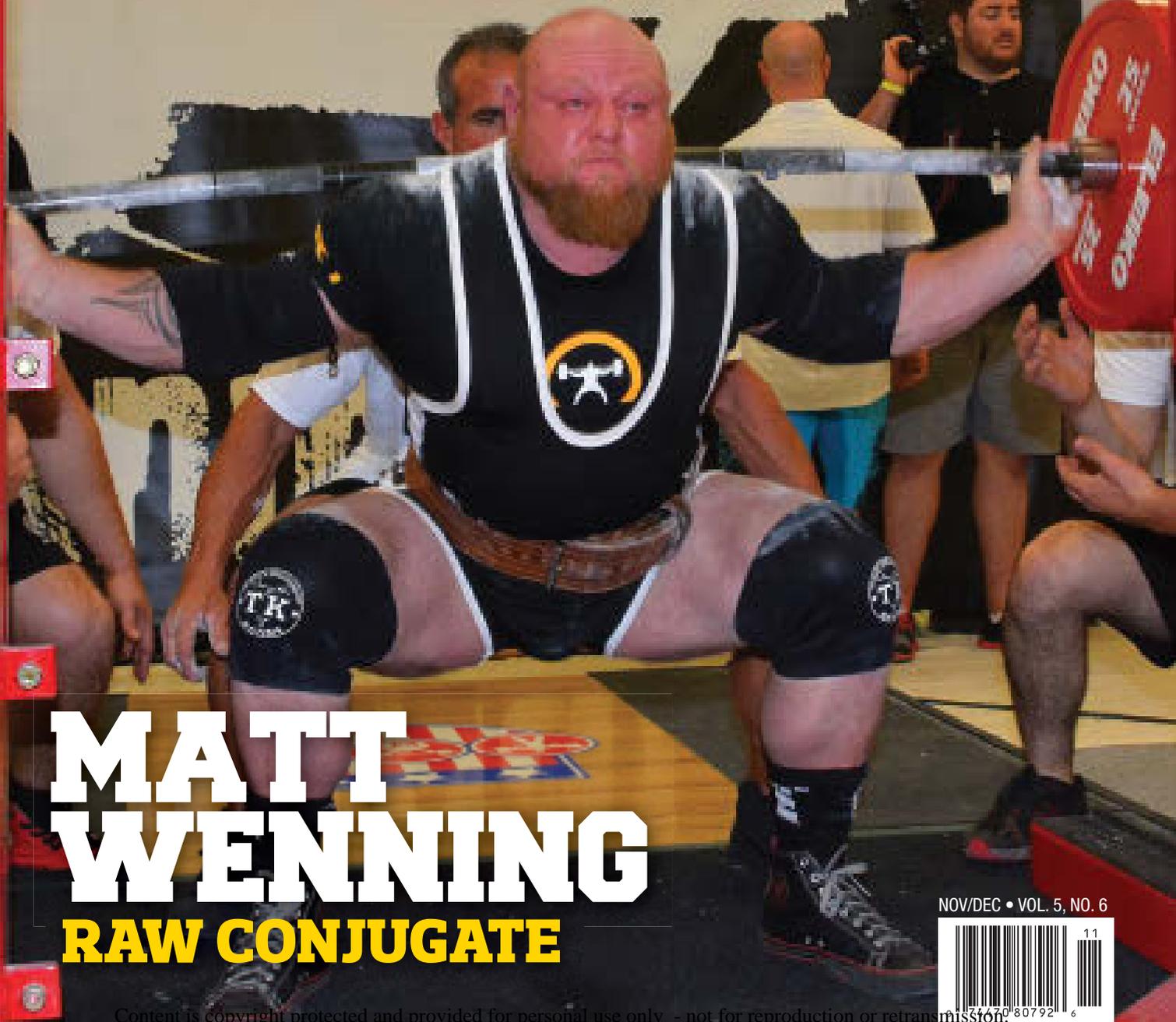


**STRENGTH PROGRAMMING FOR CROSSFIT** BY MATT VINCENT

# POWER

NOVEMBER/DECEMBER 2014

**Q & A WITH  
DR. LANE NORTON**



**MATT  
WENNING**  
**RAW CONJUGATE**

NOV/DEC • VOL. 5, NO. 6

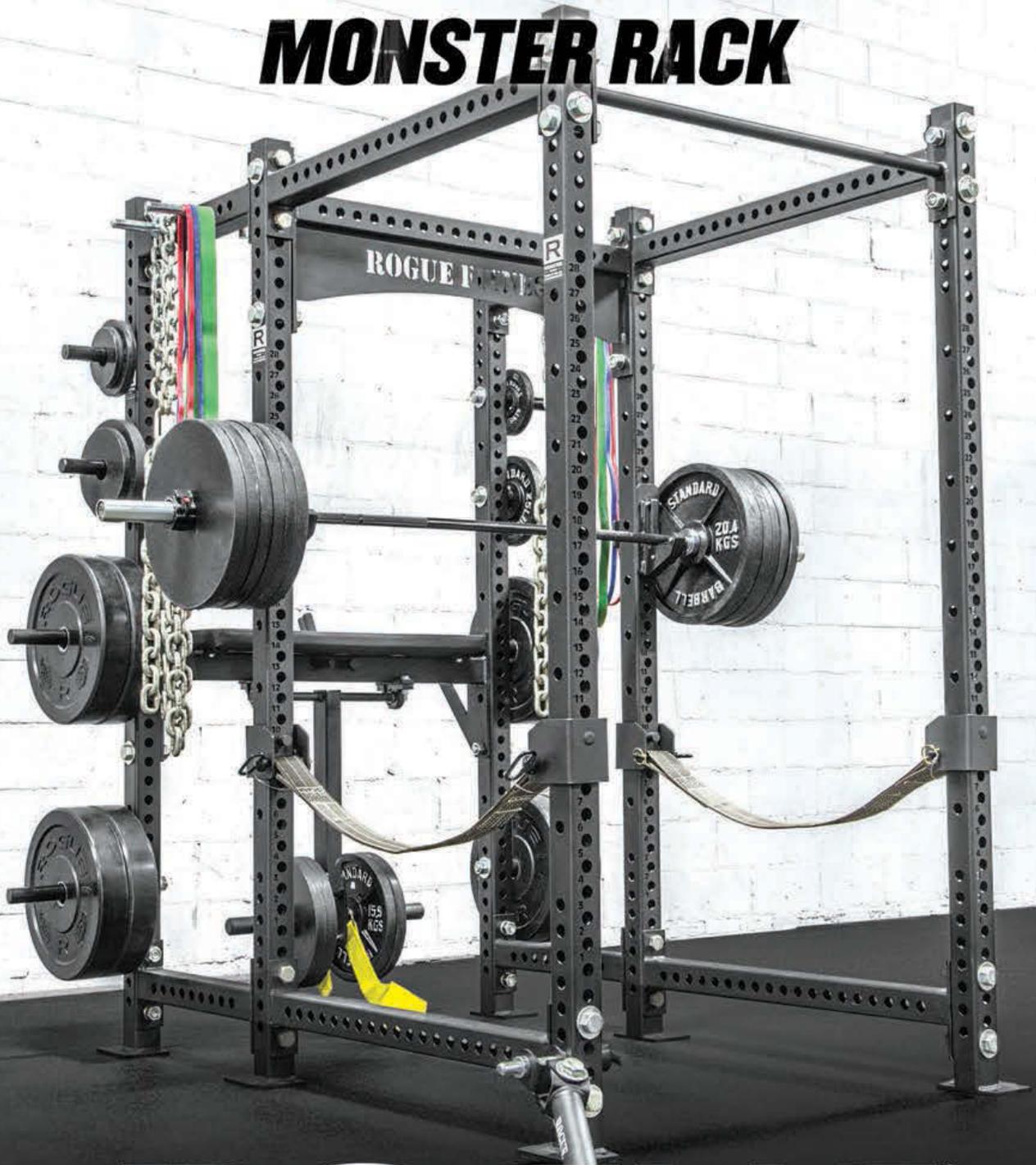


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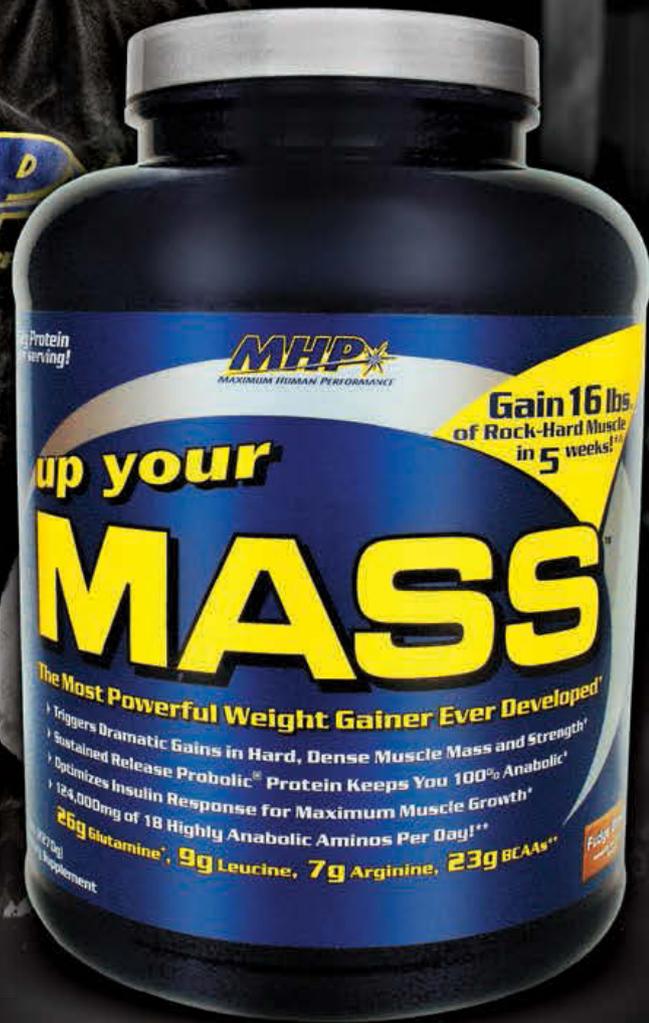
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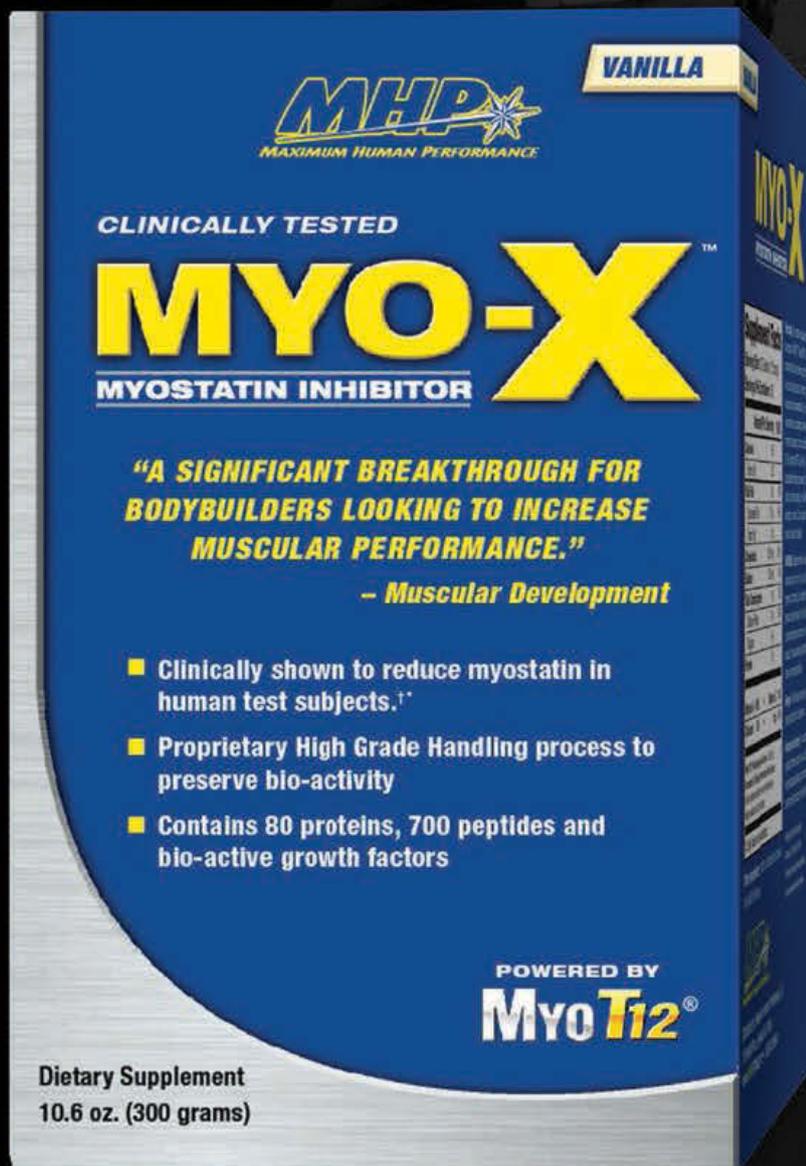
✓ **4X Greater Increase In Muscle Thickness\***

Your quest for building muscle may finally be realized. In a recent landmark clinical study at the University of Tampa Human Performance Laboratory, the myostatin inhibitor MYO-X was shown to significantly enhance muscle growth in athletes. The placebo controlled study showed that subjects training only two times per week for 12 weeks significantly gained lean muscle mass. Subjects who supplemented with MYO-X daily were able to add up to 8 lbs. of lean muscle mass in just 12 weeks, while gaining an amazing 4 times greater increase in total muscle thickness as compared to control.

**“Subjects in the MYO-X study experienced significant increases in lean muscle mass and total muscle thickness while training only two days a week.”**

“The results of this study support enormous potential for the use of myostatin inhibitors by athletes looking to improve muscle mass and performance,” says Dr. Robert Ashton, M.D., Chief Medical Officer at MYOS Corporation, a biotech company that specializes in the science of muscle health. Myostatin is a potent catabolic limiting factor for growth. This natural negative growth factor protein exists in all of us, and works to limit muscle growth in a genetically predetermined pattern. Scientific evidence supports a correlation between reductions in myostatin and muscle growth. MYO-X has already been shown in clinical research to significantly reduce myostatin levels in human test subjects.

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## Scientific Evidence Supports The Benefits Of Myostatin Inhibition On Muscle\*

### Myostatin and the control of skeletal muscle mass.

Se-Jin Lee and Alexandra C. McPherron (1999), *Current Opinions in Genetics and Development*, 9:604-607.

### Regulation of myostatin activity and muscle growth.

Se-Jin Lee and Alexandra C. McPherron (2001), *Proceedings of the Natural Academy of Sciences, USA* 98:9306-9311.

### Regulation of muscle mass by myostatin.

Se-Jin Lee (2004), *Annual Review of Cell and Development Biology*, 20:61-86.

### Sprinting without myostatin: a genetic determinant of athletic prowess.

Se-Jin Lee (2007) *Trends in Genetics*, 23:475-477.

### Regulation of muscle mass by follistatin and activins.

Se-Jin Lee, Yun-Sil Lee, Teresa A. Zimmers, Arshia Soleimani, Martin M. Matzuk, Kunihiro Tsuchida, Ronald D. Cohn, and Elisabeth R. Barton (2010), *Molecular Endocrinology*, 24:1998-2008.

### Metabolic functions of myostatin and Gdf11.

Alexandra C. McPherron, *Immunology, Endocrine & Metabolic Agents in Medicinal Chemistry*, December 2010; 10(4): 217-231.

### The central role of myostatin in skeletal muscle and whole body homeostasis.

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### Myostatin inhibition induces muscle fibre hypertrophy prior to satellite cell activation.

Wang Q, McPherron, AC, *Journal of Physiology*, May 2012.

### The effects of a myostatin inhibitor on skeletal muscle mass in trained males.

Lowery, R., et al., 2014, submitted for publication American College of Nutrition.

\*These studies represent the scientific opinions and research related to myostatin reduction. For informational purposes only.

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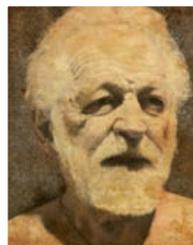


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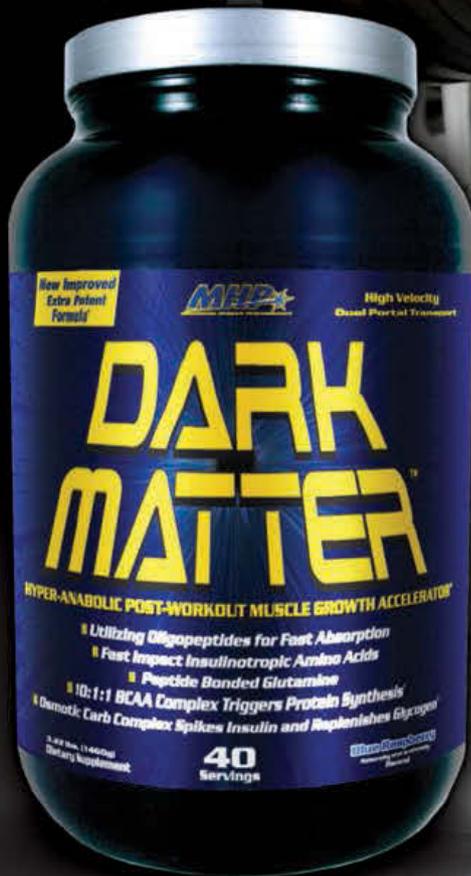
Silent Mike sits down with Dr. Norton to discuss some hot topics related to diet and nutrition.

