF)
38	700.0	Greg Kiser (US/59)	<12/2/00>	(Adel, Georgia)	(USPF)
39	700.0	Alexey Bizyaev (Russia/82)	<3/2/06>	(Ufa, Russia)	(IPF)
40	695.6	Skuli Oskarsson (Iceland/48)	<11/2/80>	(Reykjavik, Iceland)	(IPF)
41	694.5	Victor Okeke (Great Britain/59)	<11/12/88>	(Perth, Australia)	(IPF)
42	694.5	Yi-Ching Hsieh (Chinese Taipei/71)	<4/11/98>	(Sam-Chuk, Korea)	(IPF)
43	690.0	Jim McCarty, Jr. (US/60)	<9/15/85>	(Terre Haute, Indiana)	(NSM)
44	688.9	Joseph "Doc" Rhodes (US/47)	<8/26/78>	(Los Angeles, California)	(AAU/IPF)
45	688.9	Troy Hicks (US/46)	<8/6/82>	(Nashville, Tennessee)	(USPF)
46	688.9	John Topsisoglou (US/58)	<7/6/85>	(Chicago, Illinois)	(USPF)
47	688.9	Mike Duffy (Scotland/51)	<3/23/87>	(Lochgelly, Scotland)	(IPF)
48	688.9	David Ricks (US/59)	<11/19/94>	(Johannesburg, South Africa)	(USPF/IPF)
49	688.9	Tony Caprari (US/80)	<6/10/00>	(Fort Hood, Texas)	(USAPL)
50	688.9	Ron "Lionheart" Palmer (US/73)	<2/28/03>	(Columbus, Ohio)	(WPO)

TOTAL

RANK	LBS.	ATHLETE	DATE	LOCATION	FEDERATION
1	2171.6	Oleksandr Kutcher (Ukraine/80)	<3/3/06>	(Columbus, Ohio)	(WPO)
2	2099.9	Al Caslow (US/80)	<6/13/09>	(Palm Beach Gardens, Florida)	(APF/WPC)
3	2045.0	Brian Schwab (US/74)	<8/23/08>	(Sharonsville, Ohio)	(IPA)
4	2022.7	Tony Conyers (US/59)	<9/24/05>	(New Port Richey, Florida)	(APF)
5	1990.8	Jaroslav Olech (Poland/74)	<11/9/11>	(Pilsen, Czech Republic)	(IPF)
6	1973.1	Dan Petrillo (US/79)	<3/2/07>	(Columbus, Ohio)	(WPO)
7	1964.3	Rostislav Petkov (Bulgaria/88)	<10/31/12>	(Aguadilla, Puerto Rico)	(IPF)
8	1962.1	Ron "Lionheart" Palmer (US/73)	<3/4/05>	(Columbus, Ohio)	(WPO)
9	1955.0	Angelo Berardinelli (US/65)	<7/9/04>	(Shamokin Dam, Pennsylvania)	(IPA)
10	1929.0	Nick Hatch (US/85)	<6/2/06>	(Las Vegas, Nevada)	(APF/WPC)
11	1929.0	Arkadiy Shalokha (Ukraine/83)	<3/2/13>	(Columbus, Ohio)	(XPC)
12	1918.0	Ilya Khariton (Russia/87)	<5/28/11>	(Neryungrin, Russia)	(IPF)
13	1915.0	Ilya Kokorev (Russia/73)	<11/5/11>	(Atlantic City, New Jersey)	(RPS)
14	1912.5	Brian Tincher (US/70)	<3/2/07>	(Columbus, Ohio)	(WPO)
15	1907.0	Viktor Furashkin (Russia/69)	<11/10/05>	(Miami, Florida)	(IPF)
16	1900.0	Dustin Cyr (US/84)	<11/19/11>	(York, Pennsylvania)	(IPA)
17	1898.2	Alexei Sivokon (Kazakhstan/73)	<4/6/02>	(Shymkent, Kazakhstan)	(IPF)
18	1890.0	Rickey Dale Crain (US/53)	<11/22/96>	(New Carrollton, Maryland)	(IPA)
19	1890.5	Wade Hooper (US/70)	<7/8/06>	(Miami, Florida)	(USAPL/IPF)
20	1887.2	Ausby Alexander (US/56)	<4/2/89>	(Honolulu, Hawaii)	(USPF/APF/WPC)
21	1883.9	Alexander Gromov (Russia/81)	<3/14/09>	(Vladimir, Russia)	(IPF)
22	1879.4	Rick Gaugler (US/54)	<3/13/82>	(Hacienda Heights, California)	(USPF)
23	1873.9	Artyom Korotygin (Russia/80)	<9/20/06>	(Syktyfkar, Russia)	(IPF)
24	1862.9	Artem Postovalov (Ukraine/86)	<7/28/07>	(Krivoy Rog, Ukraine)	(WPO)
25	1862.9	Pavel Ozerov (Russia/80)	<8/23/08>	(Berdsk, Russia)	(IPF)
26	1862.9	Artem Konik (Ukraine/89)	<3/26/11>	(Krivoy Rog, Ukraine)	(WPC)
27	1846.4	Jarmo Laine (Finland/66)	<2/24/02>	(Columbus, Ohio)	(WPO)
28	1846.4	Maxim Nurutdinov (Russia/82)	<2/17/10>	(Chelyabinsk, Russia)	(IPF)
29	1843.1	Alexander Govorin (Russia/85)	<8/11/07>	(Moscow, Russia)	(IPF)
30	1840.9	Igor Shestakov (Russia/Canada/69)	<11/29/03>	(Calgary, Alberta, Canada)	(WPC)
31	1840.0	Charlie Conner (US/89)	<4/10/10>	(Ashtville, North Carolina)	(SPF)
32	1835.3	Mike Bridges (US/57)	<4/19/80>	(Auburn, Alabama)	(USPF/IPF)
33	1829.8	Maxim Lapshin (Kazakhstan/79)	<1/25/04>	(Saint Petersburg, Russia)	(IPF)
34	1829.8	Vyacheslav Yurov (Russia/91)	<8/21/10>	(Moscow, Russia)	(WPC)
35	1829.8	Jose Castillo (Ecuador/86)	<11/10/10>	(Potchefstroom, South Africa)	(IPF)
36	1829.8	Arten Konyk (Ukraine/90)	<6/29/11>	(Prague, Czech Republic)	(WPC)
37	1829.8	Nikolay Sokolov (Russia/79)	<5/26/12>	(Saint Petersburg, Russia)	(IPF)
38	1824.3	Alexey Merkulov (Russia/83)	<3/4/05>	(Kazan, Russia)	(IPF)
39	1824.3	Sergey Ayvazov (Russia/77)	<11/3/07>	(Togliatti, Russia)	(WPO)
40	1824.3	Stanislav Priakhin (Russia/75)	<11/3/07>	(Togliatti, Russia)	(WPO)
41	1824.3	Maliek Derstine (US/88)	<10/31/12>	(Aguadilla, Puerto Rico)	(USAPL/IPF)
42	1818.8	Neville Primich (South Africa/67)	<11/6/94>	(Columbus, Ohio)	(WPC)
43	1818.8	Viktor Baranov (Russia/67)	<2/28/03>	(Kazan, Russia)	(IPF)
44	1818.8	Dmitry Dvornikov (Russia/82)	<6/18/04>	(Sofia, Bulgaria)	(IPF)
45	1815.0	Brian Crowe (US/70)	<6/28/09>	(York, Pennsylvania)	(IPA)
46	1813.3	Aleksandr Nekipelov (Russia/87)	<11/3/07>	(Togliatti, Russia)	(WPO)
47	1810.0	Anatoliy Goryachok (Ukraine/79)	<5/8/13>	(Pilsen, Czech Republic)	(IPF)
48	1807.8	Lung-Hsing Huang (Chinese Taipei/81)	<11/4/09>	(New Delhi, India)	(IPF)
49	1802.3	Gene Bell (US/56)	<7/17/84>	(Dayton, Ohio)	(USPF)
50	1802.3	John Inzer (US/62)	<7/16/88>	(Columbus, Ohio)	(APF/WPC)

