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MARCH/APRIL 2015

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**DANA LINN  
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MAR/APR 2015 • VOL. 6, NO. 2  
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# RM-6

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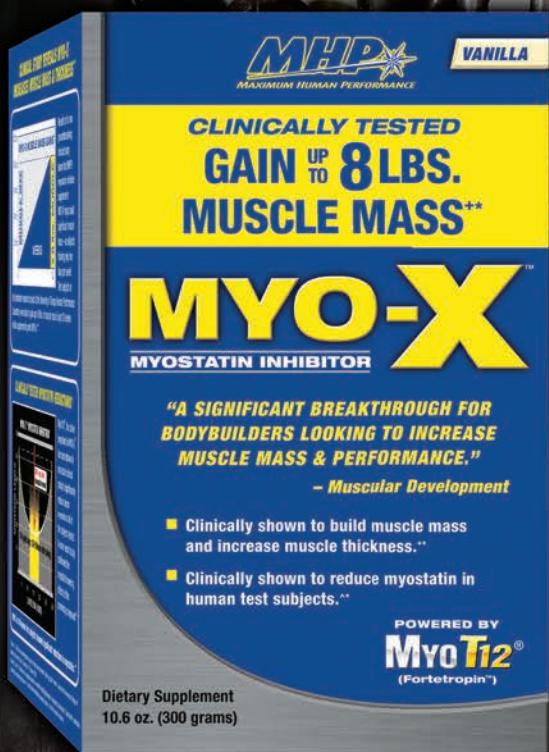
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## Running the Show!

Above and beyond any bodybuilder, CrossFitter, powerlifter or Strongman athlete, there is a 5'4", 125 pound dynamic female physique competitor who is THE fitness icon of all icons. In today's age of dudes buying social media followers and females showing their "ass" sets in attempt to get more likes and followers, this one of a kind super star doesn't need to go that route. Dana Linn Bailey is simply on another level. Over the years, many have achieved success in the fitness industry but no one draws a crowd quite like DLB.



(as Stuart Scott would say) cooler than the other side of the pillow.

So with all of this fame, success and popularity, why hasn't Dana Linn Bailey had any love from the big time publications? Why is Power Magazine her first cover ever? Well, I'm not going to try to figure it out, but she sure as hell has earned my respect, especially after seeing her nail a 230 lb. bench press with nearly an 8 pack of abs! Congrats Dana and get ready, because this is your first of many covers to come.

Mikhail Koklyayev is one of the strongest humans to ever walk the face of the earth. Mischa, as he is sometimes called, is a triple threat. Mischa is a high level pro Strongman, weightlifter and powerlifter. As a powerlifter, he has a 793 squat, 507 bench and a 920 deadlift to his credit. In addition to those huge numbers, he has also hit a 551lbs clean and jerk along with a 462lbs snatch. Mischa is a rare breed and a throw back to the guys from the 60's and 70's who were just brutally strong no matter what the exercise.

Chad Wesley Smith has risen to become more than just a human forklift in the squat. Chad has pulled over 800 in competition and now has upped his bench to over 550 to become one of the best and most well rounded lifters in the world! Check out Chad's article on how he worked towards an elite bench.

Lastly, for great free and fun content make sure you tune into Mark Bell's PowerCast, which is on iTunes and SuperTraining.TV.