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# POWER MAGAZINE

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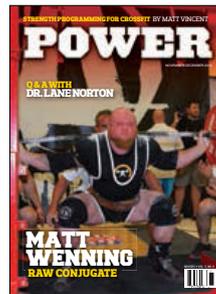
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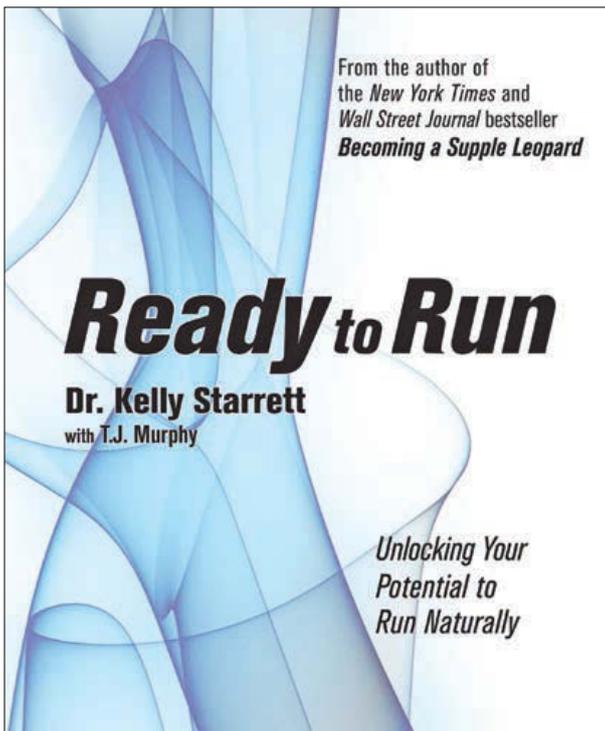
## NEW PRODUCTS



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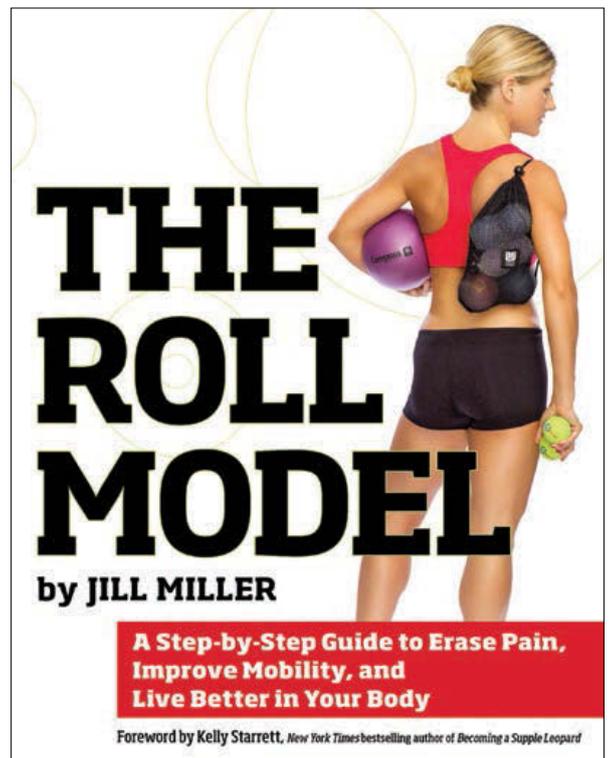
Chips have always been delicious, but these carb-loaded snacks have been reserved for cheat days or impulsive munching ... until now. With 21g of protein per bag, people can enjoy Quest Protein Chips at the gym, on the go or as an anytime snack, guilt-free. Each bold, mouthwatering flavor has only 5g total carbs and zero junk ingredients. Eat the whole bag!



## Ready to Run By Kelly Starrett

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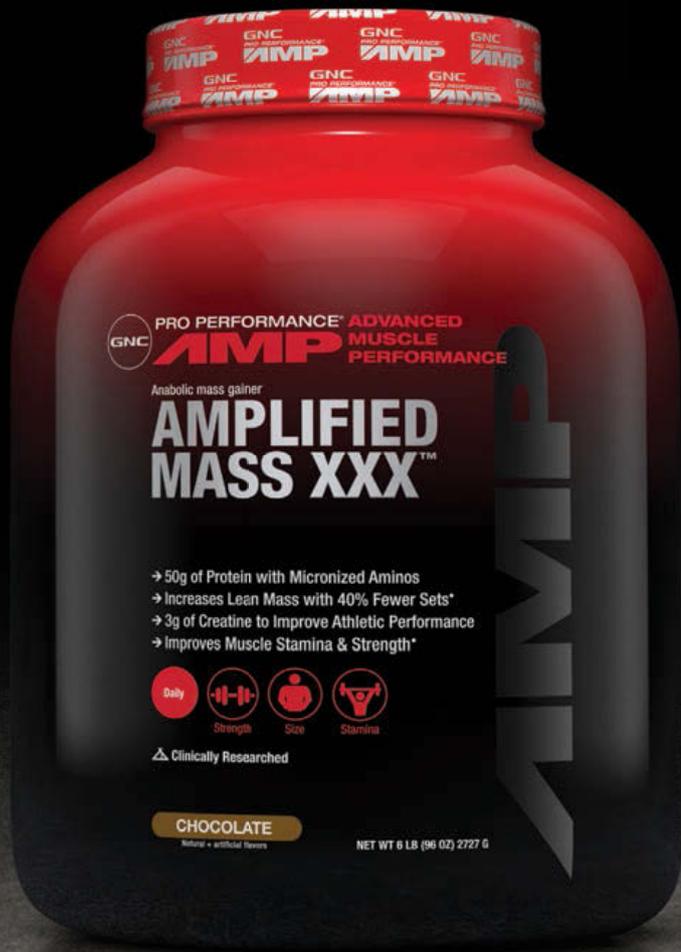
Dr. Kelly Starrett, author of the bestseller *Becoming a Supple Leopard: The Ultimate Guide to Resolving Pain, Preventing Injury and Optimizing Athletic Performance*, now focuses his mobility philosophy on the injury-plagued world of running. The harsh effects of too much sitting and wearing the wrong shoes has left runners shackled to lower back problems, chronic knee injuries and debilitating foot pain. In this book, readers will learn the 12 standards that will prepare the body for a lifetime of top-performance running.



## The Roll Model by Jill Miller

The Roll Model book guides readers through easy-to-perform self-massage techniques that will alleviate pain and improve performance. The Roll Model offers inspiring personal stories, explanations of how and why this system works, and step-by-step rolling techniques to increase energy and lessen stress.

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

## LEANNA CARR

**How old are you, where are you from and what are you wearing?** I'm 22 years old from Buford, Georgia. I am currently sitting on my couch, eating a bowl of ice cream and wearing all things Nike with some mismatched socks. I live in workout clothes!

**Where do you train?** I'm an avid gym hopper so it's usually dependent on what I'm training. The main gyms that I train at are The Omni Club of Athens or Iron Beast Barbell.

**Do you lift with other girls, or is it all guys?** I'm usually one to train by myself. My gym time is my "alone time" and I try to stay as least distracted as possible so that I can utilize consistent rest periods. However, when I do train with other people, I have a couple of BA chicks who I like to lift with! The fellas can't ever keep up! I'm not too headstrong to ask for a spot if needed, and in that case, it has to be a guy who can lift more than me. Period.

**What do you do for work?** I'm a full time student at the University of Georgia and I'm currently finishing up my last semester of undergrad as a Biology/Psychology major. I work part time at a local golf course as well, yes, I'm the "hot beer cart girl" haha.

**How did you get involved in Powerlifting?** I started powerlifting two years ago as a means of losing weight. The first two years of college got the best of me and I certainly gained the "Freshman 15" (or 25). I told my friend I wanted to lose weight and he told me to ditch the cardio machines and start lifting heavy! So I did and I fell in love with it!

**What do your "normal" friends think of how much you can lift?** They think I'm pretty crazy, I'm sure. Growing



up, I was the typical "girl next door": Captain of the Varsity Cheerleading Squad, Highschool Homecoming Queen, etc. So I think a lot of people were pretty surprised when I started powerlifting, especially after realizing that I was actually pretty good at it! They're

all so supportive though. I'm very lucky to have such awesome friends, even if they're not into the same hobbies that I am!

**When you go to a PL meet with a room full of men with massive levels of testosterone, do you feel like the center of attention?** When I'm at a powerlifting meet, there's very little on my mind besides the planning and execution of my lifts, so I guess I don't really notice it! However, I'm sure the pink socks or bow that I typically wear at meets attract a good amount of attention from my surrounding testosterone ridden fellow male power lifters! Haha.

**Are you married, have a boyfriend or single?** "Ain't nobody got time for that"

**Do you remember the first time you out-lifted a boy? How did it make you feel?** The first time I out-lifted a boy was at the University Recreation Center gym where I was testing out squat maxes next to the frat star next to me. I wouldn't have noticed had his buddy not publicly given him a hard time about it, but poor guy! Everyone starts somewhere and at least he was trying, but I'm not going to lie, I definitely felt like a bad ass.

**Do you wear make up to the gym?** Nothing excessive and I won't ever get all dolled up specifically to go to the gym, but of course! Look good, lift good.

**What do you have to say to women who don't lift weights**

**because they think they'll get too big?** Lifting heavy has been one of the best decisions I have ever made in terms of weight loss and reaching my fitness goals! There's such a negative stigma that goes along with women and lifting heavy. I'm hoping

that with the arising popularity that powerlifting has taken, especially upon our female generation, that soon we'll be able to change that! There's nothing better than the feeling of hundreds of pounds on your back and the confidence you have after making it through a lift you didn't know that you had in you. The physical progressions and curves that lifting will give you aren't bad either ;) Strong/confident is beautiful, ladies!

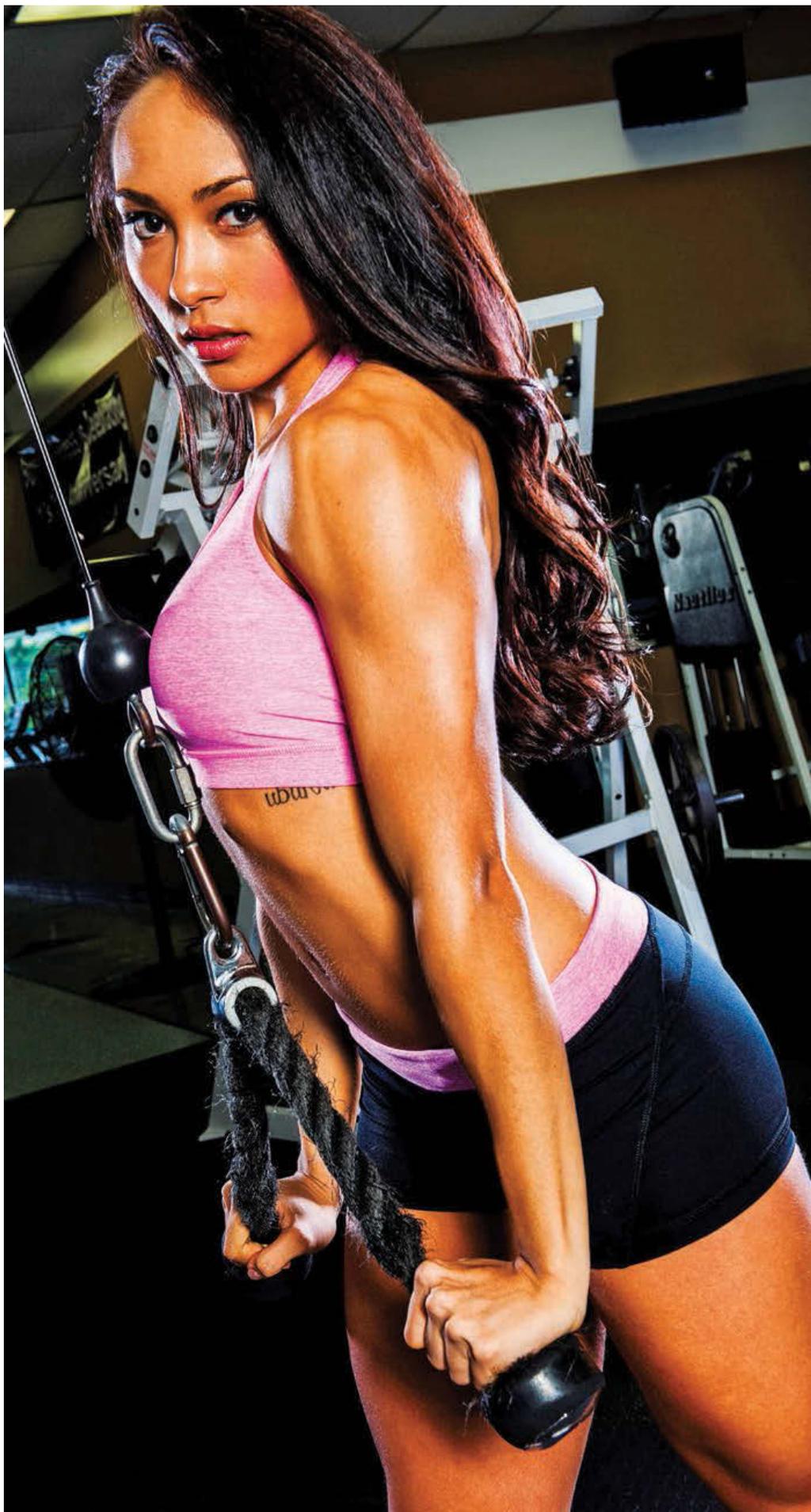
**How has powerlifting helped you?** Powerlifting has made me realize that I can do anything that I put my mind to. As a 130lb female, I'm pretty sure that I shouldn't be able to lift a 350lb loaded barbell off the ground. But the dedication, discipline, and determination that powerlifting has taught me is something that I'll be able to carry with me and apply to every aspect of life.

**What is your favorite lift?** Hmm, probably the deadlift!

**Tell me about your current best lifts.** 350lb dead lift, 305lb squat, 150lb bench press

**What are some of your PL goals?** After my string of shows this fall (I'm a figure competitor as well), my main focus will be getting as strong as possible for the Arnold Raw Full Power challenge in March of 2015! After dieting for the past 7 months, I'll finally be able to train in a caloric surplus so I'm hoping to make some crazy gains! I'd like to come in at my strongest for the meet, really work on improving my bench (my weakest lift), and hopefully hit some crazy numbers. 400lb dead lift before 2016 ;)

**Anything else you'd like to add?** Face your fears and don't ever stop believing in yourself because once you stop, you've already lost. Lifting is easy. Stop thinking about it and just do it. **PM**





# MUSCLEPHARM POWER SPOTLIGHT

## DAVID ALAN ZYSKI



**Where do you train?** Due to my work schedule as a correctional officer, I am able to train at Super Training (ST) every Tuesday, every other Thursday and every other weekend. When I am not able to make it to ST, I train at my nutritionist Gio's garage setup. It has all the essentials I need to grind out my accessory days. Plus, he can keep an eye on me with regards to my hydration and supplementation while training.

**What exactly is he monitoring about your hydration?** If you want me to remind you to drink water during your workouts at ST, all you have to do is ask! He just wants to make sure I'm not going to cramp up or dehydrate myself. Especially during the summer months and being busy at work, it's easy to forget. I would actually appreciate it more if you brought me a cool cup of water in between each set, but if

that's asking too much ...

**Only if I get to call you Captain Insano! How did you get started with powerlifting?** How long have you been competing?

My cousin Maurice Horton trained under Marc Caplan out of Oregon and I asked him to help me work out. He basically broke it down very simply and said our genetics in this family are



against us, so you'll always be big. He suggested trying powerlifting. Once he showed me the basic movements, I was hooked. I competed in a few comps in my early 20s, but got really serious about competing over these last three years.

**I understand that you participate in a different sport on Thursday nights. Please enlighten the readers.** I actually play softball on Thursday nights with some coworkers. It's a team primarily made up of officers from our facility along with other staff who work there. It's a good strategy to get away from the stresses of being a correctional officer and to have a few laughs with some friends outside of work. I also play on a tournament law enforcement team called West Coast United. The team consists of officers from all over California. We have played in tournaments in Los Angeles, Las Vegas, Reno and some local parks.

**Does everyone on the other team back way up when Big Dave steps up to the plate?** There are only two things that are going to happen when I get up to the plate: It's going through them or over them. The choice is theirs.

**You mentioned genetics. Have you always been a big, strong dude?** Absolutely not. When I started lifting with my cousin, I was around 320 lbs. of pudge. There wasn't a muscle on my body.

**What happened once you started lifting?** All I know is that you showed up at Super Training about a year ago and started kicking everyone's ass. Genetics definitely helped because I was already thick, but it was time to cut weight and put on some good size and muscle. Prior to coming to Super Training, I cut down to around 235 lbs. and slowly started adding mass. When I arrived at ST, I was at around 265

lbs. and had a pretty decent total. I was training under Ed Koo at the time, and he had helped me to hone in on my technique and utilize my strengths. Once I arrived at Super Training, Mark Bell and Silent Mike Farr started to show me new methods and new tools, like the Slingshot, in order to gain size and strength. I'm far from where I want to be, but way closer than I was before.

**Who coaches you now and handles your training?** At Super Training, it's one big team and one big family. Primarily Mark and Mike handle my day-to-day training. But during my training, if something seems off or needs correction, Cara Westin or yourself do not hesitate to lend a hand.

**What does your training look like?** Generally speaking, I go heavy

once a week on bench, squats and deadlifts. The other days are filled in with accessory work and core workouts. I never do the same lift two weeks in a row. For example, if I just squatted using a standard squat bar and straight weight then the next week I'll use chains, bands or a completely different bar. Same goes for benching and deadlifting. Cardio is also key; I do about 45 min a day, five or six days a week.

**In total, how many total training days do you have each week?** The game plan is to get into the gym about five or six days a week. At least three of those days are at Super Training with the crew and working on my heavy benches, squats and deadlifts. The other days are done at local commercial gyms and they focus on accessory lifts and the "pretty" muscles (biceps, traps, calves, abs).

**Wait a minute, you said cardio is key? Most people think it's just boring! What kind of cardio do you do? What are your reasons for doing it and in what ways do you find it helps?** On non-Super Training days, I usually start my gym sessions with a 30- to 45-minute, decent-paced uphill walk on the treadmill. I make sure to keep this going because it's good for the ticker and I'm trying to be less fat. I also like to convince myself that playing softball a couple nights a week is "good cardio."

**You competed this past weekend at the Olympia and did very well, finishing second. Do you feel that the judging was unfair and that you deserved to win over Phil Heath?** Phil came in with the total package, and it's hard to argue. I think maybe if I'd started my cut sooner and actually tanned, the judges would've been a little kinder to me. With me taking second at The Olympia, it's just another thing I have in common with Dana Linn Bailey.