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ALL TIME HISTORICAL TOP 50 WORLD RANKINGS: 123 WEIGHT DIVISION

SQUAT

RANK	LBS.	ATHLETE	DATE	LOCATION	FEDERATION
1	530.0	Natalie Carr-Harrington (US/83)	<4/14/12>	(Cincinnati, Ohio)	(SPF)
2	529.1	Inna Filimonova (Russia/76)	<3/1/06>	(Ufa, Russia)	(IPF)
3	496.0	Anna Ryzhkova (Russia/86)	<8/11/07>	(Moscow, Russia)	(IPF)
4	486.1	Margaret Kirkland (US/63)	<5/30/08>	(Omaha, Nebraska)	(APF/WPC)
5	485.0	Tatiana Eltsova (Russia/78)	<8/25/04>	(Voronezh, Russia)	(IPF)
6	485.0	Marina Medvedeva (Russia/74)	<11/1/07>	(Togliatti, Russia)	(WPC)
7	480.0	Jenny Burkey (US/70)	<6/24/06>	(Lake George, New York)	(APF)
8	463.0	Vanessa Gibson (Great Britain/69)	<11/9/96>	(Durban, South Africa)	(WPC)
9	463.0	Anna Komlaeva (Russia/79)	<3/14/09>	(Vladimir, Russia)	(IPF)
10	463.0	Vilma Ochoa Vargas (Ecuador/80)	<3/2/13>	(Columbus, Ohio)	(IPF)
11	457.5	Beth Thomas (US/79)	<3/2/13>	(Columbus, Ohio)	(XPC)
12	455.0	Jenn "Pup" Rotsinger (US/78)	<10/24/09>	(Orlando, Florida)	(APF)
13	451.9	Leslie Jayne Thomas (Great Britain/66)	<11/6/04>	(Athens, Georgia)	(GPC)
14	450.0	Amy Weisberger (US/65)	<2/20/00>	(Columbus, Ohio)	(IPA)
15	446.4	Veronika Kanutkina (Russia/79)	<3/10/04>	(Krasnoyarsk, Russia)	(IPF)
16	446.4	Tatiana Prymenchuk (Ukraine/72)	<11/9/10>	(Potchefstroom, South Africa)	(IPF)
17	440.9	Mary Ryan-Jeffrey (US/60)	<7/16/88>	(Columbus, Ohio)	(APF/WPC)
18	440.9	Olga Kabanova (Russia/78)	<3/1/06>	(Ufa, Russia)	(IPF)
19	440.9	Virpi Kehanen (Finland/79)	<11/4/08>	(Saint John's, Canada)	(IPF)
20	440.9	Tatyana Razumak (Russia/89)	<6/3/12>	(Sotchi, Russia)	(IPA)
21	435.4	Irina Tatarova (Russia/75)	<3/1/00>	(Syktyfkar, Russia)	(IPF)
22	435.0	Jean Forgatsch-Fry (US/86)	<8/25/12>	(Cincinnati, Ohio)	(SPF)
23	430.0	Jen Waller (US/76)	<5/12/12>	(Middletown, Ohio)	(SPF)
24	429.9	Elena Nikulina (Russia/77)	<3/10/04>	(Krasnoyarsk, Russia)	(IPF)
25	429.9	Kira Pavlovskaya (Russia/83)	<4/15/04>	(Saint Petersburg, Russia)	(IPF)
26	429.9	Nadezhed Maluygina (Uzbekistan/79)	<6/4/04>	(Cahors, France)	(IPF)
27	429.9	Olesya Pokidko (Russia/82)	<9/20/06>	(Syktyfkar, Russia)	(IPF)
28	429.9	Eleonora Mahpirova (Kazakhstan/86)	<11/7/06>	(Stavanger, Norway)	(IPF)
29	429.9	Viktoria Abdulina (Ukraine/67)	<11/4/08>	(Saint John's, Canada)	(IPF)
30	429.9	Mervi Rantamaki (Finland/74)	<11/9/10>	(Potchefstroom, South Africa)	(IPF)
31	429.9	Victoria Karysheva (Russia/93)	<1/30/13>	(Tyumen, Russia)	(IPF)
32	424.4	Oksana Belova (Russia/75)	<5/21/99>	(Thisted, Denmark)	(IPF)
33	424.4	Elena Petrunina (Russia/76)	<3/1/00>	(Syktyfkar, Russia)	(IPF)
34	424.4	Valentina Nelubova (Russia/66)	<5/25/01>	(Frydek-Mistek, Czech Republic)	(IPF)
35	424.4	Olena Dmytruk (Ukraine/83)	<3/3/04>	(Kolomya, Ukraine)	(IPF)
36	424.4	Marina Yurina (Russia/86)	<11/1/07>	(Togliatti, Russia)	(WPC)
37	424.4	Yuliya Vavilova (Russia/79)	<9/30/11>	(Saint Petersburg, Russia)	(IPF)
38	422.2	Carrie Boudreau (US/67)	<7/21/95>	(Baton Rouge, Louisiana)	(USPF/IPF)
39	420.8	Vicky Steenrod (US/49)	<1/28/84>	(Austin, Texas)	(USPF/IPF)
40	418.9	Irina Orekhova (Russia/71)	<3/1/00>	(Syktyfkar, Russia)	(IPF)
41	418.9	Olga Ustinova (Russia/84)	<3/10/04>	(Krasnoyarsk, Russia)	(IPF)
42	418.9	Ayako Ikeya (Japan/69)	<5/3/07>	(Kaohsiung, Chinese Taipei)	(IPF)
43	413.4	Felicia Johnson-Almy (US/58)	<1/26/85>	(Boston, Massachusetts)	(USPF)
44	413.4	Pirjo Savola (Finland/68)	<5/31/02>	(Riesa, Germany)	(IPF)
45	413.4	Anna Shulga (Russia/83)	<3/31/05>	(Kemerovo, Russia)	(IPF)
46	413.4	Sara Maniella Gutierrez-Marquez (Peru/77)	<10/30/12>	(Aguadilla, Puerto Rico)	(IPF)
47	413.4	Julia Kaufman-Ladewski (US/80)	<3/2/13>	(Columbus, Ohio)	(XPC)
48	407.9	Kathy Baker (US/59)	<7/28/90>	(Pittsburgh, Pennsylvania)	(APF/WPC)
49	407.9	Elena Perfiljeva (Russia/78)	<9/26/00>	(Sotchi, Russia)	(IPF)
50	407.9	Valentina Morozova (Russia/69)	<2/26/03>	(Kazan, Russia)	(IPF)