### Mark Bell

Sent from my iPhone 6 and Sling Shot HQ

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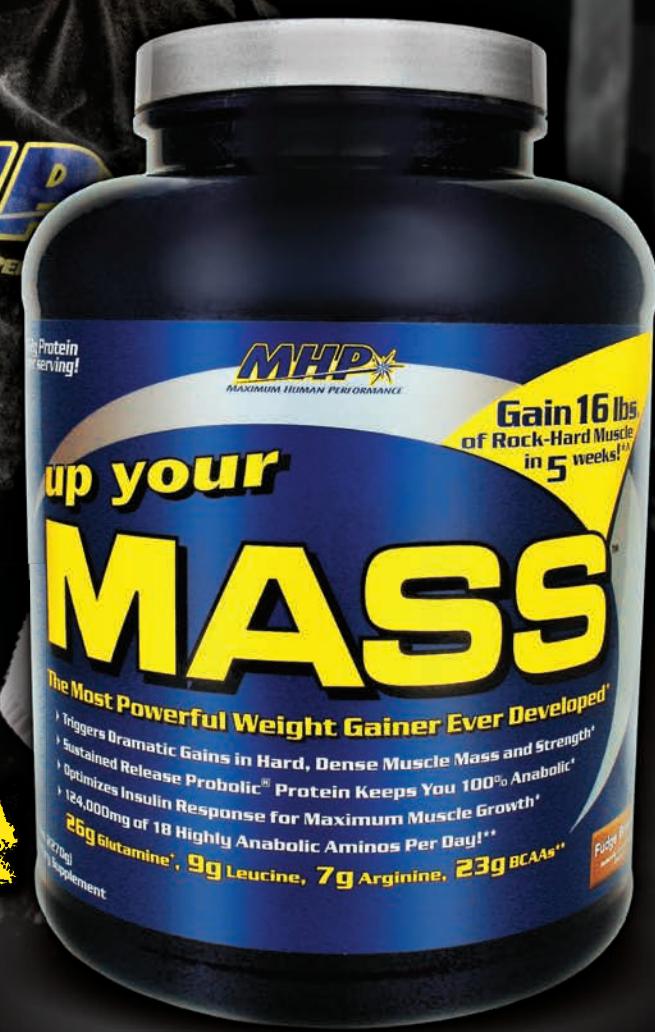
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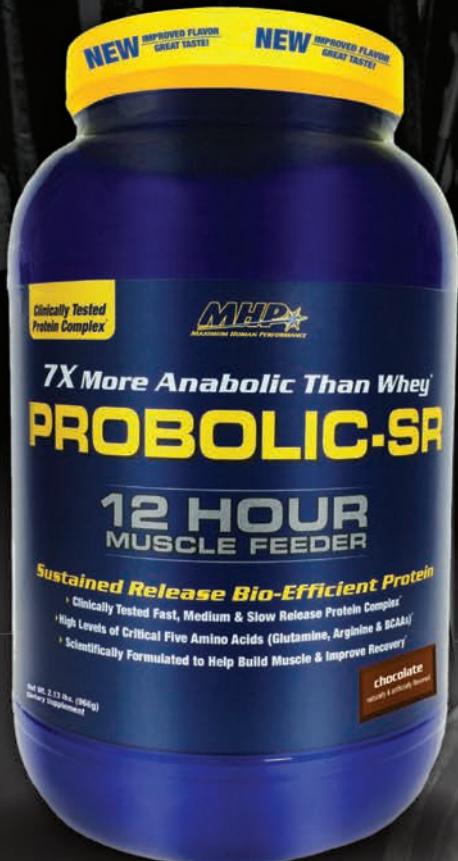
Some may argue with the title that we chose for this article, but with a skill set that allows for a 250kg clean and jerk, 200kg snatch, 400kg deadlift and multiple appearances at the World's Strongest Man and The Strongman at the Arnold Classic, I think we nailed it. Matt Vincent sits down with the massive Russian to discuss training, genetics and more!

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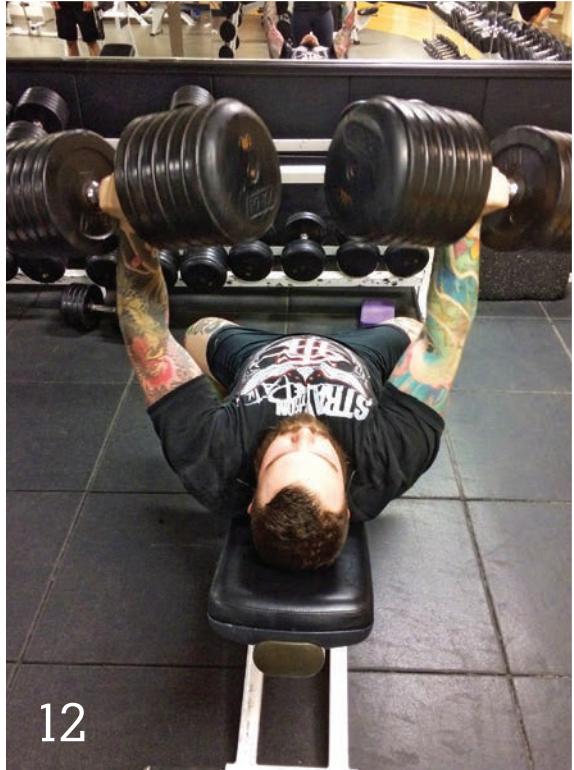
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+ "Effect of Protein Blend vs. Whey Protein Ingestion on Muscle Protein Synthesis Following Resistance Exercise," Dr. Rasmussen, et al., 2012.