**On a serious note, you competed at the USPA Mr. Olympia Pro Invitational powerlifting meet. Competing raw with knee wraps, you took second place in a single-ply meet. Congratu-**

**lations, that's quite an accomplishment! And by the way, you're kicked out of Super Training!** Thank you, sir. It definitely was a fun event, with tons of great lifters from all over the nation and the world. But I'd like a group vote before your decision on me being kicked out is final.

**What were your lifts at this meet?** Squats: 716, 760 (PR), 771 (PR). Bench: 468, 501, 518 (PR). Deadlift: 688, 722, 744 (ties my competition PR). Total: 2,033 (PR).

**"THE GAME PLAN IS TO GET INTO THE GYM ABOUT FIVE OR SIX DAYS A WEEK. AT LEAST THREE OF THOSE DAYS ARE AT SUPER TRAINING WITH THE CREW AND WORKING ON MY HEAVY BENCHES, SQUATS AND DEADLIFTS"**

**You faced a lot of adversity going into this meet. Let's set the record straight about some things. How much does Mark pay you to wear his wraps?** Mark sponsors me through Team Slingshot, but I am not paid to wear the wraps. I do get wraps and all the latest Slingshot gear. I also get an awesome gym to lift at, the best team out there, and a group of lifters that's like family.

**Has Mark ever said that you couldn't train at ST if you didn't wear his wraps?** He's never made that statement to me, nor have I ever heard him make that statement. As a matter of fact, there are lifters who train at ST that use other companies' equipment.

**Similarly, has Mark ever threatened to kick you out of his gym for lifting**

**at non-ST meets?** Nope. He has actually trained me for three USPA meets.

**For that matter, have you ever actually lifted in an ST meet?** Not yet.

**How much do you pay to train at ST?** Not a cent.

**In addition to this wrap battle, you faced an even greater challenge: the loss of your father. Tell us about your relationship with him and how his loss impacted your lifting.** My father was the type of man who always made time for his kids. From a young age up until his passing I can only think of a handful of sporting events that I participated in that he did not attend. My father was my biggest supporter and someone who I admired and strived to be like. Meet days, we'd wake up early and get some breakfast. We'd talk while we ate and when we were done, we'd walk back to our rooms, he'd kiss my head and tell me, "I'm proud of you. Go do your thing." After each lift at my competition, he'd walk over to the lifters area, smile and give me a kiss on my head, and walk back to his seat.

This last meet was tough for me. On Aug. 28, just a few weeks out from the Olympia, my father passed away. The one thing that went through my head was that he wouldn't want me to stop; he'd want me to strive on and do my best. I mourned and grieved for the loss of my father, but I never stayed away from the gym.

The family at ST was a huge part in the grieving process. They took care of me like I was their son or brother with constant check-ins and making sure that I knew what I had to do: perform and have the meet of my life for my dad. And in my mind, that's what I did. I can't thank each and every person at Super Training enough for what they have done for my family and me.

**Maybe about a month out from the meet, you switched from squatting in a flat-soled shoe to an Olympic lifting shoe with a heel. What was your reason for making the switch?** What advice do you have for lifters as far as

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their choice of shoe for squatting? For some reason, I just couldn't hit that last inch or so on depth when it came to my squat while wearing flat-soled shoes. I threw on a pair of the Reebok Oly shoes and was able to stay more upright and sink my hips more. Also, it seemed like it was easier to keep my knees in place instead of going forward over my feet. As far as advice for other lifters, all I can say is don't follow the trend. You need to find what's comfortable for you. Don't be afraid of change.

**Leading up to the meet, you did a lot of your deadlift training off a deficit. (For those readers who don't know, you're a conventional puller.) Looking back, what are your thoughts on your deadlift training for this meet?** I felt like my deadlift is where I made huge gains. I tied my meet PR at the Olympia and had much more in the tank. But in the powerlifting game,

**"THE DEFICITS DEFINITELY HELPED ME UTILIZE MY HIPS AND GLUTES MORE. WHEN PULLING FROM THE FLOOR, I WOULD USE A LOT OF LOWER BACK AND GRIND MY FINISH OUT"**

sometimes you adjust your game plan as you go. Instead of pulling for a PR deadlift, we went for a total PR and a 9/9 day.

The deficits definitely helped me utilize my hips and glutes more. When pulling from the floor, I would use a lot of lower back and grind my finish out.

Deficits made me utilize the hips and glutes or I wouldn't get the lift. Going into this meet, we trained the weak point of my deadlift (the finish), and I think it shows.

**Is there anyone you'd like to thank?**

There are so many that I know I'm going to miss some. My mom Donna, the strongest woman I know. My sisters Jamie and Jennifer for their love and support always. My first coach, my cousin Maurice, for introducing me to powerlifting. My training partners away from Super Training, Ericka and Gio. Coach Ed Koo. My main coaches leading into this comp: Mark Bell, Silent Mike, Robot, Juan and Jesse Burdick. And when my life hit a low point just weeks from the competition, they lifted me up. Everyone at ST, thank you.

And finally, my dad, forever in my heart and thoughts. I love you and miss you more each day. **PM**

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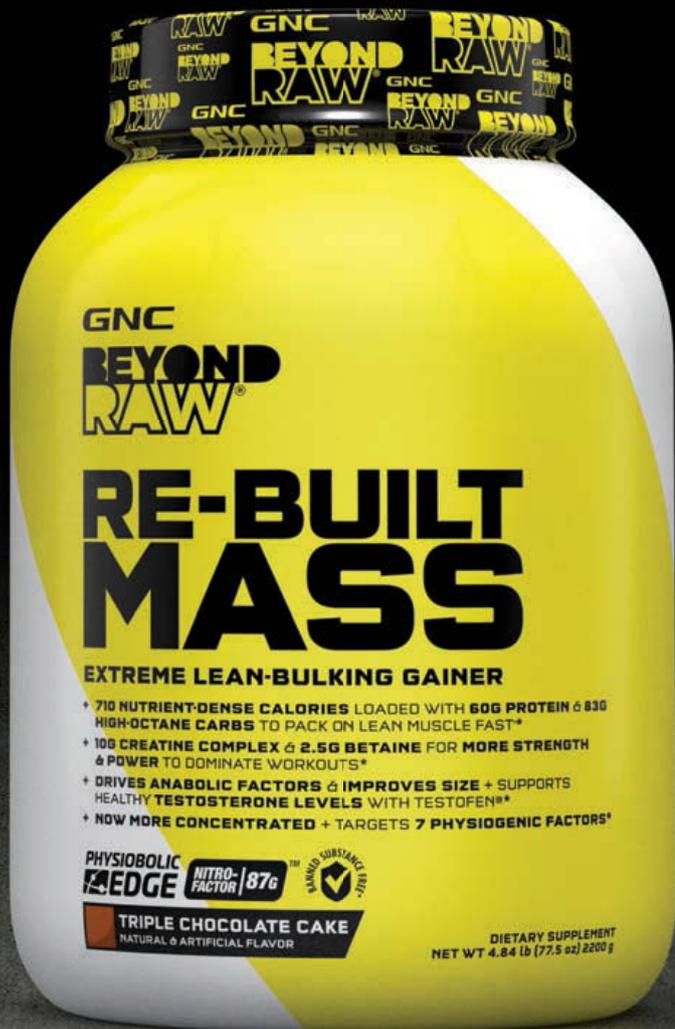


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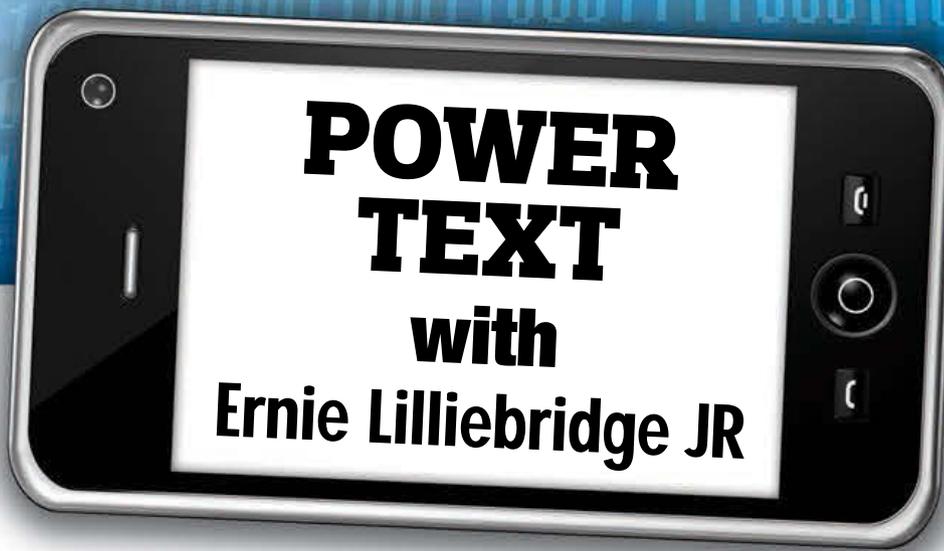
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**GNC**  
LIVE WELL



**MB:** You hurt your lower back recently and then I saw a video where you are lifting more than ever! Your bench in particular went nuts. What's your current biggest bench?

**Ernie JR:** PRP injections are working good for me! Also my sacrum has out for a while the doctor popped it back in for me, and that made one hell of a difference. With the bench I could not have made my progress with out the overload work from the Sling Shot. My best contest bench is 457@198.

**MB:** That's a big bench. But we all know 500 is that Coveted "bench mark" that every raw lifter strives for. I saw a vid where you hit 505 in training..., where did that come from??

**Ernie JR:** Well I hit 500 a few years ago back in 2012 at a body weight of 253lbs. I was tired of being fat and tan and wanted to work on my physique a little more and really changed my training and diet.

Two weeks ago I just hit a big PR of 505lbs at 220lbs bodyweight. These last few months I've been really focusing on using the blue and red slingshot into my heavy bench training days.

At my peak I was able to work up to a touch and go 500x2bench with a XL reactive sling shot. Once I hit that goal I started using the red original slingshot and worked up to a 515x2 paused bench. At this point I felt very confident I would be able to take 500 to my chest without a slingshot.

After I hit the 505 raw I put on the red original slingshot and was able to pause a 565 right after with more in the tank.

**MB:** So even though this is a plug in my own magazine lets continue to promote the awesomeness that is the Sling Shot! You added the sling shot to most bench workouts for 1-2 extra sets and you were able to get nearly a 50lbs PR even when you took the Sling Shot off?

**Ernie JR:** Yes for 2 extra sets after my heavy raw bench days. Also on my light bench days I would also put on a blue reactive slingshot and go up to 365 to 405 for a set of 10 reps.

**MB:** What other work did you do to get that big PR bench?

**Ernie JR:** Not much changed really. I put a big focus on form in and out of the Sling Shot and I just set some new goals. Through hard work I was able to reach those goals. Team Lilliebridge always does our assistance exercises. Assistance work can really help your lifts because your working on making certain muscle groups bigger. We do a lot of typical bodybuilding type stuff. Pops (Ernie SR) is a big fan of us working for a pump on our assistance stuff and lighter workouts. Lat Pulldowns, dumbbell work, curls, Tricep extensions, ab work all that kind of stuff. The assistance work is important and it really does help so don't skip out on it!



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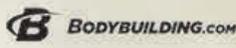
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# CONJUGATE TRAINING FOR RAW LIFTING

BY MATT WENNING, M.S.

**T**raining the same way all the time, with the same exercises, will not only get boring, but can lead to overtraining, injury and a short career. A system of rotation and variation uses many forms of training to bring about great results. The conjugate system is an educated rotation of training involving maximal efforts, dynamic efforts and repetition methods to develop all around ability, which in turn brings specific results – in time. Everyone is looking for the next 10-week cycle to go from gym rat to elite status, but no program is capable of that, and your goals for strength should be thought of as long term.

## TRAINING SMART

A well thought-out conjugate system is the best way I have found to train. The reason it is so powerful is because it focuses on weak points, and allows smarter training frequency and volume.

Rotating different bars and loading conditions (bands, chains, straight weight) is smart because it changes the force distribution on your body on a weekly basis. With this approach, there is less chance of overloading specific anatomical structures day in and day out, so you are less likely to incur overuse injuries.

It has another advantage. You're loading the muscles in difficult ways and in positions of decreased mechanical advantage. This will make you stronger in the long run by building strength in a variety of positions, and forcing your body to adapt to these slightly different demands. When prepping for a meet, I use real weight every three weeks to keep the groove, but change other training variables to allow me to go heavy on a weekly basis.

This sport is time consuming and costly, and can be dangerous. Usually what drive us in our youth are performance and the pursuit of constant gains. But in my mind, the person who lifts the biggest weights with the least scars is the winner. And usually the person that can lift the heaviest the longest also becomes the strongest. So why think short-term?

## VARIABILITY AND EXERCISE SELECTION

When I develop a strength program, I'm thoughtful on what I need accomplish and what I have done in weeks past. I never do the same thing two weeks in a row, and I select exercises that constantly keep my mind and body guessing.

In training, never lift close to what your potential is in the classical lift. For instance, when I squatted 832, my biggest real squat in the gym was 765. I learned this from the great Larry Pacifico, who used to tell me that he never had gym maxes that out-lifted his contest best. People who work up to contest maxes constantly are just in need of confidence. There are exercises that build and exercises that test your strength. Your training should build you up to your best at a meet, not in the gym.

Maximal strength is key to powerlifting; it is what we measure in our lifts. There is really no point to your training as a powerlifter unless your maximal strength is rising. But maximal strength is tricky. Too much or too little of a good thing has negative results. In my conjugate system, I max once per week (upper body) and select different exercises on a weekly basis to combat fatigue and overtraining. Rotating allows me to train at maximum year round.







## SEVEN-WEEK BENCH TRAINING

Instead of testing my strength with real weight, I vary my tensions and angles to allow me to lift heavy on a weekly basis and reduce the risk of overtraining. My max-effort day layouts for RUM 7 in 2014 allowed a 606 bench after a world record squat. In this seven-week time period, the highest I went in real weight with the bench press was 565, or roughly 92 percent.

**Weeks 1-7:** Max-effort training protocol for 606 raw.

**Week 1:** Narrow grip bench with 200 lbs of band 2-RM.

**Week 2:** Incline throat press with three-chain 3-RM.

**Week 3:** 520 real-weight competition max position (85%) 3-RM.

**Week 4:** Decline football bar 1-RM with lightened band (hanging 100-lb. band tension).

**Week 5:** De-load 15x15 dumbbells working from 50s all the way to 150s (short rest periods).

**Week 6:** 565 competition grip 2-RM; Slingshot work up to 5-RM (top overload).

**Week 7:** Lightened blue band (strong) work up to paused 1-RM.

## THE DYNAMIC METHOD

I believe the Dynamic Method should be a main component of your conjugate training program.

The equation  $force = mass \times acceleration$  needs to be understood in order to realize the importance of speed training with respect to maximal lifting. Understanding muscle spindles, titan, Golgi tendon organs and stretch reflex is also helpful, but I believe the main benefit to the Dynamic Method lies in the connection between force and acceleration.

In order to complete a repetition faster, more force is necessary. During the concentric portion of each lift, the bar starts at zero velocity and ends at zero velocity, just in a different location. So there is a point where the bar is accelerating from zero and also a point where it starts deceleration to eventually stop. This is where the benefits of bands and chains are invaluable. As the bar begins to decelerate in order to stop at the top of the rep, the bands/chains are adding more resistance. The lifter needs to apply more and more force to this accommodating resistance, even though the bar is decelerating. This doesn't allow the muscles responsible for locking out each rep to simply coast with the momentum already applied into the weights. This will evenly stress all musculature, and result in a greater stimulus and therefore greater strength gains. When the time comes to for a max effort lift without accommodating resistance, you will have the additional strength reserve to keep the bar moving upward as momentum and bar speed slow down. Below are some advantages that accommodating resistance and speed work have on the way you approach your lifts.

Lifting quickly uses less energy and is safer. I know it sounds crazy, but all of the injuries I have seen in shoulders and pecs were associated with people who let the weights go slowly. Why? My theory is that when you lower slowly, you waste energy — you're keeping tension in muscles that do not need to be so tense. When weights are lowered slowly, usually the front deltoid, biceps and pectorals become tense. This is exactly what you don't want. The triceps need to be the dominant muscle

group during benching, so loading these muscles slowly causes confusion. If you let the weights drop in faster, you aren't wasting as much energy and are able to take advantage of the stretch reflex and rebound out of the bottom.

Dynamic (or speed) training teaches you to let weights go, but still stay in control and in your groove. So, if you can stay tight and lower weights more quickly, you can actually use more energy to press the weight upward. My guess is that slow benchers lose almost 15 percent of their upward pressing strength on the way down.

Lowering quickly and not wasting energy is one of the greatest advantages to speed work, and has allowed my bench to rise from 490 (at 20 years old) to 606 and climbing (at 34 years old) with no injuries. While most are burning up valuable energy on the way down, I have taught myself to let the weights go and actually use energy when it counts, on the way up. This also seems to make the pause seem less abrupt and shorter at competitions, which is a huge advantage.

Use the law of accommodation in reference to speed work. Speed work is just like any facet of lifting in that it must be rotated in intensity, volume and duration to alter the stimulus. Your speed work cannot be similar from week to week. Keep in mind that this is for long-term gains, not an eight-week program).