BENCH

RANK	LBS.	ATHLETE	DATE	LOCATION	FEDERATION
1	347.0	Janet Faraone (US/67)	<12/15/07>	(Lake George, New York)	(APF)
2	345.0	Tina Rinehart (US/68)	<7/16/06>	(Worthington, Ohio)	(APF)
3	341.7	Larisa Kotkova (Russia/74)	<3/11/12>	(Suzdal, Russia)	(IPF)
4	325.2	Anna Olsson-Lyngde (Sweden/74)	<5/31/07>	(Thisted, Denmark)	(IPF)
5	315.0	Natalie Carr-Harrington (US/83)	<4/14/12>	(Cincinnati, Ohio)	(SPF)
6	314.2	Mari Asp (US/Norway/75)	<11/20/08>	(Palm Beach, Florida)	(APF/WPC)
7	308.6	Tamara Althaus (Germany/76)	<12/3/04>	(Cleveland, Ohio)	(IPF)
8	297.6	Valentina Nelubova (Russia/66)	<5/25/01>	(Frydek-Mistek, Czech Republic)	(IPF)
9	297.6	Tatiana Eltsova (Russia/78)	<3/10/04>	(Krasnoyarsk, Russia)	(IPF)
10	293.2	Anastasia Petrova (Russia/85)	<9/30/11>	(Saint Petersburg, Russia)	(IPF)
11	292.1	Amy Weisberger (US/65)	<2/26/00>	(Columbus, Ohio)	(WPO)
12	286.6	Natalia Nebaeva (Russia/76)	<3/25/06>	(Suzdal, Russia)	(IPF)
13	286.6	Tatiana Prymenchuk (Ukraine/72)	<11/4/08>	(Saint John's, Canada)	(IPF)
14	286.6	Natalia Prymachenka (Belarusia/87)	<5/28/09>	(Hamm, Luxembourg)	(IPF)
15	286.6	Oxana Pochinkina-Sokovkina (Russia/86)	<5/21/11>	(Gurievsk, Russia)	(IPF)
16	281.1	Ekaterina Aliyeva (Russia/82)	<1/21/06>	(Moscow, Russia)	(IPF)
17	281.1	Teale Magierek-Adelmann (US/71)	<9/19/09>	(Gallup, New Mexico)	(NASA)
18	281.1	Beth Thomas (US/79)	<3/2/13>	(Columbus, Ohio)	(XPC)
19	280.0	Olena Dmytruk (Ukraine/83)	<3/1/06>	(Cherkasy, Ukraine)	(IPF)
20	275.6	Mary Ryan-Jeffrey (US/60)	<7/16/88>	(Columbus, Ohio)	(APF/WPC)
21	275.6	Irina Safonova (Russia/75)	<6/6/03>	(Perm, Russia)	(IPF)
22	275.6	Ashley Awalt (US/83)	<4/16/05>	(Baton Rouge, Louisiana)	(USAPL)
23	275.6	Angelika Kond (Russia/75)	<3/1/06>	(Ufa, Russia)	(IPF)
24	275.6	Marina Yurina (Russia/86)	<11/2/07>	(Togliatti, Russia)	(WPC)
25	275.6	Susse Hougaard (Denmark/84)	<5/28/09>	(Hamm, Luxembourg)	(IPF)
26	275.6	Anna Ryzhkova (Russia/86)	<9/21/10>	(Izhevsk, Russia)	(IPF)
27	275.6	Becky Rich (US/81)	<9/28/12>	(Las Vegas, Nevada)	(USPA/PL)
28	275.6	Julia Kaufman-Ladewski (US/80)	<3/2/13>	(Columbus, Ohio)	(XPC)
29	275.0	Anna Blakely (US)	<12/12/92>	(Port Charlotte, Florida)	(APAN/WPA)
30	270.1	Irina Simakhina (Russia/75)	<8/23/02>	(Nymburk, Czech Republic)	(IPF)
31	270.1	Irina Poletayeva (Russia/82)	<6/12/03>	(Nymburk, Czech Republic)	(IPF)
32	270.1	Jill Darling (US/78)	<12/2/05>	(Stockholm, Sweden)	(USAPL/IPF)
33	270.1	Olga Kabanova (Russia/78)	<3/1/06>	(Ufa, Russia)	(IPF)
34	270.1	Ganna Gonchar (Ukraine/93)	<3/16/11>	(Teropil, Ukraine)	(IPF)
35	270.1	Hanna-Elena Rantala (Finland/82)	<5/22/12>	(Pilsen, Czech Republic)	(IPF)
36	264.6	Lyubova Belova (Belarusia/63)	<8/15/97>	(Gothenburg, Sweden)	(IPF)
37	264.6	Maki Wada (Japan/68)	<12/8/00>	(Frydek-Mistek, Czech Republic)	(IPF)
38	264.6	Elena Smolina (Russia/73)	<6/6/03>	(Perm, Russia)	(IPF)
39	264.6	Anna-Maria Noglegaard (Sweden/68)	<12/2/05>	(Stockholm, Sweden)	(IPF)
40	264.6	Inna Filimonova (Russia/76)	<3/1/06>	(Ufa, Russia)	(IPF)
41	264.6	Kateryna Klymenko (Ukraine/85)	<9/8/07>	(LaGarde, France)	(IPF)
42	264.6	Sylvie Mingot (France/69)	<5/26/11>	(Soelden, Austria)	(IPF)
43	264.6	Hui-Chun Wu (Chinese Taipei/86)	<11/9/11>	(Pilsen, Czech Republic)	(IPF)
44	264.6	Nina Eriksson (Sweden/89)	<5/21/13>	(Kaunas, Lithuania)	(IPF)
45	260.0	Jenny Burkey (US/70)	<11/29/03>	(Albany, New York)	(IPA)
46	260.0	Jenn "Pup" Rotsinger (US/78)	<10/24/09>	(Orlando, Florida)	(APF)
47	259.0	Carrie Boudreau (US/67)	<8/9/97>	(Lahiti, Finland)	(USPF/IPF)
48	259.0	Maria Chepil (Ukraine/70)	<3/11/06>	(Cherkasy, Ukraine)	(IPF)
49	259.0	Gavina Landysh (Russia/80)	<4/5/08>	(Suzdal, Russia)	(IPF)
50	259.0	Ayako Ikeya (Japan/69)	<7/25/09>	(Kaohsiung, Chinese Taipei)	(IPF)