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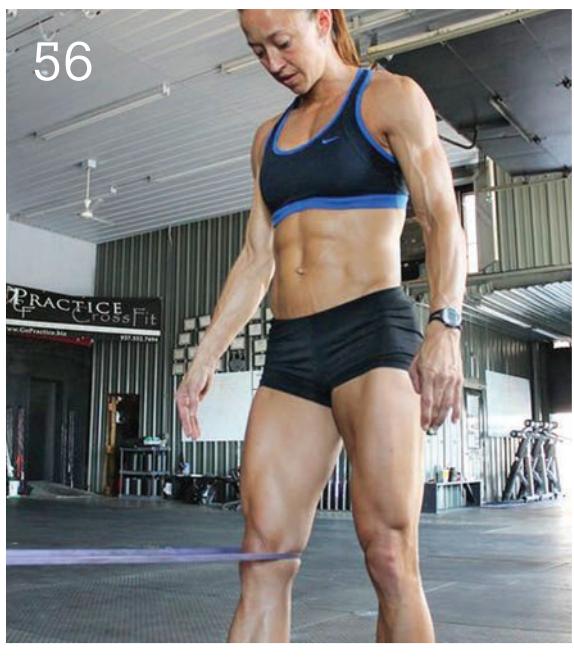
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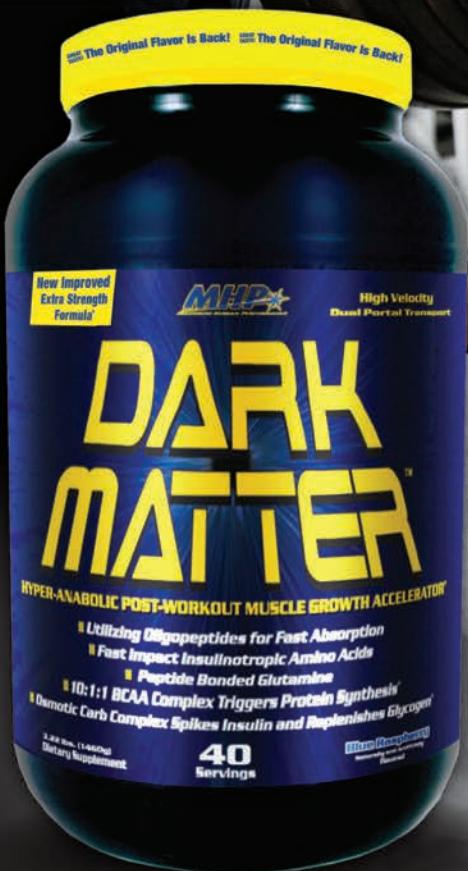
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## NEW PRODUCTS



### Bench Blokz

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If you are serious about the bench press then look no further! Bench-Blokz is a new twist on the "board press"! You get a 2,3,4,5 board all in 1 lightweight block. Do board benches with just one spotter now. Easily carry it in your gym bag



### Simply7 Quinoa Chips

[www.simply7snacks.com](http://www.simply7snacks.com)

Simply7 Quinoa chips are a nutritious snack with 9 grams of protein per serving! They are a great alternative to boring protein bars and shakes that are commonly used as a post work out recovery snack.

The Simply7 Quinoa chips are available in 3 tasty flavors: Sea Salt, BBQ, Cheddar and Sour Cream and Onion. They are all vegetarian, kosher, gluten free, non-GMO and they don't have any trans-fat, artificial colors, flavors or preservatives. MSRP \$3.19



### T-BOMB 3XTREME

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### Shoulder Saver™ Pad

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The elitefts™ Shoulder Saver™ Pad is a convenient, cost effective tool that not only protects the shoulders, but also provides a wealth of options for max effort and supplemental movements to help attack your weak points and build your bench. This variation is equivalent to a two-board and it is easy to incorporate it into your training whether you train alone or with a crew. This update on the original Shoulder Saver™ features a high-grip exterior built for hard use, a higher density to truly simulate a board, and a tight fit on the bar to prevent swiveling mid-set. Slide one onto your bar and see the difference it makes in your performance and your shoulder health.



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# JORDAN MOFFITT

**Where are you located in Canada, how old are you and what do you do for a living?**

I'm located in Toronto, I'm 27 years old and I am a personal trainer.

**What are your current rankings and records?**

Currently I'm ranked number 6 in the RPS [Revolution Powerlifting Syndicate?] top ten 198 totals for raw modern, which categorizes raw lifters utilizing knee sleeves and wraps. I have never done an American meet that would put me on the Powerlifting Watch list so I'm not sure where I would be ranked.

**How long have you been powerlifting?**

I have been powerlifting for almost 4 years.

**What got you interested in the Sport?**

My mom got me started in the gym when I was 16. I was overweight and unhappy. She suggested training at the gym a few times per week and I was immediately hooked. As for powerlifting, a good friend Lones Green from Knoxville, Tennessee got me into it. At the time, I was following Dorian Yates' HIT [High Intensity Training] training and was seeing good results. He suggested I try the Westside Barbell method. I did that for about two years before I started to follow my own programming that my body responded to better.