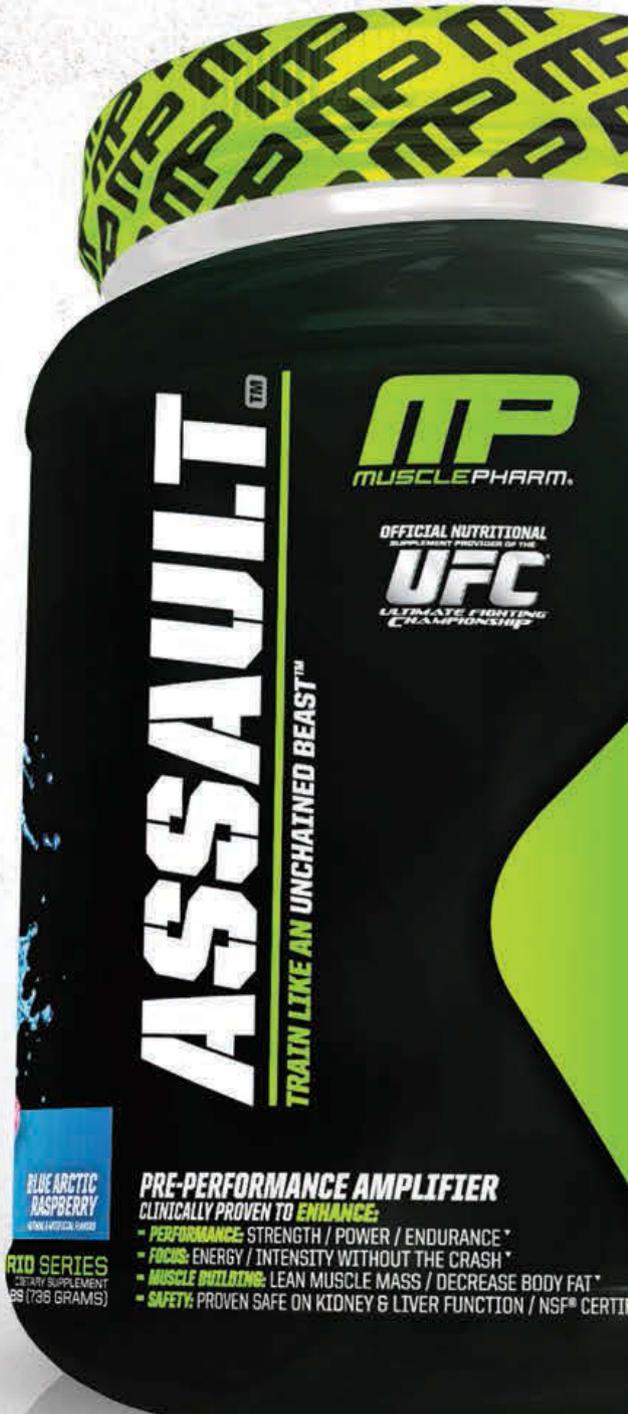
## NINE-WEEK SPEED LAYOUT FOR A 606 BENCH PRESS

This tri week we increase band tension by 30 or so pounds and follow the same scheme. The stimulus changes on a weekly basis, as well as the volume (due to total tonnage lifted). In the first



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three weeks we increase with chain on a weekly basis, starting off very light, working our way up in chain resistance every week.

**Week 1:** Double red band 185, 8 sets of 3 reps.

**Week 2:** Double red band 185 with one chain, 8 sets of 3 reps.

**Week 3:** Double red band 185 with two chains, 6x3 reps.

**Week 4:** Double mini black 185, 8 sets of 3 reps.

**Week 5:** Double mini black 185 with one chain, 8 sets of 3 reps.

**Week 6:** Double mini black 185 with two chains, 6x3 reps.

**Week 7:** Double black single red with 205 bar weight, 8 sets of 3 reps.

**Week 8:** Double black single red with 225-bar weight, 8 sets of 3 reps.

**Week 9:** Double black single red with 250-bar weight, 6 sets of 3 reps.

We increased the intensity of the band tensions, chains and or real weight into a wave of different stimuli. Some weeks are lighter than suggested dynamic percentages, some were heavier, but the key is that they are different over time and create growth without over training. I look at it this way:

**Week 1:** We need the stimulus to be a tad on the lighter side for max explosion (explosiveness).

**Week 2:** We need the stimulus to be fast with a heavy load (speed strength).

**Week 3:** We need the stimulus to still moving quickly while being very heavy (strength speed).

The force applied to the bar is dictated by the force = mass x acceleration equation, but it is difficult to exactly calculate this force, given the changing "mass" from the chains and band stiffness. Luckily, the absolute magnitudes

are not important. By moving the weight as quickly as possible, you are generating maximal force for that loading condition. This also results in the largest power output for that loading condition, given that power = force x velocity. So you are maximizing the force and velocity, and therefore power, at that loading condition. As you change the loading conditions, this alters where on the force, velocity and power continuums you are stimulating and leads to increased variance and adaptation.

There is a speed where an individual can produce the largest singular value of power. This is dictated by the force, or velocity curve for muscles. At one end of the spectrum, a weight that is so large you can only hold it still is producing a large force, but zero velocity. At the other end, if the bar is required to move at an extremely fast speed, you aren't able to apply very much force. There is a range in the middle, which increases the total power thru a balance of increased force and velocity. This balance will differ from person to person, but you can identify it by looking at the speed of the bar and reducing weights when the bar speed appears to be slowing down. Again, this is not a max-effort exercise. It is meant to teach speed and increase the rate of force development.

### ACCESSORY WORK AND CONDITIONING

Individual weaknesses are the main limitation when developing maximal strength, and conditioning is what allows the body to do handle the massive workloads and still recover for the subsequent workout. Missing one or more of these components will cause frustration and lack of progress. People who cut accessory work short eventually stagnate

or become injured.

Weaknesses are the limitation to your lifting ability, and 70 percent of your work in the gym should be dictated toward those areas. We often think that benching, squatting and deadlifting get better by just doing the exercises, and that is partially true. But most people have distinct biomechanical inefficiencies, as well as muscle imbalances, which hinder progress. This is apparent before, during and even after a lifting career.

We can't change how tall we are, or our segment lengths (arms, legs, etc.). These factors tend to influence our lifting form and will automatically cause a varying degree of muscular imbalances. By default, they dictate our form. In my experience, muscles must be isolated away from the classical power lifts in order to create and restore balance.

### UPPER BACK

Weaknesses in the upper back cause all three lifts to have problems. In the squat, this is usually seen when a lifter cannot hold a proper chest-up posture, and the squat looks more like a good morning. In the bench, it means the bar path will be awkward, resulting in a loss of tension at the bottom of the lift. And in the deadlift, the body rounds at the thoracic spine, making it difficult to engage the hips and placing additional stress on the lower back.

### TRICEPS

Triceps should be your main pressing muscle. I know that the bench has been thought of as primarily a chest builder, but the chest and shoulders should be secondary when benching very heavy weight. The shoulder joint is very mobile and prone to injury, so focusing on the

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triceps will allow you to be strong for a long time. I do roughly 500 reps of triceps work a week, and have for many years. This is what allows me to keep my bench progressing without having to work around shoulder injuries or pectoral muscle tweaks.

Another key to bigger bench press number is to get strong inside the rings of the straight bar. My competition bench grip is relatively narrow compared to other lifters, and during training it is even closer. This keeps my arms in the movement at all times and makes my elbow the limiting factor, not the shoulder. Mechanically, it is also advantageous due to the arm bones being in line directly under the weight, rather than wider at an angle with muscle tension holding the weight up. Although the total distance the weight moves is less with a wider grip, there is much more stress on the shoulder and forearm. In geared benching this stress is taken up by the shirt, but in raw lifting your shoulder must handle this load. This is the main reason shoulder injuries are so common and why I focus on triceps strength to increase the bench press.

### SAMPLE WORKOUT

Use upper body max effort, and remember that the warm-up is a lot of volume and should be done quickly, with minimal rest.

**Warm-up:** Four round circuits; incline bench 4x25 reps db; 45-55-65-75lb db; triceps pushdown 4x25 with 100 lbs.; chest-supported DB rows 4x25 w 45lb db.

**Main exercise:** Pick a max-effort exercise.

**Accessory work:** Heavy barbell triceps extension on incline 3x6; pull-ups with two chains around neck, 3-3 tempos until failure; rope swings out to the side, 3x1 min.

### CONDITIONING AND BUILDING INTO ACCESSORY WORK

Something I have been experimenting with for a few years in increasing warm-up volume. This does a few things:

It warms up the muscles, tendons and joints. By constantly reinforcing the proper muscle activation before your big lifts, it will help you master technique, and move more weight. At the start of a bench session I do 100 triceps reps, as well as close to 100 reps of pull-downs or rows. When I get to max-effort or speed work, my muscles are warm primed for the task. This helps to keep my shoulders back and make my arms the dominant muscle in the bench.

It builds in volume for muscle mass before you get tired. One hundred reps of pressing is built into the warm-up every day before max effort or before dynamic day. This is to not only warm up the muscles, but also to build in hypertrophy work both before and after your main exercise.

As you become stronger, the maximal effort training and dynamic training will be very fatiguing. It will not leave much energy in the tank to achieve the four to six accessory exercises, so I front-load three of those exercises before my main lift. The selection comes from muscle weaknesses and ones needed for proper reinforcement of form.

It allows you to be strong even when you're fatigued. I'm never at 100 percent (especially after squats) in a powerlifting meet, so why train that way? I don't know how many guys I have seen who could bench 500 lbs. fresh, but throw a heavy squat before that and it drops 50 lbs. or more.

Starting every bench session I will do 100 reps or more of dumbbell or Kettlebell pressing, which can be close to 10,000 lbs. of pressing work. This helps

me train my body to lift heavy weights while slightly fatigued, and gives me a better idea of how I will feel during a meet.

Conditioning is very important to powerlifters, even though this may seem counterproductive. As you become stronger, the lifts become more taxing and it is harder to feel your best. The only way to combat this is to increase your overall work capacity by including some smart conditioning. Another big advantage is this will make you leaner.

I have been experimenting with training methods for 20 years, and my biomechanics background really makes me think critically about my choices. I strongly recommend that you become educated as well as strong, as those will each guide your decisions as a lifter. Understanding physics, muscle physiology and leverages has taken my strength and those around me further than I ever thought possible.

### RECOMMENDED READING

- Zatsiorsky V.M., W. Kraemer (2006) Science and Practice of Strength Training (2nd edition) Champaign, Ill.: Human Kinetics.
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- Mel Siff. (2003) SuperTraining (6th edition) Supertraining institute. Denver USA. **PM**

*Matt Wenning is a proven world class lifter in both raw and geared lifting. He has a 606 lb. raw bench, 832 raw squat (no wraps), a 2665 total in multi-ply and a 1197 squat in multi-ply. He is a graduate of Ball State with a master's degree in Sports Biomechanics and a BS in exercise science. He currently lives and trains in Columbus OH at Ludus Mangus gym.*

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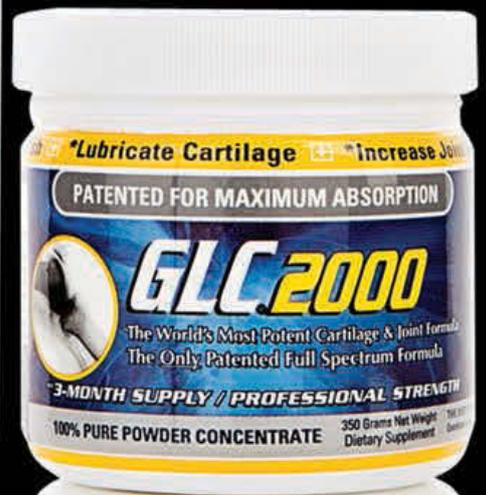


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# SIMPLE STRENGTH PROGRAMMING *for* CROSSFIT

BY MATT VINCENT  
PHOTOGRAPHY BY MIKE BUCK

**I** have been lucky enough to spend a lot of time on the road in different gyms around the country. A lot of these are CrossFit boxes. I couldn't be happier with the addition of CrossFit into our strength culture – which is good, because it is here to stay. There are amazing things happening at CrossFit gyms around the world. More people are moving and doing something about their health.

One issue I do see is the lack of decent programming at these gyms. Most go with the idea that, as long as they offer a challenging warm up and workout that can be scaled as needed, then the athletes are fine. CrossFitters who are in the gym to look better naked rather than improve athletic performance, then this type of training three to five days a week is perfect. But those who want to compete in CrossFit and make progress without the risk of overtraining injuries will need a different plan.

One workout is not going to be effective to address both types of CrossFitters.

**GET WITH THE PROGRAM**

CrossFitters need to address the following things in their program: strength training, conditioning, technique and recovery. These can all be addressed equally and keep an athlete balanced.

Strength training is where the ball is often dropped the most. CrossFit demands huge work capacity, and serious athletes spend major time in the gym. Volume is a must. But there are smart ways to address this. First, learn to do the six main lifts properly (squat, bench, deadlift, push press, snatch and clean). After a warm up and some mobility work, go into that day's strength program. This can stay simple. Address accessory work only after weaknesses are established.

I run a three-day-a-week program: Day 1, squat and bench; Day 2, deadlift and push press; Day 3, clean and snatch. These lifts are run on

a five-week cycle, with four weeks on and one week de-load with a simple progression of sets, reps and percentage. There is no reason to chase max singles very often. You get stronger from the accumulation of work. Also, as an athlete, this limits your exposure to injuries. For example, sets of five and three are going to build strength better, as well as some work capacity, but singles are a test. At max effort, you risk injury since your form is likely to fail. Why not save these tests for competitions, when the risk is worth it?

Progress the cycle like this to keep you healthy and able to continue making gains.



	Day 1	Day 2	Day 3 (keep rest 120 sec)
Week 1	Squat 5 x 5 @ 75% Bench 5 x 5 @ 75%	Deadlift 5 x 5 @ 75% Push Press 5 x 5 @ 75%	Snatch 10 x 2 @ 75% Clean 10 x 2 @ 75%
Week 2	Squat 5 x 5 @ 80% Bench 5 x 5 @ 80%	Deadlift 5 x 5 @ 80% Push Press 5 x 5 @ 80%	Snatch 8 x 2 @ 80% Clean 8 x 2 @ 80%
Week 3	Squat 5 x 3 @ 85% Bench 5 x 3 @ 85%	Deadlift 5 x 5 @ 85% Push Press 5 x 5 @ 85%	Snatch 6 x 1 @ 85% Clean 6 x 1 @ 85%
Week 4 Test Rep Max	Squat 5 x 1 @ 90% Bench 5 x 1 @ 90%	Deadlift 5 x 5 @ 90% Push Press 5 x 5 @ 90%	Snatch 4 x 1 @ 90% Clean 4 x 1 @ 90%
Week 5: Deload	Squat 3 x 10 @ 50% Bench 3 x 10 @ 50%	Deadlift 3 x 10 @ 50% Push Press 3 x 10 @ 50%	Snatch 5 x 3 @ 50% Clean 5 x 3 @ 50%

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After running this block of training, repeat and change to new maxes based on the Week 4 rep max test. Figuring out your new max based on

rep max is easy.

$$\text{weight} \times .0333 \times \text{reps} + \text{weight} = \text{new max}$$

*Ex. 405 x .0333 x 3 + 405 = 445*

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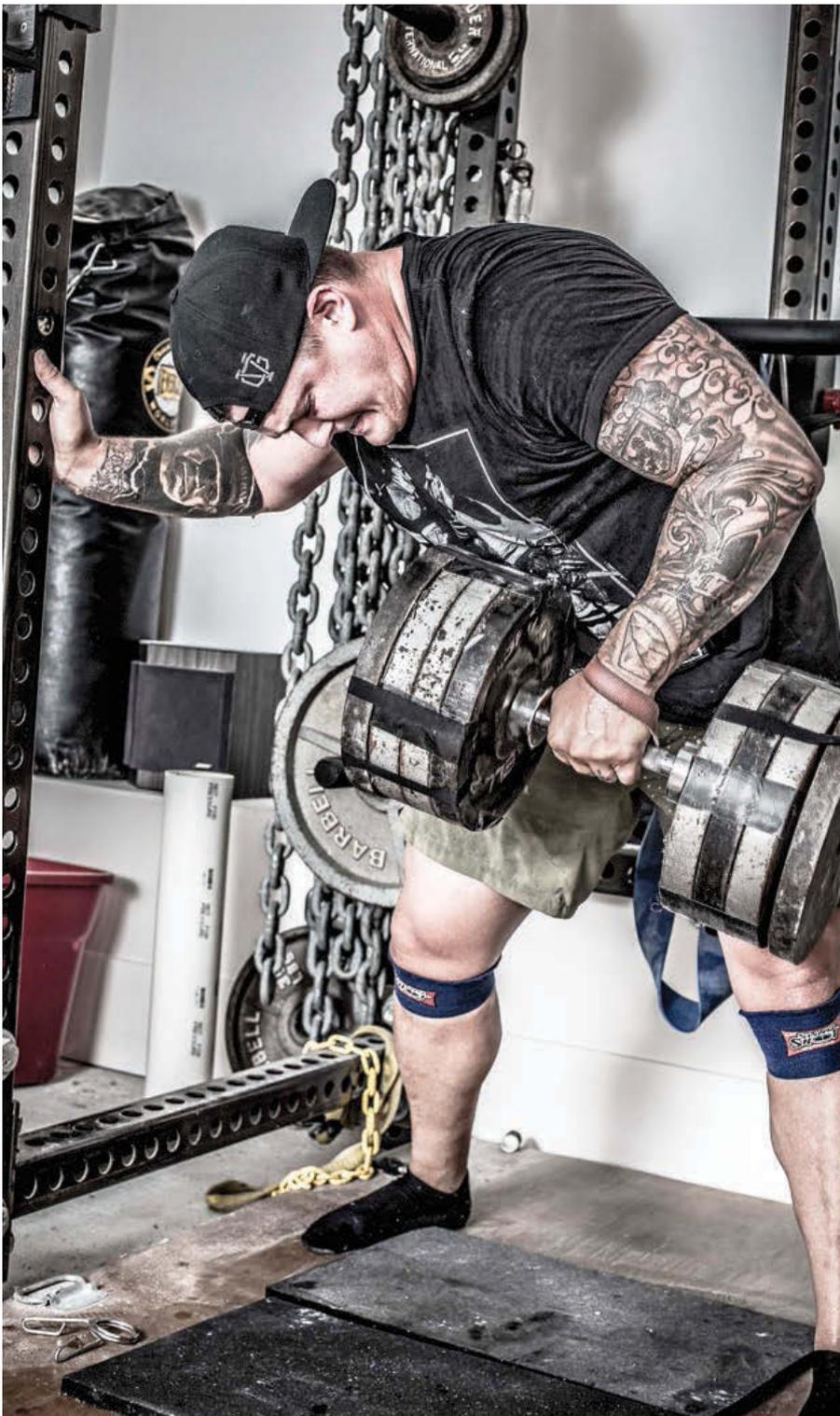
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spaced out. Take this time to learn about yourself — what you need to do in terms of recovery to get ready for the next one. Do you need food, shakes, rolling, LAX ball work or recovery drinks? Find out what works for you so that when you compete, you know what to do.