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WOMEN'S POWERLIFTING

DEADLIFT

RANK	LBS.	ATHLETE	DATE	LOCATION	FEDERATION
1	490.5	Carrie Boudreau (US/67)	<7/21/95>	(Baton Rouge, Louisiana)	(USPF/IFF)
2	474.0	Vanessa Gibson (Great Britain/69)	<12/20/96>	(Bournemouth, England)	(WPC)
3	468.5	Diana Rowell (US/57)	<6/1/85>	(Vienna, Austria)	(USPF/IFF)
4	464.1	Inna Filimonova (Russia/76)	<3/1/06>	(Ufa, Russia)	(IFF)
5	457.5	Joy Burt-Forsey (Canada/57)	<5/29/92>	(Ghent, Belgium)	(IFF)
6	457.5	Birgit Fischer (Germany/63)	<4/24/04>	(Bochum, Germany)	(IFF)
7	451.9	Oksana Belova (Russia/75)	<5/21/99>	(Thisted, Denmark)	(IFF)
8	451.9	Anna Ryzhkova (Russia/86)	<8/23/08>	(Berdsk, Russia)	(IFF)
9	451.9	Margaret Kirkland (US/63)	<11/20/08>	(Palm Beach, Florida)	(APF/WPC)
10	450.0	Amy Weisberger (US/65)	<2/20/00>	(Columbus, Ohio)	(IPA)
11	446.4	Prijo Savola (Finland/68)	<5/25/01>	(Frydek-Mistek, Czech Republic)	(IFF)
12	440.9	Tonya Myers (US/70)	<6/21/97>	(Atlanta, Georgia)	(APF/WPC)
13	440.9	Gavina Landysh (Russia/80)	<3/1/06>	(Ufa, Russia)	(IFF)
14	435.4	Valeri Tyree (US/73)	<3/24/01>	(Fort Hood, Texas)	(USPF)
15	435.4	Tatiana Eltsova (Russia/78)	<3/10/04>	(Krasnoyarsk, Russia)	(IFF)
16	435.0	Diane Frantz (US/37)	<10/17/87>	(Victoria BC, Canada)	(APF/WPC)
17	429.9	Nadejuda Mir (Kazakhstan/70)	<5/2/96>	(Almaty, Kazakhstan)	(IFF)
18	429.9	Laura Locatelli (Italy/57)	<7/20/02>	(Amnhem, Netherlands)	(IFF)
19	429.9	Kira Pavlovskaya (Russia/83)	<4/15/04>	(Saint Petersburg, Russia)	(IFF)
20	425.5	Gema Orellana (Spain/72)	<12/6/96>	(Erbia, Italy)	(IFF)
21	424.8	Vicky Steenrod (US/49)	<1/28/84>	(Austin, Texas)	(USPF/IFF)
22	424.4	Irina Orekhova (Russia/71)	<5/5/95>	(Chiba City, Japan)	(IFF)
23	424.4	Irina Tatarova (Russia/75)	<3/1/00>	(Syktyfkar, Russia)	(IFF)
24	424.4	Irina Soboleva (Russia/71)	<10/11/01>	(Irkutsk, Russia)	(IFF)
25	424.4	Valentina Morozova (Russia/69)	<2/26/03>	(Kazan, Russia)	(IFF)
26	424.4	Hsiao-Li Hsu (Chinese Taipei/81)	<6/4/04>	(Cahors, France)	(IFF)
27	424.4	Monique Hayes-Jackson (US/71)	<4/21/07>	(Duluth, Georgia)	(USAPL)
28	424.4	Virpi Kehanen (Finland/79)	<5/7/08>	(Frydek-Mistek, Czech Republic)	(IFF)
29	424.4	Lisett Buriel (Venezuela/71)	<11/4/08>	(Saint John's, Canada)	(IFF)
30	424.4	Tatiana Prymchuk (Ukraine/72)	<2/20/10>	(Kharkov, Ukraine)	(IFF)
31	424.4	Teale Magjerek-Adelmann (US/71)	<8/7/10>	(Denver, Colorado)	(NASA)
32	424.4	Chien-Yu Chou (Chinese Taipei/82)	<11/9/10>	(Potchefstroom, South Africa)	(IFF)
33	424.4	Rowena Lopez (US/77)	<5/18/13>	(Orlando, Florida)	(USAPL/IFF)
34	420.0	Natalie Carr-Harrington (US/83)	<4/14/12>	(Cincinnati, Ohio)	(SPF)
35	418.9	Lea Ann Adams (US/62)	<10/9/93>	(Chilliwack, BC, Canada)	(ADFFA/WDFPF)
36	418.9	Nadezhed Maluygina (Uzbekistan/79)	<9/11/02>	(Sotchi, Russia)	(IFF)
37	418.9	Olena Dmytruk (Ukraine/83)	<3/3/04>	(Kolomya, Ukraine)	(IFF)
38	418.9	Angelika Kond (Russia/75)	<3/15/07>	(Berdsk, Russia)	(IFF)
39	418.9	Adriana Cuta (Venezuela/86)	<9/8/09>	(Ribeirao Preto, Sao Paulo, Brazil)	(IFF)
40	418.9	Katherine "Kat" Clark-Kasubuska (US/80)	<5/19/12>	(Boise, Idaho)	(USAPL/IFF)
41	415.6	Carol Ann Myers (US/66)	<11/12/04>	(Reno, Nevada)	(WABDL)
42	415.0	Teresa Mims-DeVultz (US)	<8/27/88>	(Longview, Texas)	(USPF)
43	413.4	Julie Sylvan-Thomas (US/60)	<1/29/83>	(Chicago, Illinois)	(USPF)
44	413.4	Paulette Shepherd (US)	<11/13/83>	(Phoenix, Arizona)	(USPF)
45	413.4	Evangeline Kizer-Kersey (US/41)	<1/26/85>	(Boston, Massachusetts)	(USPF)
46	413.4	Lisa Dellinger (US)	<12/13/86>	(Columbus, Ohio)	(USPF/APF)
47	413.4	Sue Jordan-Roberts (Australia/66)	<8/8/87>	(Australian National Championships)	(IFF)
48	413.4	Mary Ryan-Jeffrey (US/60)	<7/16/88>	(Columbus, Ohio)	(APF/WPC)
49	413.4	Yi-Ju Chou (Chinese Taipei/80)	<5/23/03>	(Chicago, Illinois)	(IFF)
50	413.4	Marina Medvedeva (Russia/74)	<2/9/07>	(Chelyabinsk, Russia)	(WPC)