Figure out how to push yourself during these workouts to get max performance when you need it. I hate to watch the open and see athletes do it

**“IF YOU WANT TO COMPETE, YOU NEED TO DO TWO TO FOUR WORKOUTS A DAY OF VARYING SKILLS AFTER STRENGTH TRAINING. THIS IS WHERE YOU WILL GET YOUR CONDITIONING”**

the work and, when you feel strong, go after a rep max.

After the strength training, go into your normal workout of the day programming. I recommend keeping these a mix of lighter and longer workouts and short heavier metcons. If you want to compete, you need to do two to four workouts a day of varying skills after strength training. This is where you will get your conditioning. The way I

would address this each day is as the following:

**Workout 1:** Longer, lighter workout. Mostly body weight movements or AMRAP.

**Workout 2:** Metcon heavier shorter, like a Fran or Grace.

**Workout 3:** Conditioning (sled work, prowler sprints, hill sprints, tire flips).

These should be appropriately

three, four, five times. Figure out how to do the workout, get a plan and attack it. Do it right the first time, when you have the most gas.

Using this programming will help you as an athlete or help your athletes make the progress they need to for the long term. Don't be a coach who only knows how to make people sweat and bleed to make progress. Be smarter about it and keep your athletes healthy. This will lead to the most gains in performance in the long run.

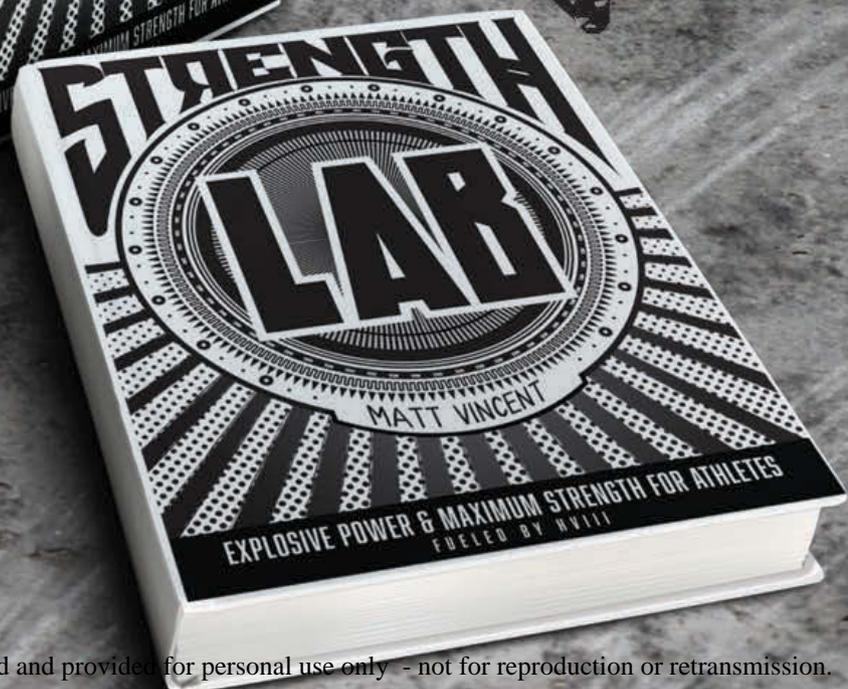
**PM**

*Matt Vincent is a professional strength athlete, author, Drifta Lifta and two-time Highland Games World Champion.*

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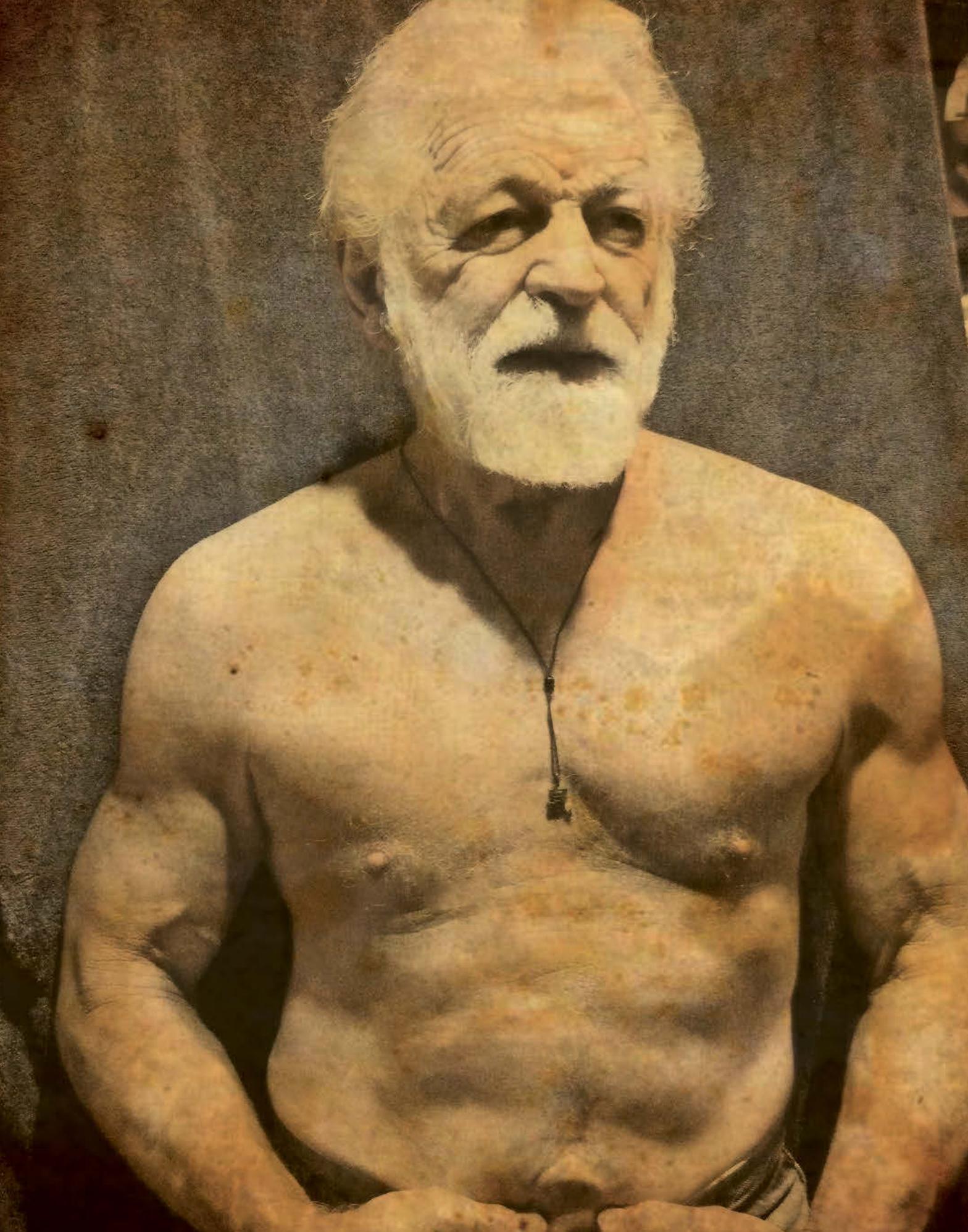
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# Old Man Lifter

BY JEFF "ROBOT" IRION

**JEFF "ROBOT" IRION:** You recently bench pressed more than 300 lbs. raw in competition. You're 78 years old and the oldest person to ever do so. Why are you so old? Shouldn't you be doing more age-appropriate things, like playing bingo or being dead?

**TOM SISK:** I am so old because I have always lifted weights and generally taken care of myself nutritionally, plus I chose parents with good genes. When I was in my late 60s I needed more involvement and wanted to compete in something. It came down to powerlifting or checkers, and there were a lot of people who could beat me in checkers, so I chose powerlifting.

**IRION:** My grandma is 82. Do you think you could get her to bench press 300 lbs?

**SISK:** I don't know about your grandma. There are a few females in their 80s who are lifting, but mostly just deadlift. I don't think that I have seen an 80-plus female benching.

**IRION:** What weight class do you compete in?

**SISK:** Generally I have always competed at 198 but seldom weighed more than 190. I dropped to the 181s in my last competition, because I already had the world record in the 198 class with a 308 bench and I was not training much over 300. The

300 set the world record in the 181 class.

**IRION:** I understand that you're a doctor. What kind of doctor are you?

**SISK:** I am a psychologist. I went back to graduate school at 49 and got two masters and a Ph.D. after turning 50 years old. Maybe I am a late bloomer.

**IRION:** Do you still work as a psychologist, or are you retired?

**SISK:** I do not currently practice psychology (except on myself). I retired as director of counseling from a residential treatment center for adolescents in North

Georgia at 62 and continued my private practice for several years. I was completely retired when I started powerlifting in my late 60s.

**IRION:** When did you start lifting weights? And when did you start competing?

**SISK:** I started 61 years ago at age 17. I did a little Olympic lifting at 20, but was not really competitive. I was training at the only gym in Atlanta at that time, Karo Whitfield's, and Paul Anderson would drop by occasionally so I was very conscious of Strongman activities, thanks to him.

I continued to work out throughout my life and acquired a substantial amount of knowledge in physical fitness based on weight training. For several years before I went back to graduate school, I worked as a consultant helping people set up small business-



es. I immediately was employed to help start a health club, which expanded into a second, and I spent a considerable amount of time in the clubs and started training others for bodybuilding competition. A close friend of mine won the Mr. Georgia contest during this time and I trained a number of people who competed in bodybuilding competitions. Bill Kazmaier was training in Atlanta and worked out at other new clubs in Atlanta, and Lee Haney had just moved to Atlanta and worked out in our clubs a couple of times. I was not very aware of powerlifting during these years, except for Bill's Strongman activities.

When I was in my late 60s, a friend at a local health club started talking about some of his earlier days powerlifting and piqued my interest. I visited North Georgia Barbell gym and was immediately hooked.

I did not compete until I had turned 70 and was training for shirted lifting. After several competitions, I went to the WPC World competition in 2008 and broke an 11-year-old world record in the shirted bench for the 198-lb. class. I continued through most of the 70 to 74 age range in equipped bench and, after having a really hard time achieving a 375 equipped bench, I switched to raw lifting. At 75, I became the first person over 75 to bench press more than 300 raw in sanctioned competition.

**IRION: Have you always trained heavy?**

**SISK:** Most of my lifting has been bodybuilding-based, so I was not lifting through the years with very heavy weight, but I continued to use about the same weight as I got older and, on a relative basis, it was heavy. I was in good condition when I started powerlifting and was interested in shirted lifting, so I immediately went into some pretty heavy weight training. Having benched in the 290s in my first couple of raw meets, I thought of myself as 300 bench raw, and I went to shirted benching for several years. I never reached my goal of 375 in a shirt, so I went back to raw and started hitting 300-plus.

**IRION: Were you always a bench-only lifter, or did you ever compete**

**full power?**

**SISK:** I have always considered myself a bench-only lifter. I have nerve damage to my lower left calf and foot, and balance is a real problem. I have competed full power, but I benched more than I squatted, and my deadlift is under 400.

**IRION: What does your weekly training program look like?**

**SISK:** I only work out hard two days a week: Monday is chest accessory day (arms, shoulders, pecs) and Friday is bench day. My warm up is always the same: bar, 95, 135, 185, 225, and then whatever my program calls for. I usually do another day of lighter work on back and legs. My warm-up for Monday is also leg work.

My workouts are usually fairly simple: progressive weights up to a limit with a pause, then maybe touch-and-go benches. I'll also include boards, bands and chains. I probably use boards more than anything else. Also, I like the fat bar and use it occasionally.

**IRION: What are your powerlifting goals?**

**SISK:** I just competed last week. For the two weeks before I'd been doing paused benches, so I am setting a new short-term goal of a double 300 lbs. touch-and-go bench. I'll start a rep training program on Friday. I've hit a triple with 275, but never tried to rep above that, except on boards.

As for long-term goals, I believe that you should set them high because if you achieve them, you do not have anywhere further to go. My ultimate goals are to achieve a 315 bench in competition and to hit a touch-and-go triple with 300.

**IRION: In addition to being the oldest person to bench press 300 lbs., I think you're also the oldest person who is jacked and tan! How do you manage to train and compete at your age? What are your secrets?**

**SISK:** I have always trained for bodybuilding, so I've never had a problem with putting on muscle. I do know better at this point in my life to stay out of the sun as a tanning process. But they do make some great skin products now, and I believe that the skin is part of the whole body condition.

There are no real secrets to successful competitive powerlifting, other than the obvious: a slightly obsessive personality, the ability to be focused and dedicated, and the ability to go beyond normal limits that your body and even other people suggest. Competing at my age is difficult — traveling distances out of state is taxing on the energy levels, and the adrenaline flow from competition day will drain you for weeks.

If there is something I do that is very different from the normal, it is in the area of nutrition. My diet is balanced and not designed for any particular goal. Most of my junk eating is in the form of ice cream. Furthermore, I have studied vitamins all my life and now take about 40 vitamins a day. I do not believe that combination vitamins offer the same ability to control proper dosages, so most of mine are individual products, with the exception of BCAAs and glucosamine and chondroitin. I take health store stimulants and creatine before workouts and wash it down with N.O.

**IRION: Can you recommend some vitamins or supplements that you feel all powerlifters should be taking, and tell us why?**

**SISK:** It seems that the first thing that a powerlifter (or anyone) should consider is their general health, and that should come before strength building, muscle building and endurance. Sometimes the colds, allergies, infections and general health problems hold back a powerlifter's progress more than lack of vitamins and supplements, just for strength and stamina. One's major protection for good general health is your immune system, and the focus should be here first.

My choice of five vitamins for immune system support are vitamin C, vitamin D3, vitamin E, CoQ10 and selenium. It is easy enough, with the Internet to become pretty knowledgeable about vitamin intake, and I would certainly encourage this study for all powerlifters. One could go from there with their own judgment about specific vitamins for muscle support, bone and ligament strengthening, energy and endurance. **PM**

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# TRAINING WITH SPONDYLOLISTHESIS

BY MAX GORDON

**T**he last thing any lifter wants to hear is that they can no longer squat or deadlift. Well, that's what most doctors are likely to tell you when they diagnose you with a spondylolisthesis (spondy from here on out) in your lumbar spine. And, if you're like me, you will absolutely not take their advice. Why? Because you love to squat and you love to deadlift, and nothing is going to stop you from doing so – except the crippling pain in

your lower back, hips and calves from your spondy.

The most common type of spondy that affects power lifters is an isthmic spondy, which is an acute stress fracture or elongation of the pars interarticularis (a small segment of bone joining the facet joints in the back of the spine). The most common spot for a spondy in the spine is at the lumbosacral joint (L5-S1). Your lower back is sliding forward on your sacral spine,

throwing your muscles completely out of balance and putting a serious break in your kinetic chain. Combine this with anterior pelvic tilt from years of squatting, and you have yourself a postural nightmare and the inability to do your daily activities, let alone lift.

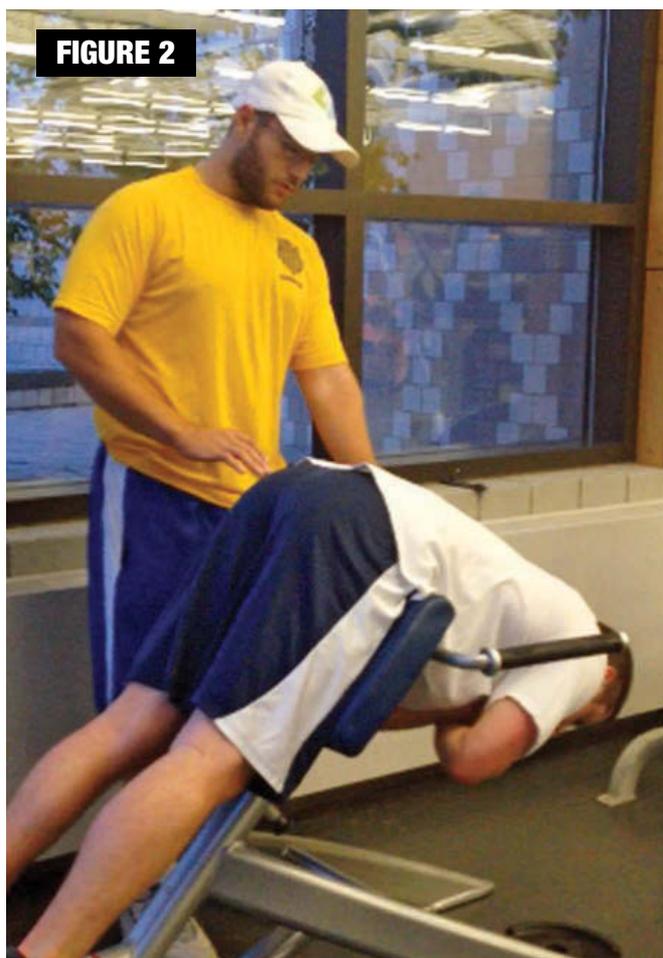
A spondy can only really be "fixed" with surgery, but that is only an option if the spondy is quite severe. However, you can limit or erase the symptoms of the spondy, and be back to powerlift-

## 45-DEGREE BACK EXTENSION WITH GLUTE EMPHASIS (SEE FIGURES 1 & 2)

FIGURE 1



FIGURE 2



Notice the spine is neutral in the locked out position. No extension in the lower back. This is the key to the movement.

Only go down as far as you can while keeping your lower back out of flexion. The idea is to keep a neutral spine throughout the entire movement, hinging at the hips, and activating the glutes and hamstrings.

## ROMANIAN DEADLIFT (SEE FIGURES 3 & 4)

FIGURE 3



In the locked out position of the RDL, your glutes are squeezed and activated and the lumbar spine is in a neutral position.