First woman to deadlift quadruple bodyweight

TOTAL

RANK	LBS.	ATHLETE	DATE	LOCATION	FEDERATION
1	1265.0	Natalie Carr-Harrington (US/83)	<4/14/12>	(Cincinnati, Ohio)	(SPF)
2	1223.6	Inna Filimonova (Russia/76)	<3/1/06>	(Ufa, Russia)	(IFF)
3	1207.0	Tatiana Eltsova (Russia/78)	<3/10/04>	(Krasnoyarsk, Russia)	(IFF)
4	1201.5	Anna Ryzhkova (Russia/86)	<3/15/08>	(Ufa, Russia)	(IFF)
5	1190.5	Margaret Kirkland (US/63)	<11/20/08>	(Palm Beach, Florida)	(APF/WPC)
6	1180.0	Amy Weisberger (US/65)	<2/20/00>	(Columbus, Ohio)	(IPA)
7	1151.9	Carrie Boudreau (US/67)	<7/21/95>	(Baton Rouge, Louisiana)	(USPF/IFF)
8	1151.9	Vanessa Gibson (Great Britain/69)	<11/9/96>	(Durban, South Africa)	(WPC)
9	1129.9	Tatiana Prymchuk (Ukraine/72)	<11/9/10>	(Potchefstroom, South Africa)	(IFF)
10	1124.4	Oksana Belova (Russia/75)	<5/21/99>	(Thisted, Denmark)	(IFF)
11	1118.8	Valentina Nelubova (Russia/66)	<5/25/01>	(Frydek-Mistek, Czech Republic)	(IFF)
12	1115.0	Jenn "Pup" Rotsinger (US/78)	<10/24/09>	(Orlando, Florida)	(APF)
13	1113.3	Marina Medvedeva (Russia/74)	<11/1/07>	(Togliatti, Russia)	(WPC)
14	1113.3	Beth Thomas (US/79)	<3/2/13>	(Columbus, Ohio)	(XPC)
15	1102.3	Mary Ryan-Jeffrey (US/60)	<7/16/88>	(Columbus, Ohio)	(APF/WPC)
16	1102.3	Veronika Kanutkina (Russia/79)	<3/10/04>	(Krasnoyarsk, Russia)	(IFF)
17	1102.3	Kira Pavlovskaya (Russia/83)	<4/15/04>	(Saint Petersburg, Russia)	(IFF)
18	1096.8	Olena Dmytruk (Ukraine/83)	<3/3/04>	(Kolomya, Ukraine)	(IFF)
19	1096.8	Gavina Landysh (Russia/80)	<3/1/06>	(Ufa, Russia)	(IFF)
20	1091.3	Angelika Kond (Russia/75)	<3/1/06>	(Ufa, Russia)	(IFF)
21	1091.3	Anna Komlaeva (Russia/79)	<3/14/09>	(Vladimir, Russia)	(IFF)
22	1085.8	Anna Olsson-Lyngne (Sweden/74)	<1/17/06>	(Stavanger, Norway)	(IFF)
23	1080.3	Irina Tatarova (Russia/75)	<3/1/00>	(Syktyfkar, Russia)	(IFF)
24	1080.3	Mervi Rantamaki (Finland/74)	<11/9/10>	(Potchefstroom, South Africa)	(IFF)
25	1075.9	Anastasia Petrova (Russia/85)	<9/30/11>	(Saint Petersburg, Russia)	(IFF)
26	1074.8	Olga Kabanova (Russia/78)	<3/1/06>	(Ufa, Russia)	(IFF)
27	1074.8	Julia Kaufman-Ladewski (US/80)	<3/2/13>	(Columbus, Ohio)	(XPC)
28	1069.2	Hui-Chun Wu (Chinese Taipei/86)	<11/9/11>	(Pilsen, Czech Republic)	(IFF)
29	1066.1	Vicky Steenrod (US/49)	<1/28/84>	(Austin, Texas)	(USPF/IFF)
30	1063.7	Irina Orekhova (Russia/71)	<3/1/00>	(Syktyfkar, Russia)	(IFF)
31	1063.7	Viktoria Abdullina (Ukraine/67)	<3/3/04>	(Kolomya, Ukraine)	(IFF)
32	1058.2	Elena Petrunina (Russia/76)	<3/1/00>	(Syktyfkar, Russia)	(IFF)
33	1058.2	Ayako Ikeya (Japan/69)	<5/3/07>	(Kaohsiung, Chinese Taipei)	(IFF)
34	1058.2	Wilma Ochoa Vargas (Ecuador/80)	<3/3/12>	(Columbus, Ohio)	(IFF)
35	1052.7	Tonya Myers (US/70)	<6/21/97>	(Atlanta, Georgia)	(APF/WPC)
36	1052.7	Virpi Kehanen (Finland/79)	<11/4/08>	(Saint John's, Canada)	(IFF)
37	1050.0	Jenny Burkey (US/70)	<6/24/06>	(Lake George, New York)	(APF)
38	1047.2	Prijo Savola (Finland/68)	<5/31/02>	(Riesa, Germany)	(IFF)
39	1045.0	Jean Forgatsch-Fry (US/86)	<4/14/12>	(Cincinnati, Ohio)	(SPF)
40	1041.7	Felicia Johnson-Almy (US/58)	<1/26/85>	(Boston, Massachusetts)	(USPF)
41	1041.7	Diana Rowell (US/57)	<6/1/85>	(Vienna, Austria)	(USPF/IFF)
42	1041.7	Valentina Morozova (Russia/69)	<2/26/03>	(Kazan, Russia)	(IFF)
43	1041.7	Irina Poletayeva (Russia/82)	<6/12/03>	(Nymburk, Czech Republic)	(IFF)
44	1041.7	Birgit Fischer (Germany/63)	<4/24/04>	(Bochum, Germany)	(IFF)
45	1041.7	Olesya Pokitko (Russia/82)	<9/20/06>	(Syktyfkar, Russia)	(IFF)
46	1041.7	Eleonora Mahpirova (Kazakhstan/86)	<11/7/06>	(Stavanger, Norway)	(IFF)
47	1041.7	Yekaterina Osipova (Russia/91)	<4/10/13>	(Prague, Czech Republic)	(IFF)
48	1036.2	Joy Burt-Forsey (Canada/57)	<5/29/92>	(Ghent, Belgium)	(IFF)
49	1036.2	Anna Shulga (Russia/83)	<3/31/05>	(Kemerovo, Russia)	(IFF)
50	1036.2	Maria Chepil (Ukraine/70)	<3/11/06>	(Cherkasy, Ukraine)	(IFF)

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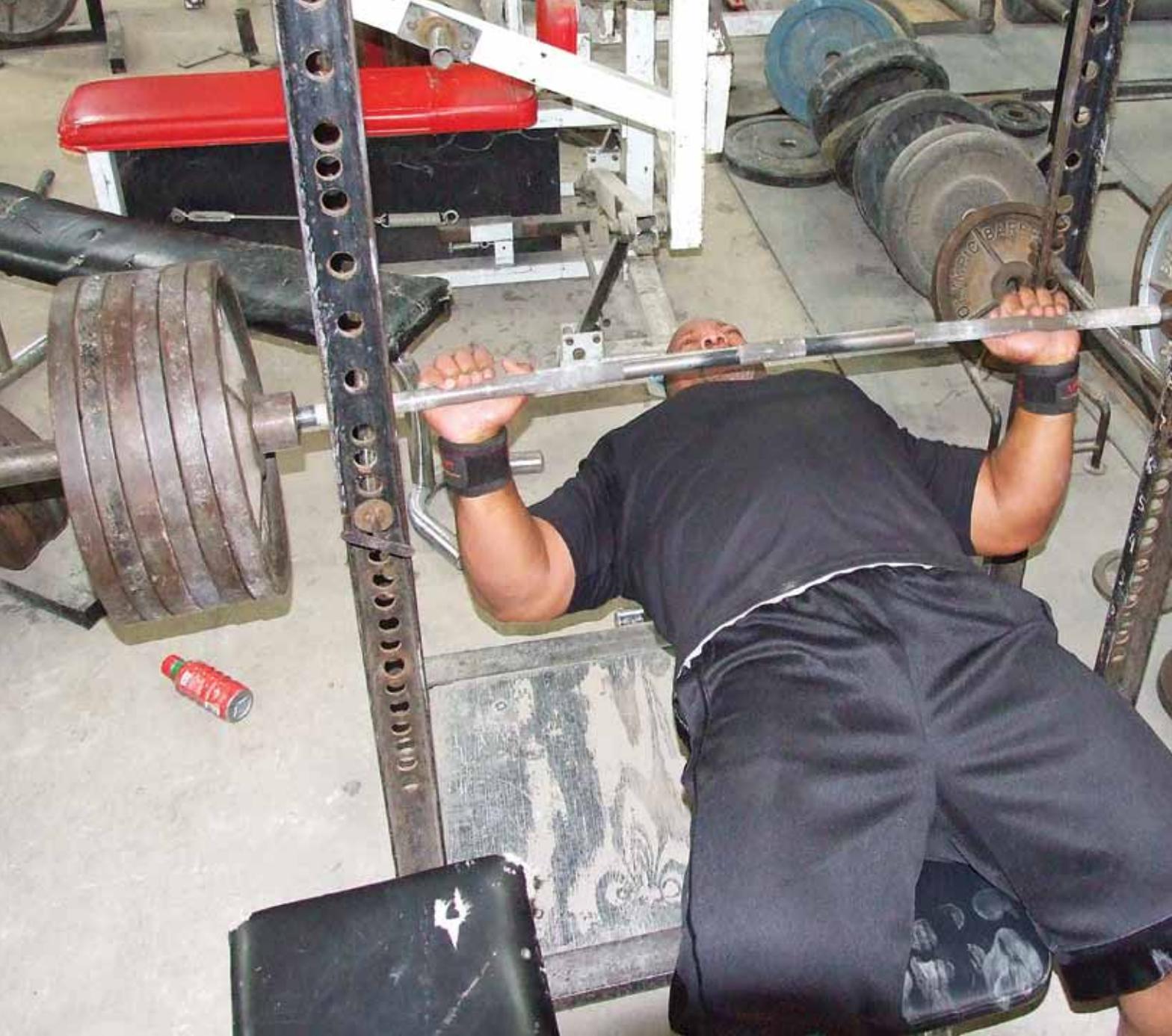
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SUPERCHARGING YOUR BENCH PRESS

BY JOSH BRYANT

A more explosive bench press is a bigger bench press. If raw bench pressing were a religion, speed would be canonical scripture. Let's buck the establishment and look at some unconventional methods that will have you bench-pressing like a hydraulic-powered machine.

BENCH EXPLOSIVE, BENCH MORE

Despite the bench press being classified as a low speed strength assessment, if you press the weight with enough speed, you will outrun any potential sticking points. Some studies suggest sticking points are manifested because

bar speed slows.

Louie Simmons bluntly said, "It is essential that explosive strength plays a large role in training, as it is not only a means of developing absolute strength but also a method of raising physical fitness that is directed toward solving a sport specific task." In layman's terms,



“IT IS ESSENTIAL THAT EXPLOSIVE STRENGTH PLAYS A LARGE ROLE IN TRAINING, AS IT IS NOT ONLY A MEANS OF DEVELOPING ABSOLUTE STRENGTH BUT ALSO A METHOD OF RAISING PHYSICAL FITNESS THAT IS DIRECTED TOWARD SOLVING A SPORT SPECIFIC TASK.”

— Louie Simmons

to press a max weight, there is a much greater chance to encounter a sticking point than if it takes you two seconds.

Let's take a look at some ways to build an explosive bench press.

COMPENSATORY ACCELERATION TRAINING

Dr. Fred Hatfield, co-founder of the International Sports Science Association (ISSA) and author of numerous books on training, devised Compensatory Acceleration Training (CAT).

CAT is nothing more than lifting weights with maximal force by controlling the negative and exploding as hard as possible on the positive.

Bodybuilders talk about muscle intention, or feeling the targeted muscles working. For instance, when performing a bicep curl, you can feel the biceps working.

I am going to introduce you a concept I call “movement intention.” For bench-pressing, this means the concentric (positive) portion is performed with the intention of moving the weight as fast as possible.

If lifting a barbell is a war, the CNS is the general that directs your muscles (the soldiers) to accelerate the bar as fast as possible.

By training your submaximal weights with maximal force, you derive many of the strength training benefits of maximal weights — and lifting a maximal weight with intent to move it as fast as possible provides explosive strength benefits. Your body adapts in a large part to your CNS' intent to move the weight as fast as possible.

Bottom line: A light or heavy weight work set on the bench press needs to be performed as explosively as possible.

MAXIMIZE TRAINING ADAPTATIONS

By using this technique with each

rep and each set, you can maximize training adaptations.

You can four-board press more than you can bench press with a full ROM. As leverage improves you have two options: accelerate the weight or hit the brakes and ride cruise control.

CAT simply means you compensate improving leverages by hitting the gas.

Common sense would tell us you get a superior training effect by producing maximum force through the entire bench press range of motion, not just a portion of it. If acquisition of strength is your objective and/or building a Herculean physique, then train in a CAT style.

Many machine manufactures have attempted to design machines to compensate for improved leverage. Machines have preset movement patterns to eliminate stability requirements and control resistance and movement speed. Adaptations pale in comparison to compensatorily accelerating the almighty barbell.

CAT LEARNING CURVE

Fred Hatfield said, “Slamming a weight to the end point in the range of motion certainly would cause injury. The ‘learning curve’ involved in slowing the movement down just before lockout is very small. Anyone can learn how to do it on the first try. It should never be a problem.”

CAT PRACTICALLY APPLIED

This week, hypothetically, you are bench-pressing five sets of four reps in training. If you are training like most iron neophytes, you come off the chest forcefully — but as leverage improves, you flip on cruise control and coast to the finish. This obstructs gains! Let's look at what happens set by set.

Set 1: No bench presses were heavy enough to stimulate any sort of overload

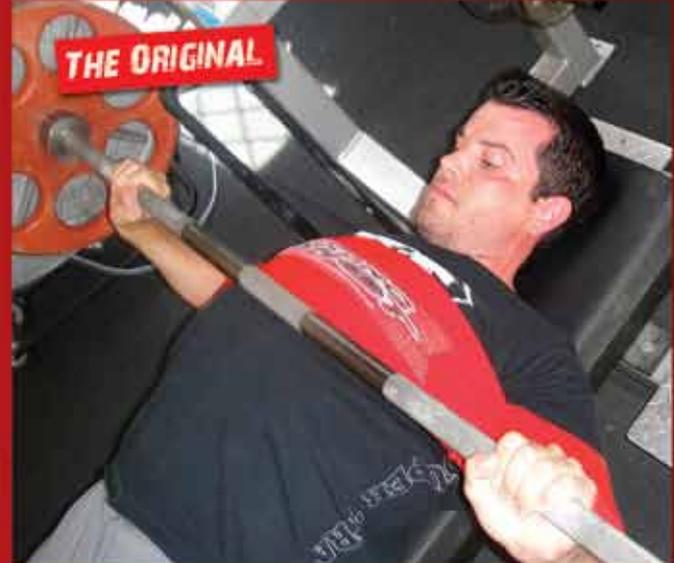
build more explosive power, bench bigger weights.

Lifting weights fast makes them feel lighter. Without dragging the ivory tower of academia into this, you have a homework assignment. Walk up to a dumbbell rack and grab a 50-lb. dumbbell off the rack slowly. Then snatch that same dumbbell off the rack quickly. It will feel lighter when the dumbbell is picked up faster. You should not lift a heavy weight with the intention of lifting it slowly.

Max weights may move slowly, but the intention of your Central Nervous System (CNS) needs to be to recruit a maximum number of motor units as rapidly as possible. If you take five seconds

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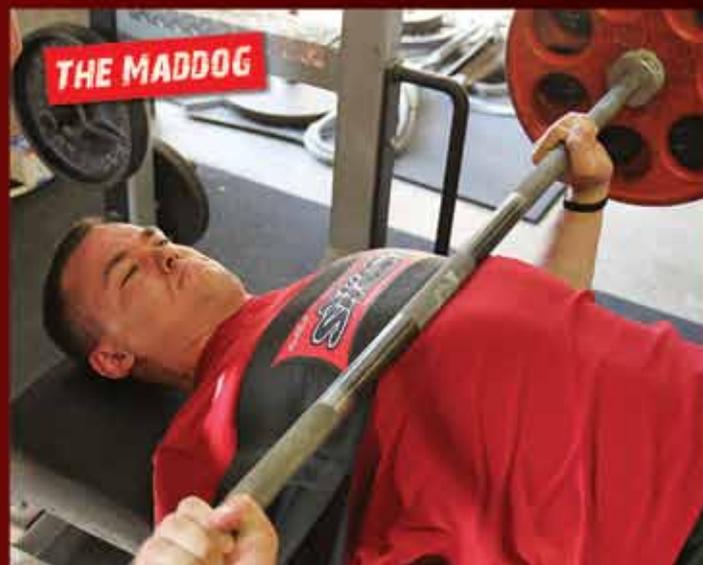
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“YOU HAVE TO PRODUCE FORCE TO LIFT THE BARBELL, FORCE IS MASS X ACCELERATION, SO EVEN LIFTING SUBMAXIMAL FAST YOU CAN PRODUCE MAXIMAL FORCE WITH LESS WEIGHT AND LESS STRAIN ON YOUR CNS”

that would lead to strength or power gains. Zero out of five reps provided adaptive overload, that's a 0-percent efficiency rating.

Set 2: The bottom half of the last rep required enough intensity to induce some overload. Half out of five reps produced an adaptive overload, that's a 10-percent efficiency rating for true strength gains. 5/5.

Set 3: Same as Set 2.

Set 4: The bottom half of the last two benches produced adaptive overload. Two halves equals one whole, this set as an efficiency rating of 20 percent. 1/5.