FIGURE 4



In the bottom position of the RDL, the weight remains against the legs. Only go down far enough as to keep your lumbar spine neutral. We do not want flexion, as that may cause spondy related pain. The hamstrings will be receiving a nice stretch, as the butt is pushed back while you hinge at the hips. From here, simply fire the glutes and hinge into a neutral, locked out position.

ing (or whatever it is that you do) in no time. At first it may seem as if the symptoms of your spondy will never go away, but with a properly designed exercise program, you can be symptom free without surgery or paying for an expensive physical therapy bill that may or may not yield the results you want. If you can find a chiropractor to give you weekly sacral adjustments at a discounted rate (since it takes about 5 minutes), that will also be beneficial.

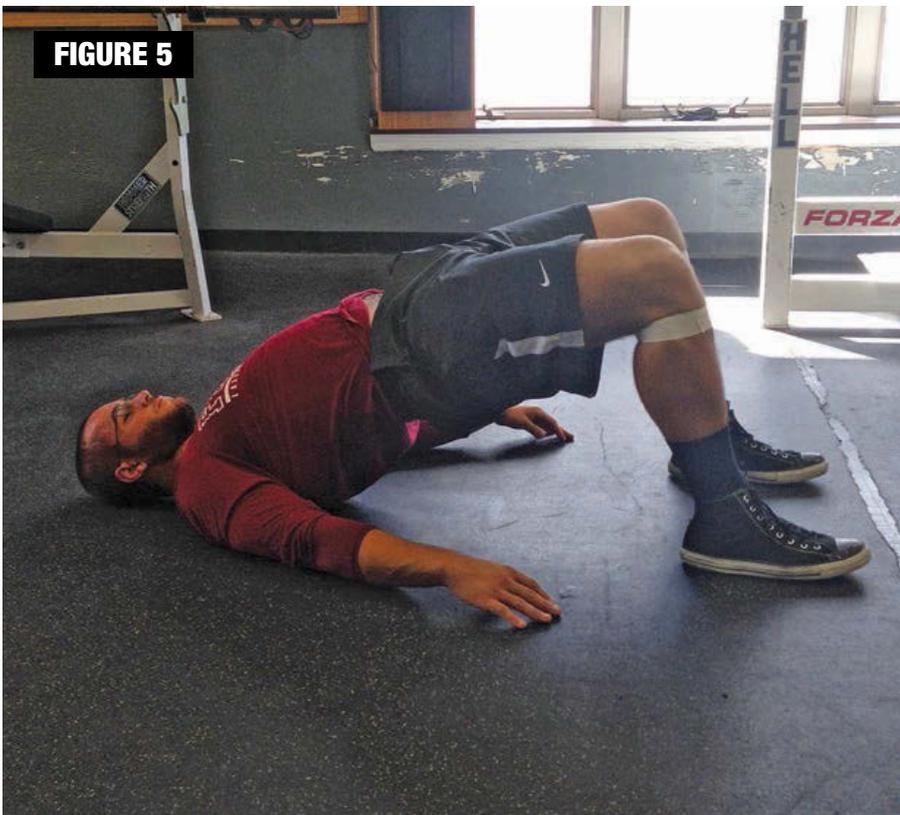
However, a properly designed rehab/training program can limit your symptoms while making you stronger and leaner, and will allow you to function normally again so you can do things like, um, pick up your child or carry groceries in the house.

To limit these nasty symptoms, your exercise program must correct your postural imbalances that amplify the effect of the spondy. This is done through fixing the anterior pelvic tilt,

which I believe is best done through corrective exercises that strengthen and increase musculature of the hamstrings, loosen the hip flexors, keep your lower back out of extension (the nightmare of someone with a spondy), increase trunk strength, and reinforce the proper hip hinge movement pattern. For a powerlifter who is used to squatting and accessory work, this is quite the change of pace. However, if you take the right amount to rehab and

## GLUTE BRIDGE (SEE FIGURES 5 & 6)

**FIGURE 5**



The top position of the glute bridge: the feet are just about shoulder length apart, your glutes are activated, your hamstrings are activated, and you receive a nice stretch of the hip flexors.

**FIGURE 6**



The bottom position of the glute bridge: The lumbar spine is as neutral as possible, your legs are relaxed, with the glutes and hams ready to fire.

strengthen the proper areas, you will be ready to get back under the bar in no time. Here are five great exercises your training should include when battling symptoms of a spondy in the lower back, which I used successfully to erase any symptoms from my spondy within five months.

### GLUTE BRIDGE

The glute bridge is one of the most fundamental exercises in fixing anterior pelvic tilt. I prefer to bridge up, hold for three seconds, then slowly release to the starting position. Not only is this great for glute and hamstring development, you can really feel a solid stretch of the hip flexors at the top of the movement. For four months, I did these at least once a day.

### ROMANIAN DEADLIFT

The key to this type of Romanian deadlift is to only go as low as you can, keeping a flat back. In the early stages of a spondy, flexion in theory shouldn't hurt, but can cause pain in the affected region. However, it is important maintain a flat, neutral lumbar spine and properly hinge at the hips, almost making the movement an American deadlift, and you should be pain free. I prefer to go slow on the way down, and at first slow back into a neutral, locked out position. Once you become more comfortable with the movement and your symptoms aren't as severe, you can experiment with firing your glutes fast, exploding through the movement and adding weight. As well as a corrective exercise, this is also a great glute/ham developer. The first thing to add before weight is range of motion. I like to put 10-lb. plates under my feet to force a greater ROM, keeping my spine neutral throughout the entire movement.

### 45-DEGREE BACK EXTENSION WITH GLUTE EMPHASIS

The 45-degree back extension is the perfect strengthening tool for someone with a spondy in his or her lower back. The key to the exercise is to turn the movement into a hip hinge. Take your lower back out of the equation as much as possible. Use your glutes to move your body,

keeping your core tight and your arms crossed along your chest. Use your glutes to hinge at the hips. When you are locked out, your butt should be incredibly tight, your hamstrings activated and your core braced. This is an excellent hamstring strengthening exercise that should not aggravate your lower back, but strengthen your core. If done properly, it should be quite taxing. Eventually you can add weight, but only as your original pain has faded away. If you would like to ramp up the intensity, superset the back extension with the glute bridge.

### **INTERVAL TRAINING ON THE STATIONARY BIKE**

It is very, very difficult to get in cardio with a spondy. The reason being, doing anything is uncomfortable. The stationary bike allows you to adjust the seat to put your lower back in the ideal amount of flexion that doesn't cause you pain. Thinking logically, you are likely to burn less calories while suffering from an extremely painful injury, simply because you are not moving as

much throughout the day. You aren't walking, moving or doing anything as much as you were before. By throwing in interval training on the bike, you can get the metabolic conditioning you need to help maintain your physique, or even lose some unwanted body fat, which is a huge help in dealing with a spondy. The less weight you have to carry around, the less stress on the lower back.

### **RKC PLANKS**

The regular plank is a good exercise, but the RKC plank is effective for increasing core strength while keeping a neutral spine, due to the short amount of time one is able to do the exercise. It is extremely taxing, and an excellent way to start working the core in short, effective ways. Doing them with limited rest times is extremely effective as a metabolic finisher, which will further kick start fat loss. YouTube RKC plank and watch Bret Contreras' instructional video for an in depth tutorial.

If any of these exercises bother

or aggravate your spondy, do not do them. A spondy isn't the type of thing where you want to "push through the pain." However, I based my rehab/strengthening program on these five exercises, and within 20 weeks I was pain free from my spondy, with some serious posterior chain development, a decreased anterior pelvic tilt, a lower body fat percentage. For once I was happy, because I could start lifting heavy weights again. The added musculature made getting back to where I was and stronger on squats and deadlifts much easier than I thought. It may seem daunting at first, but doing the right exercises over a period of time can drastically reduce the symptoms from your spondy, allowing you to lift heavy again and enjoy those everyday activities that you miss so much. **PM**

*Max Gordon is a certified strength and conditioning specialist and fitness nutrition specialist who works as a personal trainer in Voorheesville, N.Y. He runs an online fitness programming company, gymlyf-fitness.com. For additional information, contact MaxGordon0@gmail.com.*

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# CUTTING WEIGHT

## *THE RIGHT WAY*

BY: TONY MONTGOMERY

**J**ust imagine - 12 weeks of meet prep and everything is going well. You're hitting PR's [Personal Records] and the meet is right around the corner. You're a 220lbs lifter and you're 15lbs away from your weight class. You have 3 weeks to make it - so what do you do? You have a method that worked for you when you wrestled in high school, so you do that and you make weight. Awesome, right? You spend all day eating and drinking to put it [the weight] all back on for the meet. The day of the meet, you've only put a few pounds back on, you feel like crap and you have the worst meet of your life. What went wrong? It wasn't your training because you were hitting PR's and you slept like a baby, so that wasn't it. You did your deload so you could peak perfectly for the meet. I'll let you think about it for a minute...still trying to figure it out? Don't worry, I'll do it for you. It was your weight cut - you did it all wrong and now you've messed up 12 weeks of training!





things didn't work out the way you intended it to.

With a meet approaching, you have a certain timeline to follow. This is typically after a meet that you decide on your next one. Hopefully it is 12-16 weeks away so that you can give yourself time to get better, but that's for another article. Right after the meet, what typically happens is that powerlifters go hog wild and eat everything in sight. It's as if they just finished dieting for a bodybuilding show, when in reality, they only cut weight for 3 days. This takes a little bit of discipline on your part and I'm assuming that if you're reading this magazine, you want to be the best and you will do whatever it takes to get there. So right after the meet is a good time to up the calories in a clean and healthy manner. I would make sure you get your protein and carbs in around training, and fats away from it [your training]. The reason for this is that fats slow down the absorption rate of nutrients and keep you full and satiated, which is great away from a workout, but could be extremely detrimental pre, during and post workout. That's why you want carbs and protein around your workout. The carbs will help spike insulin, which slows down protein degradation (the breaking down of muscles) and it also helps shuttle in the protein at a rapid pace. This means faster protein synthesis, which is the building of muscles. These extra calories will allow your body to recover from the meet and the grueling training cycle that you just went through. Do this for about 2-3 weeks and then it's time to get serious with dieting. An example of this would be if a 220lbs lifter went to 2000 calories the week of the meet to make weight. The table below will show you what the next 3 weeks will look like for this particular lifter.

This is why you hear so many people say, "You should never cut [weight] unless you're trying to set a World Record." This statement just doesn't make sense to me. Anything you do in life, you do it to the best of your ability. Being bigger in a smaller weight class is ideal to put your best foot forward. Just like getting good at the lifts by doing them, it's the same thing with weight cuts. It takes practice and lots of it. It's a skill that will be learned

through trial and error, so practice makes perfect. Don't be like Allen Iverson and just show up and hope that things go well. So instead of me telling you not to cut weight, I'll just show you the proper way to do it so that you can perform at your best on game day. It's not as hard as it seems and with just a few minor adjustments, you'll be ready to peak, instead of being ready to make excuses and eating your way to SHW [Super Heavy Weight] because

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3250cal	3500cal	3500cal	3500cal	3750cal	3750cal	4000cal	Week 2
4000cal	4250cal	4500cal	4500cal	4750cal	4750cal	5000cal	Week 3

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After a meet, you're doing more of a high volume hypertrophy [program] to let your body heal a bit and to build up those weak areas. Well, this is also the perfect time to do your weight cut. The extra volume will allow you to keep some muscle mass on as you start to decrease the calories. Just like bodybuilders dieting for a show, they tend to look pretty jacked and tan! So why not follow the same plan? The key here is to decrease bodyweight in a slow and methodical manner so that your body can adopt to your new leverages or lack thereof. You'll notice as you get lighter that your strength may decrease. I find that this has more to do with not having the same leverages you had when you were a fatty and not so much a loss in strength.

Doing it slow, right around 1-1.5lbs per week, is ideal to keep size and strength up. This will also give you a gauge on what week to pull the plug and start upping the calories again, but let's not get ahead of ourselves just yet. The idea here is to get as close to competition weight as possible so if you're a 220lbs lifter, you would look to get down to 226-228lbs. Hopefully if you didn't get too fat after the meet, this should be relatively easy. For example, if you weighed in at 220lbs and after recomp and eating more calories for those 2-3 weeks you got your weight back up to 238lbs. Now if you start 16 weeks out and follow that slow and steady protocol, you'll be right around 228lbs by 7-8 weeks out. This is where the fun happens.

Now begins the hard work... true champions step up to set themselves up to be great. We start to up some



## “YOU MAY ACTUALLY STILL LOSE WEIGHT WITH THE ADDED CARBS SO DON'T FRET BECAUSE WE BOTH KNOW YOU'RE CONSUMING MORE CALORIES. IT'S JUST FROM DIETING”

calories - nothing crazy like 5000cals when you were just at 2000, just a slow and steady increase in carbs per week. The first 3 weeks you'll add 10-15g of carbs to your post workout meal. Here is an example for the same 220lbs lifter:

You may actually still lose weight with the added carbs so don't fret because we both know you're consuming more calories. It's just from dieting. Your body is ready to absorb and use those nutrients for muscle building and

your metabolism should be through the roof. After the first 3 weeks pass and we have upped the carbs, the next weeks leading up to weight cut week you'll add 10% protein per day in week 4. Then, you'll add 10%carbs during week 5. If weight is still within reach, which is roughly 6-8% of competition weight, you'll add 10% of fats. This will take you up to meet week. So you can see how this is already more beneficial compared to how you normally cut weight. You are increasing calories during the heaviest and most taxing part of your meet prep, which will help with recovery. This is instead of starting your crash diet 4 weeks out to make weight.

So now onto the actual week of competition. The worst thing you can do here is try to starve yourself to make weight or exercise to make weight. These two scenarios will drain and fatigue you even more when you're supposed to be resting and recovering so you can peak for the meet. This is the exact protocol I use

Week 1	Week 2	Week 3
Meal 1: 40g of protein, 15g of fat	Meal 1: 40g of protein, 15g of fat	Meal 1: 40g of protein, 15g of fat
Meal 2: 40g of protein, 15g of fat	Meal 2: 40g of protein, 15g of fat	Meal 2: 40g of protein, 15g of fat
Meal 3: 40g of protein, 15g of fat	Meal 3: 40g of protein, 15g of fat	Meal 3: 40g of protein, 15g of fat
Pre Workout: 20g of protein, 8g of fat, 30g of carbs	Pre Workout: 20g of protein, 8g of fat, 30g of carbs	Pre Workout: 20g of protein, 8g of fat, 30g of carbs
Intra Workout: 10g of BCAA's, 40g of carbs	Intra Workout: 10g of BCAA's, 40g of carbs	Intra Workout: 10g of BCAA's, 40g of carbs
Post Workout Meal: 40g of protein, 40g of carbs	Post Workout Meal: 40g of protein, 55g of carbs	Post Workout Meal: 40g of protein, 65g of carbs
Meal 5: 40g of protein, 20g of carbs, 8g of fat	Meal 5: 40g of protein, 20g of carbs, 8g of fat	Meal 5: 40g of protein, 20g of carbs, 8g of fat

as a 242lbs lifter, so obviously you'll adjust it to your bodyweight. This was designed by Mike Mastell and I've used it 3 times to perfection and he's used it several times, all with great results:

**WATER LOAD**

**Monday-** Drink 1.5 Gallons of distilled water

**Tuesday-** Drink 2 Gallons of distilled water

**Wednesday-** Drink 2.5 gallons of distilled water

**Thursday-** Drink 2.5 gallons of distilled water

**Friday-** Drink 1 gallon distilled water before 12 PM

**"YOU WANT TO KEEP ALDOSTERONE PRODUCTION TO A MINIMUM AND ANY UNDUE STRESS WILL CAUSE YOU TO START TO PUMP ALDOSTERONE"**

**DIET-**

**Monday-** Maintain the same

**Tuesday-** Decrease portion size slightly but maintain the same plan

**Wednesday-** Cut out red meat and carbohydrates

**Thursday-** Cut out red meat and carbohydrates and cut meals in half

**Friday-** Wake up and consume 6 egg whites. At 10, have a protein shake using 1.5 scoops of protein mixed with distilled water and at 12, eat 6 ounces of chicken breast. Cut off food after that. If you really need something to eat, you can have a handful of unsalted nuts.

**WEIGHT CUT**

Begin at 12- Sauna 15 minutes on 15 minutes off for 2 hours, weigh yourself before and after every session. If you ever come out the same that you went in, then go home and rest for 1-2 hours. After every 2 hour session, go home and rest for 1-2

hours. The whole idea is that you stay relaxed. You want to keep aldosterone production to a minimum and any undue stress will cause you to start to pump aldosterone. Aldosterone plays a central role in the regulation of blood pressure, mainly by acting on the distal tubules and collecting ducts of the nephron. This increases reabsorption of ions and water in the kidney, to cause the conservation of sodium, secretion of potassium, increased

water retention, and increased blood pressure.

**RECOMP**

Your body holds 85% of your glycogen stores in your muscle bellies and 15% in the liver. As you become more muscular, obviously you can store more in your muscle and hopefully your liver hasn't grown any larger. The average human stores around 200 grams of glycogen in their system, but you're

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not average and you're questionably human, so you can probably store as much as 300 grams. The idea here is to store the glycogen in small phases so that we don't activate liponeogenesis (fat generation) too much. This means, start off with small meals and gradually increase the size of each meal so your stomach doesn't get aggravated and you don't end up in a food coma with stomach irritation.

Immediately consume 2 Liters of Pedialyte in the first hour and eat 100 grams of glucose tabs.

After the first hour, drink 2 liters of water per hour. Your first meal will be around 10-1030 so you want to give your stomach time to adjust in order that you don't get sick. The glucose is really fast absorbing and will help get those blood glucose levels up quickly.

**Meal 1-** 10-1030 AM- First meal I like to keep it light and easy to digest so I go with cream of rice and some protein mixed, drink some V8 tomato

## "START OFF WITH SMALL MEALS AND GRADUALLY INCREASE THE SIZE OF EACH MEAL SO YOUR STOMACH DOESN'T GET AGGRAVATED AND YOU DON'T END UP IN A FOOD COMA WITH STOMACH IRRITATION"

juice with every meal and add some soy sauce to all meals. Eat a large amount but do not force feed here. This is where a lot of people miss the boat - they go too big and then they get sick. The rest of the day is spent trying to keep food down because they

ate too much, too soon. Remember that you have all day to eat so don't cram it all in one meal.

**Meal 2-** 1PM- White meat meal, do not consume any veggies or greens, eat any carbohydrate source you'd like here, ex include sweet potatoes, white rice, rice cakes, cream of rice, white potatoes, carbs that are easy to digest with minimal sugar intake is what you want to look for.

**Meal 3-** 4 PM- Eat a huge steak with sweet potatoes or white potatoes. You can eat the potatoes any way you would like.

**Meal 4-** 7 PM- Another meal with a huge serving of red meat and lots of potatoes.

You can snack in between these meals. I don't recommend eating a ton of junk but you can have a little.

Once you finish your last meal and you get to the hotel room, drink a quart minimum of full pulp orange juice with 2-3 large dark chocolate bars.

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### MORNING OF MEET

Go for breakfast and eat some eggs with bacon or sausage. Have a medium portion of carbs such as pancakes or potatoes and some toast - grits would work here as well. Drink plenty of water. Remember that you want something that will sit well in your body and not disrupt your digestion.

### CONTEST FOOD

Half hour before your flight starts for each lift, drink 100 grams of cyclic dextrins or karbolyn. After every attempt eat 6 glucose tabs and a pinch of table salt. Don't screw around with those sports drinks for many reasons. Too much potassium could potentially make you cramp and also it can mess with your electrolyte balance. Also, the fructose in high fructose corn syrup converts to glycerol very easily and enters liponeogenesis. That is not what you want when your body is using every last bit of energy for that world

**"DON'T SCREW AROUND WITH THOSE SPORTS DRINKS FOR MANY REASONS. TOO MUCH POTASSIUM COULD POTENTIALLY MAKE YOU CRAMP AND ALSO IT CAN MESS WITH YOUR ELECTROLYTE BALANCE"**

record squat. You need the sodium and chloride ions present because these elements help your muscles contract and fire. An increase in this will allow you to stay full and powerful throughout the whole meet, so you don't die down

after each lift.

You should put BCAAs in your water jug to sip on all day. Then after each flight, eat 2-3 PB&J Sandwiches. Use potato bread or white bread - not whole grain bread. For something to munch on in between if you need a light snack, eat protein bars or trail mix. I use next level protein bars or focus food bars because they are easy to digest and they taste great.

So there you go. A little bit of science backed up with a lot of anecdotal and personal experience because science without application is just BS. Try this out and get ready to smash weight at a lighter weight class and set PR's! **PM**

*Tony Montgomery is an elite level powerlifter in the 220lbs and 242lbs weight class. He spent 4 years in the Marines and studied Exercise Science at Florida Atlantic University. He's the owner of TM Nutrition where he offers nutrition and training programs, check out his stuff at [tmnutritionco.com](http://tmnutritionco.com) or email him at [tmnutrition85@gmail.com](mailto:tmnutrition85@gmail.com)*

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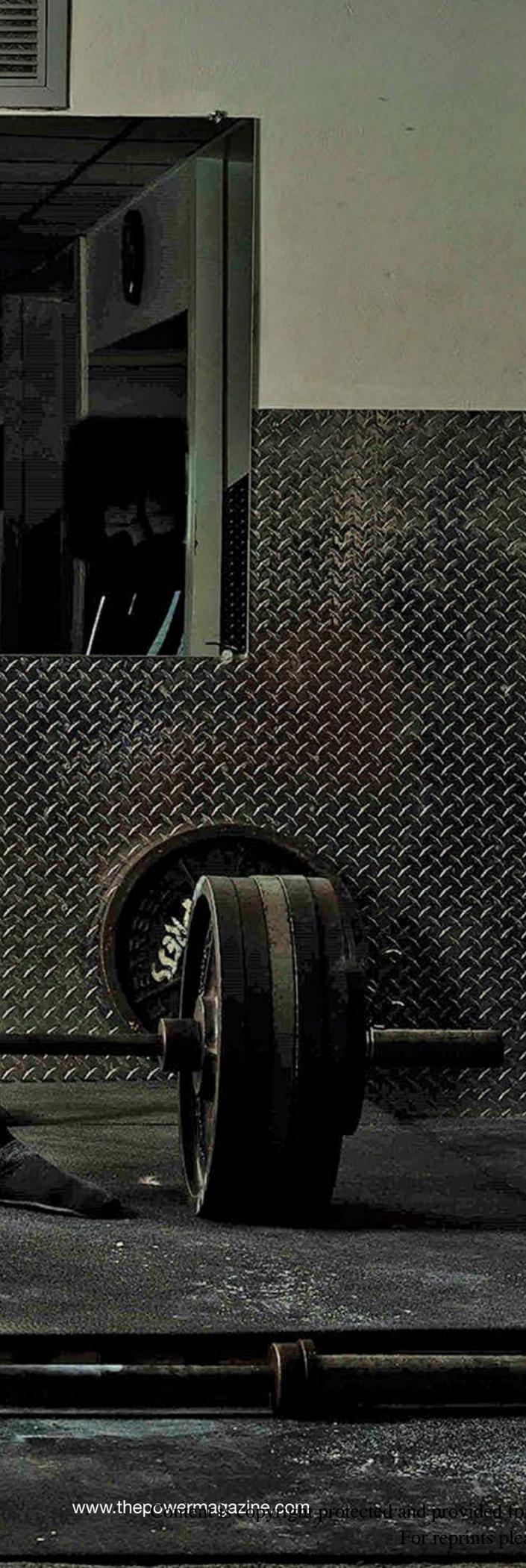
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# Q & A

with

## DR. LANE NORTON

BY "SILENT" MIKE FARR

**POWER:** There is a recent explosion of "IIFYM'ers" (If It Fits Your Macros) and flexible dieters flooding the internet and social media with their pictures and hashtags claiming eating some "junk" food won't affect their body composition. In short, what is flexible dieting and is it the best nutritional strategy for strength athlete's performance and aesthetics?

**DR. LAYNE NORTON:** Flexible dieting unfortunately has gotten a bad rap as people who only eat 'junk.' That is not the point of flexible dieting. The point of flexible dieting is consistency. Diets fail because people can't be consistent. They can't eat, however, they try to diet forever, and so invariably they gain all the weight back. Studies show that diets have an almost 95% failure rate for long term weight loss because people can't maintain whatever lifestyle they used to diet the weight off. The research also shows over half the people end up putting back on MORE weight than they lost so they end up an even higher body fat than before they ever started dieting. This phenomenon is known as body fat overshooting. The point of flexible dieting is to have long term sustainability. By allowing people to eat the foods they enjoy in moderation, they are less like to 'cheat' and binge eat, or go totally off the wagon and put 10 or 20 lbs. back on in a few weeks of vacation or holidays (this is all too common). Now, everyone's metabolism is different and flexible dieting is like a



budget. If you have a fast metabolism you will have a big budget for macronutrients and will be able to fit more fun treats into your diet because you have a higher carbs/fat intake. But if you have a slower metabolism your 'budget' will be much lower and you won't be able to fit in as much fun stuff. So the person who can lose weight on 300g of carbs per day & 80g fat, they can afford to have a little fun with their diet because they can eat a pop tart or some ice cream and still hit their macronutrient and fiber targets. But the person who has to be on 100g of carbs and 40g fat per day to lose bodyfat isn't going to be able to eat very much 'junk' because they will be constrained by their mac-

**"IF YOU HAVE A FAST METABOLISM YOU WILL HAVE A BIG BUDGET FOR MACRONUTRIENTS AND WILL BE ABLE TO FIT MORE FUN TREATS INTO YOUR DIET BECAUSE YOU HAVE A HIGHER CARBS/FAT INTAKE. BUT IF YOU HAVE A SLOWER METABOLISM YOUR 'BUDGET' WILL BE MUCH LOWER AND YOU WON'T BE ABLE TO FIT IN AS MUCH FUN STUFF"**

ronutrient budget. In that way flexible dieting is self-regulating. But I've seen people get ridiculously shredded with flexible dieting and it's because they are able to be so consistent because they don't feel deprived. When people ask me how often I 'cheat' on my diet I say that I haven't had a 'cheat' meal in almost 7 years because, even if I have a slice or two of pizza, I just fit it into my macronutrient targets and move on. I don't feel the need to eat the whole thing. I know I got the leanest I ever have in my life having ice cream every week during prep. And this past year when I dieted down to the 93kg weight class for USAPL Raw Nationals where I won, I ate ice cream almost everyday. I



just accounted for it in my budget.

**POWER:** The fitness industry always seems to eb and flow, moving in circles and trends. The 90's was all about low fat dieting and more recently high fat, high protein and ultra-low carb diets rule the strength world. What would you tell an advocate for high fat diets? Is there a place for them as someone with strength and aesthetic goals?

**DR. LAYNE NORTON:** Well I think it's all about what is maintainable. I don't look at things from a 12 week point of view as a coach. I look at it from their entire career standpoint. If a 12 "week" ultra-low carb diet gets them in great shape and lose weight for a meet that's great. But, if they can't maintain it and they blow out afterwards (which is what I tend to see happen) and put on more fat than they lost in the first place, then it's a net negative. Now, they have to diet even harder for the next meet & possibly lose more strength. It can easily become a vicious cycle of ultra restriction followed by massive regain. Most people cannot maintain very low carb diets indefinitely. Thus, I prefer diets that allow more flexibility so that people can lose weight and have a much easier time keeping it off. For example, I ate a very balanced, flexible diet to come down for USAPL Nationals. I nev-

er cut out any foods, I just controlled my portions. I ate a little ice cream nearly every day! I went from 223 to 202 the morning of nationals and I GAINED 44 lbs. on my total because I did it slowly. This morning I was 205 lbs. almost a month after the meet and am maintaining that weight. It will be easy for me to stay in the 205 class and continue to gain strength because I did it slow and maintainable. If I had

to crash diet, then I likely would have rebounded very badly because crash dieting will drastically lower your metabolic rate. The research shows that slow and steady wins the race.

**POWER:** It is rare to find a strength athlete that is satisfied with their body weight. People always want to drop a couple pounds or are wanting put on more size and muscle. For an athlete that has never tracked calories or macronutrients where do you suggest they begin?

**DR. LAYNE NORTON:** Someone (who) has never tracked macros, then start at the beginning. Don't change anything that you are doing, just start tracking to see where you are at right now. I remember when I was young and couldn't gain weight, but I never tracked my macros. I was shocked when I started to track because I swore I was eating almost 4000 kcals per day. I was doing exactly what the magazines told me to do. The fact of the matter was I was barely over 2600 kcals. No wonder I was a 'hard gainer.' So track what you are doing now... if your goal is to gain, now you have an exact amount to shoot for that you need to exceed and if your goal is to lose now you can have a better idea how much you'd need to reduce kcals in order to drop body fat. **PM**



# Men 181 lb. Current

## SQUAT

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Phil Harrington	SPF	5/4/14	675
2	Mike McGivern	USPA	8/30/14	639
3	RICHARD JORGENSON	RPS	4/19/14	625
4	Christian Anto	SPF	6/19/14	615
5	Larry Dyles	IPA	11/16/13	600
5	Terry Perkins	NASA	11/16/13	600
5	Richard Aluko	USPA	1/25/14	600
5	Gary Slater	USPA	7/19/14	600
9	Jonathan Harder	XPC	3/22/14	580
9	Filipe Gusmao	SPF	9/27/14	580
11	Jon Gerhold	USPA	7/19/14	578
12	Dallas Norris	RPS	6/14/14	575
13	Dalton Peters	APA	4/12/14	573
13	Cesar Navarro	USPA	7/19/14	573
15	CHAD TOFFOLO	IPA	11/16/13	570
16	Rodney McClanahan	USPA	7/19/14	567
17	Dave Cabral	RPS	3/30/14	560
18	Brandon Christ	RPS	8/16/14	555
19	Josh Nooner	USPA	8/30/14	551
20	Tom Kallas	UPA	11/17/13	551
20	Mario Medez	USPA	8/16/14	551
22	Edwardo Velasquez	NASA	2/1/14	545
22	Ryan Kjolso	UPA	5/3/14	545
22	Wesley Keith	RPS	8/23/14	545
25	Jim Scheller	IPA	10/19/13	542
26	George Lewis Grieve	RUPC	2/9/14	540
26	Andrew Chastain	UPA	2/15/14	540
26	David Isenberg	USPA	1/25/14	540
26	Casey Day	SPF	3/1/14	540
26	Isaac Pilcher	SPF	3/1/14	540
31	Chris Rodgers	RPS	7/12/14	535
32	Jamie McDougal	NASA	11/16/13	534
33	JARED SEYMOUR	APA	11/9/13	529
33	Zack Parker	RUPC	2/9/14	529
33	Jason Britt	USPA	2/15/14	529
33	Ernesto Fernandez	USPA	5/24/14	529
33	Tony Mai	USPA	6/7/14	529
33	Lazaro Cruzata	USPA	5/31/14	529
33	Jordan Lentz	UPA	7/20/14	529
40	Jonathan Volin	RPS	7/13/14	525
41	Allen Fisher	USPA	12/7/13	523
41	Andrew Serrano	USPA	2/22/14	523
43	Chris Anderson	UPA	4/12/14	518
44	Dale Arena	RPS	12/8/13	515
44	Cory Russell	IPA	4/26/14	515
46	Brandon Farrell	NASA	2/15/14	512
47	David Ly	UPA	3/29/14	507
47	Doug Leonard	SPF	3/23/14	507
49	JOE STEEL	IPA	11/16/13	505
50	Roy Huh	USPA	10/27/13	501
50	Dustin Hoang	USPA	10/27/13	501
50	Rodney McClanahan	USPA	12/14/13	501
50	Thomas Hussey	USPA	2/8/14	501
50	Christian Washington	NASA	6/14/14	501
50	Brett Lanier	NASA	6/7/14	501
50	Timothy Kim	USPA	6/14/14	501
50	Chance Mitchell	USPA	7/26/14	501

## BENCH PRESS

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Bradley McKlure	SPF	9/13/14	468
2	Ben Puccio	RPS	3/29/14	440
3	Viet Vo	RPS	5/17/14	425
3	Michael Krause	WPC	7/19/14	425
5	Anthony Hobaica	RUPC	2/8/14	424
5	Jon Gerhold	USPA	3/15/14	424
7	Jonathan Harder	XPC	3/22/14	420
8	Gary Slater	APA	4/17/14	415
8	Cesar Medina	RPS	7/13/14	415
10	David Isenberg	SPF	5/10/14	413
10	Jamie McDougal	NASA	6/14/14	413
12	Rich Salvagni	USAPL	2/22/14	410
13	Lawrence Lupton	NASA	5/24/14	407
13	Leroy Sanders	USPA	5/24/14	407
15	Dave Cabral	RPS	10/13/13	405
16	Augustin Rangel	USPA	8/16/14	402
16	Mike McGivern	USPA	8/30/14	402
18	Josh Hyaduck	USAPL	7/19/14	402
18	Lloyd Summers	USAPL	7/19/14	402
18	Chris Garcia	USPA	7/19/14	402
18	Cesar Navarro	USPA	7/19/14	402
22	Larry Dyles	IPA	11/16/13	400
22	Jerry Prater	SPF	9/27/14	400
24	Brian Burritt	RUPC	2/7/14	396
25	Michael Mobus	USPA	2/15/14	391
25	Ryan Kjolso	UPA	5/3/14	391
27	Lee Wilcoxon	IPL	11/9/13	385
27	Jamie Lewis	RUPC	2/8/14	385
27	Justin Merrigan	RPS	4/12/14	385
27	Vincent DeMito	RPS	6/7/14	385
27	Laddie Gibson	USAPL	7/19/14	385
27	Wesley Keith	RPS	8/23/14	385
33	Ernest Carter	USPA	7/26/14	380
34	Jake Hartman	SPF	3/1/14	380
34	George Lewis Grieve	RUPC	2/9/14	380
34	David Kennedy	NASA	11/9/13	380
34	David Lyons	USPA	2/15/14	380
34	Chad Shepard	APF	6/6/14	380
34	Damien Pezzuti	USPA	7/19/14	380
40	David Colvin	USPA	5/17/14	375
40	Christian Anto	SPF	6/19/14	375
42	Jeremy Davis	IPL	11/9/13	374
42	Scott Hoodless	APA	4/12/14	374
42	Joe Moon	NASA	5/24/14	374
42	Christopher Byrd	USPA	3/22/14	374
42	Lazaro Cruzata	USPA	5/31/14	374
42	John Downing	USAPL	7/19/14	374
48	PETER LOUX	RPS	4/19/14	370
48	Filipe Gusmao	SPF	9/27/14	370
50	John Haack	RUPC	2/8/14	369
50	Chad Carden	NASA	2/15/14	369
50	Colt Nelson	NASA	6/21/14	369
50	Nu Akalegbere	USPA	3/22/14	369
50	Sam Bauck	APF	6/14/14	369
50	Michael Loncharich	USAPL	7/19/14	369
50	Khashayar Farzam	WPC	7/19/14	369