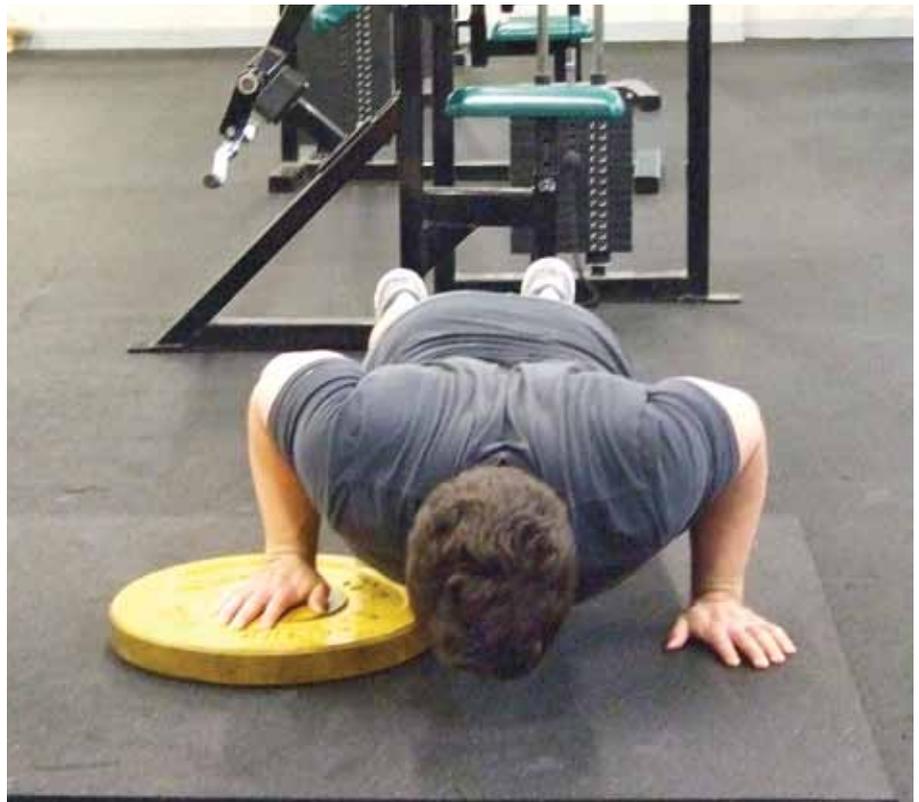
Set 5: The bottom half of all five reps produced adaptive overload. Five halves equal two and a half, still only a 50-percent efficiency rating.

BENCH PRESS EFFICIENCY RATING

Your bench press session consisted of 20 total repetitions, but only nine halves produced stimulation for adaptive overload or, in other words, actually helped you get stronger. Nine halves is 4.5, 4.5 out of 20 is 22.5 percent. That's a pretty poor efficiency rating. While people make some gains training this way, they stagnate quickly and their workouts aren't maximized.

Just think if all 20 reps were performed in CAT style. You'd be much stronger over time. You have to produce force to lift the barbell, force is mass x acceleration, so even lifting submaximal fast you can produce maximal force with less weight and less strain on your CNS.

To maximize gains and training adaptations, give CAT a try.



BENCH PRESS-SPECIFIC PLYOMETRICS

The prime mover muscle in the bench press lockout is the triceps. The muscle that can either slow down or stop a movement is the antagonist muscle. In this case, it's the biceps that serve to prevent hyperextension.

Biceps essentially serve as a built-in safety mechanism. The problem is this built-in safety mechanism is like an overprotective parent and acts way too quickly. Our objective is to inhibit the biceps from acting too fast. CAT is one way to achieve this. Bands and chains are another because as leverage improves, resistance increases, allowing you to produce more force longer.

Bench press plyometrics serve as the antithesis to the antagonist muscle. In other words, they put the biceps in their place by programming them to not act early. Here are a few examples:

Depth jump push-up (long response). Start by lying in a push-up position with your hands on top of a stable surface, like a 4-inch box. For the downward phase, move your hands from the top of the surface down to the floor, keeping your hands slightly wider than your shoulders. Allow your chest to come about an inch off the box. For the up-

ward phase, push up as fast and as high off the ground as possible, land in the starting position and repeat.

Depth jump push-up (short response). From the same starting position as the long response depth jump, push up. The downward phase is the same as the long response depth jump. Immediately, when the hands hit the ground, be ready to come back to lockout on top of the box. For the upward phase, push up as fast and high off the ground as high as possible and land in the starting position, then repeat.

Explosive push-ups. Start by lying in a push-up position with one hand on a 3- to 4-inch surface and the other hand on the floor. For hand spacing, try and replicate your competition bench press grip or the grip you will use for your max. We are after transfer of training. Come down until your chest touches the box. For the upward phase, explode in the air as high as possible. Land on the box. Repeat.

EXPLOSIVE POWER, NOT ENDURANCE

These plyometric modalities are used to build explosive power for your bench press. They are not strength endurance, max reps. Sets of three to six work great.



“DEAD BENCHES ARE A GREAT MOVEMENT FOR AN ATHLETE WHO WANTS TO GAIN STRENGTH BUT NOT ADD MUSCLE MASS BECAUSE STRENGTH GAINS ARE ENHANCED VIA THE ABILITY OF THE CNS TO EFFICIENTLY RECRUIT THE PROPER MOTOR UNITS”

Doing these prior to bench press can potentially help you bench press more by activating your CNS.

This is an advanced training modality and is most beneficial for athletes that can raw bench 1.5 times their body weight or more.

BUILD STARTING STRENGTH WITH DEAD BENCHES

Rate of force development in lay terms refers to how quickly you can develop tension a muscle. The faster you can develop force, the more you can potentially bench press. One way to enhance RFD is by building superior starting strength.

Superior starting strength in the bench press can be developed with pausing in training. Well, that’s partially true, but there’s more. A 2010 study at The Josef Pilduski University Physical Education Department in Warsaw, Poland, along with the Biomechanics Department at Semmelweis University in Budapest, Hungary, showed that a one-second delay (pause) at the bottom of the bench press caused a disruption of 55 percent of the stretch shortening cycle benefits derived on the concentric portion of the bench press.

In other words, after a full one-second

pause, 45 percent of stored elastic energy from the negative portion of the bench press is helping you. So a long pause causes some disruption in the “help,” but you are still getting a partial free ride. Let’s explore an alternative that completely eliminates any help the stretch shortening cycle provides.

The concentric-only bench press is what I call the “dead bench.” Simply lie down on a bench placed under the bar in a power rack. Place the bar on the pins, making sure the bar is in a position it would normally be at the bottom of your bench press.

Start the weight anywhere from ½ inch off your chest to two inches off and push the weight to lock out as explosively as possible. Long armed lifters should be toward the 2-inch range. Because of their longer eccentric phase, they get more “spring” out of the bottom from the increased negative ROM.

DEAD BENCHES AND WELFARE REFORM

Think of the short stretching cycle as “welfare,” or a free ride, because of the assistance provided to starting strength. Dead benches are welfare reform because they completely eliminate the stretch shortening cycle and the “free”

extra force production it derives.

Dead benches are a great movement for an athlete who wants to gain strength but not add muscle mass because strength gains are enhanced via the ability of the CNS to efficiently recruit the proper motor units. Basically, you are keeping your car the same size but increasing the engine size. The result is the car goes a lot faster.

The dead bench, of course, should be performed for singles. Even after the pause, almost half the elastic energy aids in the concentric. Not what we want. The variables to increase intensity on the dead bench are shortening rest intervals, adding more singles to the same weight, adding more weight and adding bands or chains. Lengthen rest periods and decrease the number of singles as the weight gets heavier. Only accounting for bar weight is a good prescription for a quick stall out.

Week one might be eight singles with a one minute break, then week six might be four singles with a three-minute break. Obviously the weight has increased, but the rate of perceived exertion may be the same both weeks.