# Top 50 Rankings, RAW

## DEADLIFT

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Trevor Hogan	RAW	11/9/13	677
2	John Haack	RUPC	2/8/14	661
2	Chris Garcia	USPA	7/19/14	661
4	Ben Puccio	RPS	3/29/14	660
5	CHAD TOFFOLO	IPA	11/16/13	655
6	Ben Siegel	RPS	9/20/14	650
7	Joe Braca	RAW	11/9/13	650
8	Frank Wu	RPS	10/13/13	645
8	RICHARD JORGENSON	RPS	4/19/14	645
10	Mike McGivern	USPA	8/30/14	644
11	Jamie McDougal	NASA	11/16/13	644
11	Jamie Lewis	RUPC	2/8/14	644
13	Michael Garozzo	RPS	7/12/14	640
13	richard rizzo	RPS	7/13/14	640
13	Wesley Keith	RPS	8/23/14	640
16	Alex Tertitski	NAPF	2/28/14	639
16	Brett Lanier	NASA	6/7/14	639
16	Justin Burch	USAPL	7/19/14	639
19	Jonathan Harder	XPC	3/22/14	635
20	Joel Feinberg	USPA	11/10/13	630
20	Nate Canha	USPA	11/9/13	630
22	Ashton Rouska	USPA	12/14/13	628
22	Jordan Lentz	UPA	7/20/14	628
24	Trevor Jaffe	RUPC	2/8/14	622
24	Dustin Contantine	USPA	5/31/14	622
24	Cory Schneider	USPA	7/26/14	622
27	Max Misch	RPS	7/12/14	620
28	Ron Garofalo	USAPL	2/1/14	617
29	Eric May	WNPF	2/23/14	615
29	Christian Anto	SPF	6/19/14	615
29	Dallas Norris	RPS	6/14/14	615
32	Zack Parker	RUPC	2/9/14	611
32	David Isenberg	USPA	1/25/14	611
32	Steven Coburn	APA	4/5/14	611
32	Sam Bauck	APF	6/14/14	611
32	Lazaro Cruzata	USPA	5/31/14	611
32	Josh Hyaduck	USAPL	7/19/14	611
38	Pablo Nunez	RPS	7/19/14	610
39	Gerardo Rivera	USPA	8/16/14	606
40	Brian Chia	USPA	12/14/13	606
40	Richard Aluko	USPA	1/25/14	606
40	Lloyd Summers	NAPF	2/28/14	606
40	Jon Gerhold	USPA	3/15/14	606
40	Michael Loncharich	USAPL	7/19/14	606
40	Cesar Navarro	USPA	7/19/14	606
40	Ryan Weintraub	USPA	8/16/14	606
47	Abner Ivan Nazario	RPS	9/13/14	605
48	Jason Britt	USPA	7/19/14	601
49	Jake Hartman	SPF	3/1/14	600
49	Derek Williamson	RPS	10/13/13	600
49	Jesse Blum	IPA	10/19/13	600
49	George Lewis Grieve	RUPC	2/9/14	600
49	TY HILL	WNPF	11/10/13	600
49	Aaron Palko	USPA	1/25/14	600
49	Rich Sadiv	WNPF	2/22/14	600
49	Casey Day	SPF	3/1/14	600
49	Isaac Pilcher	SPF	3/1/14	600
49	Joe Moon	NASA	5/24/14	600
49	Rodney McClanahan	USPA	6/7/14	600

## TOTAL

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Mike McGivern	USPA	8/30/14	1686
2	Jonathan Harder	XPC	3/22/14	1635
3	RICHARD JORGENSON	RPS	4/19/14	1615
4	Christian Anto	SPF	6/19/14	1605
5	Jon Gerhold	USPA	3/15/14	1603
6	Jamie McDougal	NASA	11/16/13	1587
7	CHAD TOFFOLO	IPA	11/16/13	1585
8	Cesar Navarro	USPA	7/19/14	1581
9	Wesley Keith	RPS	8/23/14	1570
10	David Isenberg	USPA	1/25/14	1554
11	Richard Aluko	USPA	1/25/14	1537
12	Larry Dyles	IPA	11/16/13	1530
13	George Lewis Grieve	RUPC	2/9/14	1521
14	Lazaro Cruzata	USPA	5/31/14	1515
15	Dallas Norris	RPS	6/14/14	1510
15	Gary Slater	APA	4/17/14	1510
17	Jordan Lentz	UPA	7/20/14	1504
18	Ryan Kjolso	UPA	5/3/14	1499
19	Rodney McClanahan	USPA	6/7/14	1488
20	Filipe Gusmao	SPF	9/27/14	1485
21	Casey Day	SPF	3/1/14	1475
22	Zack Parker	RUPC	2/9/14	1471
23	Brandon Christ	RPS	8/16/14	1470
24	Jim Scheller	IPA	10/19/13	1462
25	Andrew Serrano	USPA	2/22/14	1449
25	Edwardo Velasquez	NASA	2/1/14	1449
27	Isaac Pilcher	SPF	3/1/14	1440
28	Mario Medez	USPA	8/16/14	1438
29	Dave Cabral	RPS	10/13/13	1435
30	Josh Nooner	USPA	8/30/14	1432
31	Brett Lanier	NASA	6/7/14	1432
32	Diego Corr	IPA	3/1/14	1425
33	Allen Fisher	USPA	12/7/13	1421
34	Jason Britt	USPA	2/15/14	1416
34	Tom Kallas	UPA	11/17/13	1416
34	Terry Perkins	NASA	11/16/13	1416
37	Tony Lopez	USPA	6/7/14	1410
37	Christian Washington	NASA	6/14/14	1410
37	Chris Anderson	UPA	4/12/14	1410
40	JOE STEEL	IPA	11/16/13	1405
40	Chris Miller	RPS	6/7/14	1405
42	Chris Rodgers	RPS	7/12/14	1400
42	Jonathan Volin	RPS	7/13/14	1400
44	Dalton Peters	APA	4/12/14	1399
44	Shawn Schantin	SPF	11/2/13	1399
46	JARED SEYMOUR	APA	11/9/13	1388
47	Ethan Abbe	NASA	3/8/14	1383
47	Scott Brewer	USPA	7/19/14	1383
47	Jorge Unigarro	RUPC	2/9/14	1383
50	JIMI AIKEY	RPS	1/25/14	1375

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# Women 148 lb. Raw

## SQUAT

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Iryna Piatrovich	SPF	4/12/14	405
2	Pam Bosko	UPA	11/2/13	350
3	Nicole London	RPS	9/13/14	340
4	Jessica Belt	USPA	7/19/14	336
5	Carrie Grissinger	USPA	3/15/14	330
5	Tracey Patrick	UPA	6/21/14	330
7	Ashlyn DiNinni	RPS	9/27/14	325
8	Amber Griffin	USPA	12/7/13	325
8	Tina Redding	UPA	7/20/14	325
8	Cortney Leih	USPA	6/14/14	325
11	SASHA STODDARD	IPA	11/16/13	320
12	Leah Smith	APA	4/12/14	319
12	Molly Mullikin	USPA	7/19/14	319
14	Nicki Crapotta	UPA	3/29/14	314
15	Shelbi Shackelford	NASA	2/15/14	308
16	Mary Bender	RPS	5/17/14	305
16	Christine Beauchamp	RPS	6/7/14	305
16	Jessica Juarez	SPF	6/28/14	305
16	Jessica Juarez	SPF	6/28/14	305
20	Sara Phelps	SPF	4/12/14	300
20	Cassie Garcia	SPF	4/12/14	300
20	Vikki Traugot	SPF	12/7/13	300
20	Tierney Wallace	IPA	10/19/13	300

## BENCH PRESS

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Jennifer Thompson	NAPF	2/28/14	308
2	Ryan Liu	USPA	11/9/13	292
3	Iryna Piatrovich	SPF	4/12/14	270
4	Monique Jackson	USPA	5/24/14	253
5	Judy Camsuzou	IPL	11/9/13	248
6	Kimberly Walford	USAPL	7/19/14	236
7	Judy McElroy	USPA	12/14/13	231
7	Rebecca Turner	NASA	4/12/14	231
9	Ashley Cooper	APF	4/26/14	225
10	Tracey Patrick	UPA	6/21/14	215
11	Jennifer Combs	USPA	8/16/14	214
12	Shawna Purcell	APA	4/5/14	211
13	Amber Griffin	USPA	12/7/13	203
13	Dawn Maroscher	APF	8/3/14	203
15	Stephanie Powell	RPS	4/26/14	200
16	Erin Waltermann	USAPL	1/18/14	199
17	Lakia Albright	WUAP	3/9/14	198
18	Samantha Briggs	SPF	12/7/13	190
18	ANDREA WHITE	WNPF	2/22/14	190
18	Amy Berardinelli	XPC	3/22/14	190
18	Wendy Hayes	RPS	9/6/14	190

# Top 20 Rankings

## DEADLIFT

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Kimberly Walford	IPF	12/6/13	512
2	Iryna Piatrovich	SPF	11/3/13	473
3	Stephanie Powell	USPA	11/9/13	463
4	Judy McElroy	USPA	12/14/13	462
5	Jennifer Thompson	USAPL	7/19/14	446
6	Jennifer Sahy	USAPL	1/18/14	414
7	Tammy McDonald	USPA	5/31/14	413
8	Leah Smith	APA	4/12/14	407
8	Meghan Pellatt	USAPL	7/19/14	407
10	Ashlyn DiNinni	RPS	9/27/14	405
11	Pam Bosko	UPA	11/2/13	405
11	ANDREA WHITE	WNPF	2/22/14	405
13	Monique Jackson	USPA	5/24/14	402
13	Molly Mullikin	USPA	7/19/14	402
15	Nicki Crapotta	UPA	3/29/14	396
16	Jeanne Layman	USAPL	12/7/13	391
16	Rori Alter	RUPC	2/8/14	391
16	Erin Walterman	USAPL	7/19/14	391
16	Kelly Reece	USPA	7/19/14	391
16	Tatiana Buys	USPA	7/19/14	391

## TOTAL

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Iryna Piatrovich	SPF	4/12/14	1140
2	Pam Bosko	UPA	11/2/13	940
3	Jessica Belt	USPA	7/19/14	909
4	Ashlyn DiNinni	RPS	9/27/14	905
5	Leah Smith	APA	4/12/14	892
6	Courtney Leih	USPA	6/14/14	876
6	Carrie Grissinger	USPA	3/15/14	876
8	Nicki Crapotta	UPA	3/29/14	865
8	Molly Mullikin	USPA	7/19/14	865
10	Amber Griffin	USPA	12/7/13	854
11	Nicole London	RPS	9/13/14	850
12	Tracey Patrick	UPA	6/21/14	845
13	Vikki Traugot	SPF	12/7/13	825
14	Tierney Wallace	IPA	10/19/13	815
15	Shelbi Shackelford	NASA	2/15/14	810
16	Tina Redding	UPA	7/20/14	804
17	Amy Berardinelli	XPC	3/22/14	800
17	Samantha Briggs	SPF	12/7/13	800
19	Erin Murray	USPA	7/19/14	799
19	Lakia Albright	WUAP	3/9/14	799

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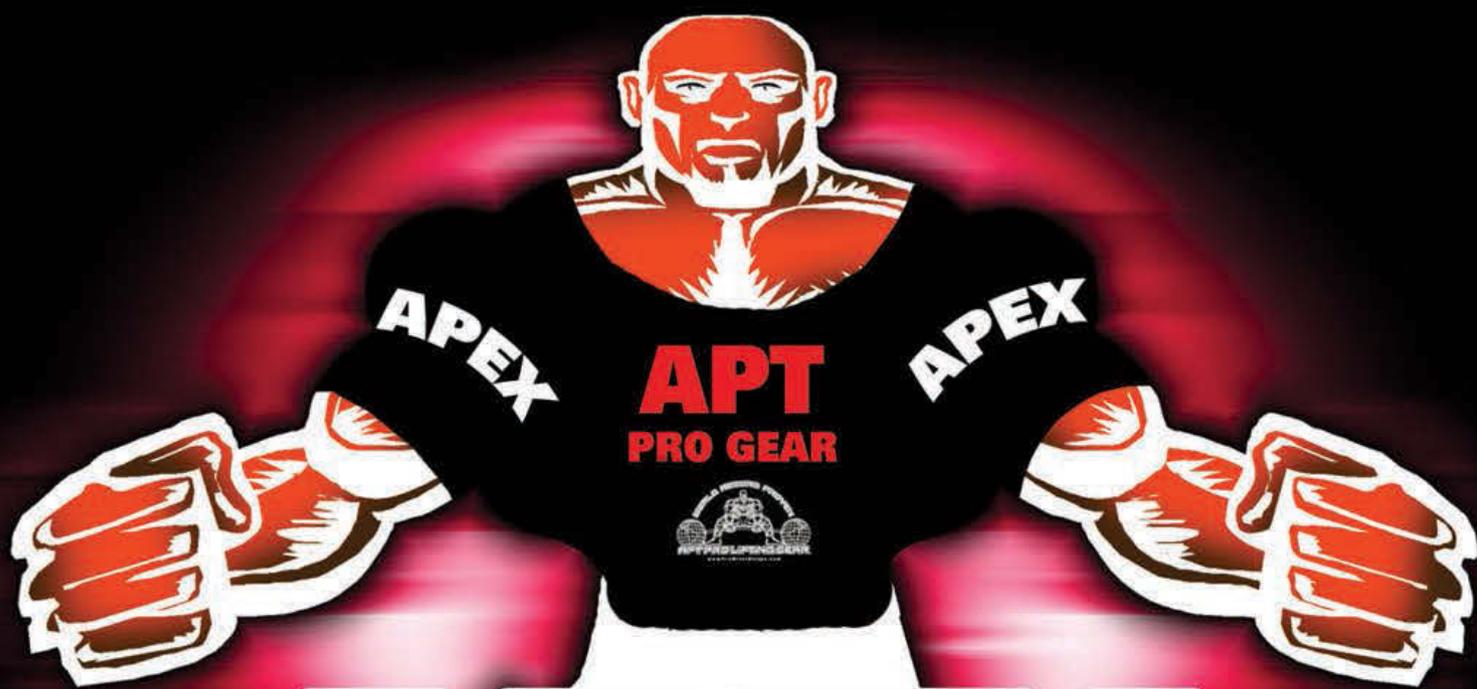
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## Featured YouTube Channel

**Team Lilliebridge/Tom Kallas/Daniel Bell/JP Carroll**



### THE LILLIEBRIDGES

**Ernie Sr., Ernie Jr., and Eric** — have been putting up big lifts and totals for awhile now. But recently, some other members of Team Lilliebridge have been hitting some huge numbers. Here's a little bit about three of them, and why you should subscribe to their YouTube channels. In the next issue of Power we'll have an interview with these lifters, along with Ernie Sr., to discuss the progress they've been making.

### TOM KALLAS

**YouTube username:** Tom K (search YouTube for Tom Kallas)

Despite hitting a world record 677 raw squat with wraps at 165 in June 2014, Tom has managed to stay relatively under the radar. Let me repeat that: This guy holds an all-time world record! He's competing at Mark Bell's Backyard Meet of the Century on Nov. 8, where he'll go after the all-time WR squat at 181 (currently 730).

### DANIEL BELL

**YouTube username:** daniel bell (search YouTube for Daniel Bell squat)

Daniel competed at the IPA Grand Prix, where he totaled 2,200 at 308 by way of a 900 squat, 495 bench and 805 deadlift. What's even more impressive is the progress he's made this year. He totaled 1,906 in February, then 2,039 in July and now he's at 2,200.

### JP CARROLL

**YouTube username:** johnpcarroll66

JP is a SHW whose squat is exploding like it's nobody's business. In September he squatted 905 in the gym, which was a 40-lb. PR. A couple weeks later he squatted 965, and two weeks after that he squatted an enormous 1,016. He's also competing at Mark Bell's meet on Nov. 8. Stay tuned to see how he does!

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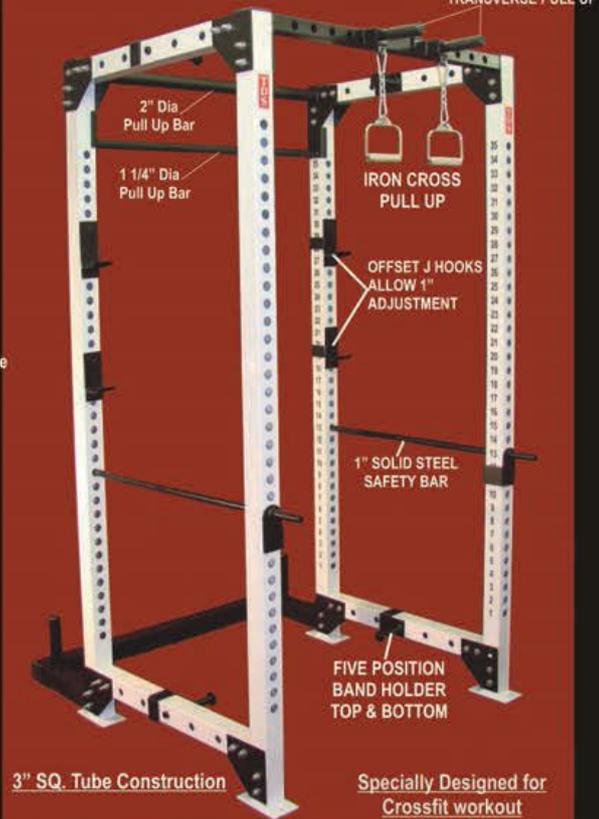
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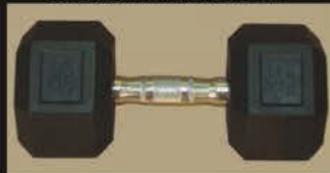
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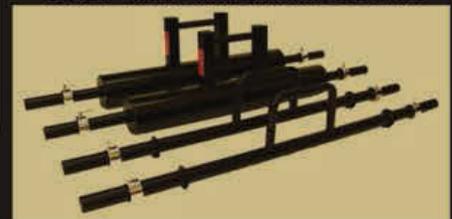
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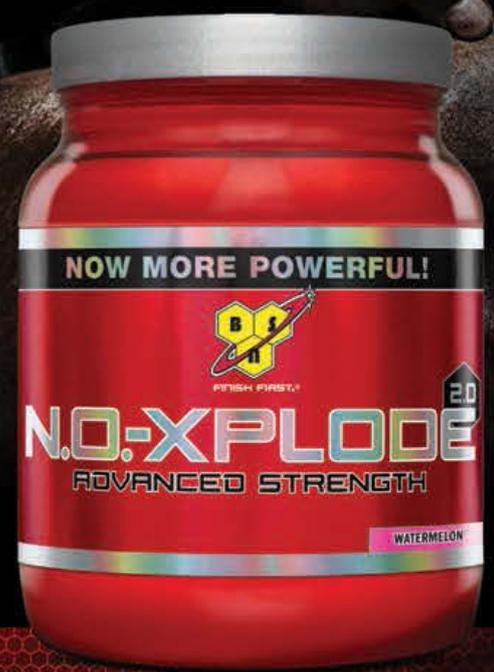
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