Dead benches are not to be done in place of regular bench presses! The bench press is a reversible muscle action. The dead bench press is a concentric only muscle action, and while this is a king for building starting strength, to get better at the bench press, you must bench press.

IT'S ABOUT HOT, NASTY SPEED

Let's contrast the concentric phase of the bench press to a 100-meter sprint. Like the 100-meter dash, during the bench there is the acceleration phase, the constant speed phase and the deceleration phase.

The drive off your chest is the start from the sprinting blocks, which marks the beginning of the acceleration phase. While our sprint acceleration counterpart can last anywhere from five to six seconds, our bench acceleration is contained to the initial "pop" off of the chest and those first few inches at the beginning of the range of motion. However, if this initial speed is lost, both the bencher and the sprinter are screwed.

That's why maintaining constant speed is so important in both the bench press and the 100-meter dash. Benching the heaviest weight possible and smoking the competition on the track both require moving at top speed for as long as possible. In sprinting, maintaining constant speed is termed speed endurance, whereas on the bench this is what we call mid-range power. The bottom line is you need to bench press

"BENCHING THE HEAVIEST WEIGHT POSSIBLE AND SMOKING THE COMPETITION ON THE TRACK BOTH REQUIRE MOVING AT TOP SPEED FOR AS LONG AS POSSIBLE. IN SPRINTING, MAINTAINING CONSTANT SPEED IS TERMED SPEED ENDURANCE, WHEREAS ON THE BENCH THIS IS WHAT WE CALL MID-RANGE POWER"

as explosively as possible through the entire range of motion.

FINAL THOUGHTS

CAT, upper-body plyometrics and dead benching all are proven techniques for taking a bench press from average

to great. You've been given the building blocks, now it's your job to apply the mortar (programming) that takes your bench from good to great. **PM**

Josh Bryant trains some of the strongest athletes in the world at Metroflex Gym in Arlington, Texas, and via the Internet. Along with his receiving ISSA certifications in fitness training, nutrition and conditioning, he was awarded the title of Master of Fitness by the ISSA. He also has a master's in exercise science. Bryant has won national and world titles in powerlifting and Strongman, and was the youngest person in powerlifting history at 22 to bench press 600 lbs. raw. He has squatted 909 lbs. in the USPF, officially bench-pressed 620 lbs. raw and deadlifted 800 lbs. raw.

To learn more about Bryant or to sign up for his free training tips newsletter, visit www.JoshStrength.com. You can also follow him on Twitter (@JoshStrength) or at Facebook/The-JoshStrengthMethod. He is available for online training, consultations and seminars.

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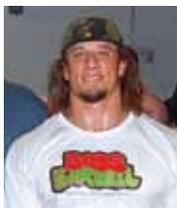
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MARK BELL: It seems like both of you are fans of overhead work. How is this worked into your program?



DAN GREEN: Routinely

BELL: Mr. Green, are you a prick or just a man of few words? Or all of the above?

GREEN: Yes.

BELL: Okay, people are supposed to learn from this. Or do you feel they need to send you 500 bucks for that?

GREEN: But I “do” shoulders once a week ordinarily. My favorite three exercises are the press, seated DB presses and seated behind-the-neck presses.

BELL: Has the shoulder work helped increase your bench, or is it just keeping you healthy?

GREEN: Shoulder strength is a direct component of benching. They are important in the start and middle of a bench. I usually train the shoulders hard until I feel the need to drop them and replace that day with an additional bench day.

BELL: So you sometimes bench 2x per week?

GREEN: Absolutely. How do you go 6 days between benching without wanting to bench!?

BELL: I sometimes go 2 weeks or so. But I’m a fat loser not a WR holder! If you do bench 2x per week, how many pressing movements will you use in a workout?

GREEN: 2 paused bench and touch-and-go bench. It’s very boring and repetitive for those interested in fancy exercises, but it works. And what’s sexier than a bigger bench? That’s what weightlifting all comes down to anyway. How MUCH do you bench? Not how fancy is your bench workout. But right now I’m 20 weeks out from competing, so my second bench day is just a DB bench day. I just got a bunch of big DBs from one of my skinny friends who has no need for them (Max Aita), so now I’m going to do those for a while too.



LILLY (WAKING UP): I believe the vast majority of injuries to powerlifters’ shoulders and pecs come from the fact we have gone away from trying to be a culture of pure strength, we are chasing “strength” via short cuts. Squat suits don’t need quads and bench shirts don’t need delts. Deadlifts need quads and look at America’s reputation in the deadlift. We have a couple of great pullers — oh and by the way they are raw lifters with big quads. I never ever wanna be a guy that has weak links anymore. I’ve been that guy and I was embarrassed of myself.

BELL: Mr Lilly Pants, looks like your bench is blowing up bigger then a Starbucks bathroom. What’s going on with that? Do you have a secret?

LILLY: It’s no secret just a dedication to what works for me. I knew coming back from injury I had to dedicate to the basics. Hard, heavy reps have built me back up. The new “twist” is how I’ve been incorporating the Slingshot into my training. I’ve been doing lots of heavy negatives with the Slingshot and this has helped the weight “feel” much better, and lighter in my hands. That’s half of the battle, getting to the point where the perception of the weight is “light.”

BELL: Do u feel Dan Green cheats by looking like Mr. Perfect?

BELL: Ahead? Or so far behind he’s advanced? Maybe he just doesn’t even think?

LILLY: And he reads philosophy. Definite cheating!

LILLY: I think Dan is ahead of the rest of us on the evolutionary curve. So yes, that would be cheating.

GREEN: Thinking is passé. That’s why Bruce Lee said not to do it.

BELL: He seems weird, right? Thanks guys. I think everyone learned a lot ... ?

GREEN: Hmmm ...

LILLY: Hmmm ...

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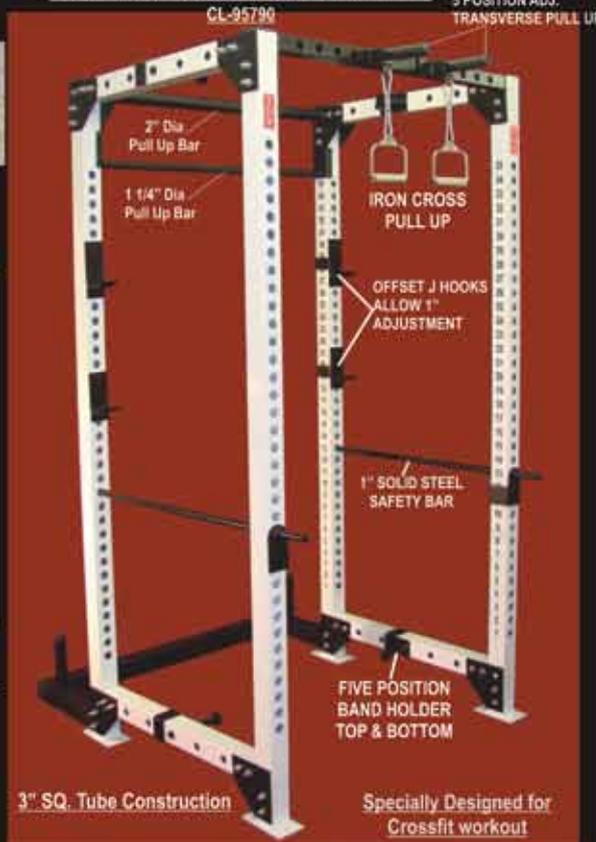
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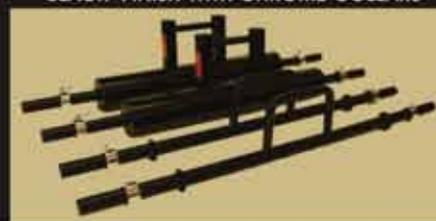
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