**Have you always competed Raw and have you ever considered lifting in gear?**

I've always competed raw but I have dabbled in equipment like many lifters



trying to find their place in the sport. Equipment doesn't appeal to me, not even knee wraps. I have a tremendous amount of respect for equipped lifters because I know how hard it truly is, but it's just not for me. Lones convinced me to lift in briefs when I started, so a local powerlifting club called The Anvil took me in and set me up with some equipment. I had a pair of Inzer Predators that were at least four sizes too big and they must've given me 5 pounds on my squat. I had my own pair of Metal Pro briefs and an Inzer RageX that didn't fit me and I hated them both. The learning curve wasn't enough to excite me – it only frustrated me. When I compete, which is only one or two meets per year, I have to go into a meet knowing I am going to hit what I've trained for. Equipment leaves too many things to chance.

**What is your most memorable competition and why?**

The most memorable competition would definitely have to be my most recent. I did the RPS "Great White North Invasion" meet in Cornwall, Ontario on August 30th.

Three weeks out, I suffered a micro-tear in my left glute. A week later, I suffered a tear in my right pec (the left was torn years ago) and went into the competition completely blindsided. To make matters worse, I was using a crappy digital scale to weigh myself that I thought was accurate. The night before weigh-ins, Vanessa (my better half) suggested that we go to Wal-Mart to get a new one, just in case. I stripped down (still not the worst thing I've seen

there) and I was 8 pounds heavier than I thought. I must've tried every scale they had to make sure I wasn't losing my mind. So, I woke up a few hours early to hit the sauna and I was still a pound over by weigh-ins. I had to do 20 minutes of cardio in a wool sweater to take that pound off! I'll die before I do that again. I ended up rehydrating very well and went 9/9 with my highest total of 1,610 @ 198 raw with knee sleeves. I kept my third attempts fairly conservative because I wanted to hit new personal bests. This total set me up to qualify for Raw Unity.

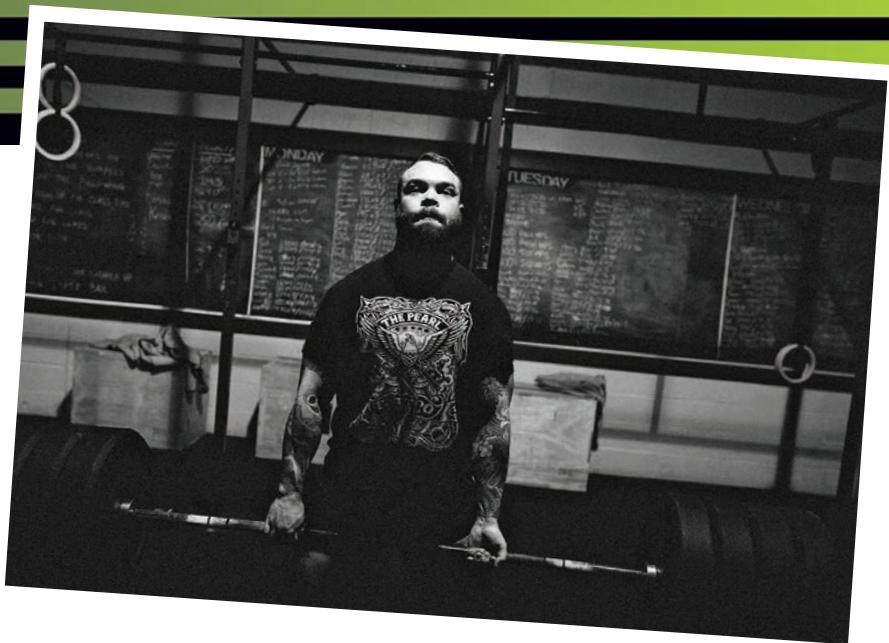
**Do you think Canadian bacon, beer and maple syrup are some of the best kept training secrets that Canadian lifters don't want anyone to find out about? P.S. We know you're the "Bacon & Barbells" guy!**

Absolutely. Everyone always gives me dirty looks when I come into the gym with a case of Molson Canadian and a Tupperware container full of bacon. We save the syrup for intra-workout insulin spikes. Spiking your insulin is good, right?

#### **Tell us about Bacon & Barbells?**

Bacon & Barbells is a company that Vanessa and I started as an athletic brand. We were actually going to call the company "Mark Bell's Slingshot" but somebody beat us to it. One night I just asked her, "What do you think about a clothing company called Bacon & Barbells?" and she said "I love bacon, I love barbells, I love it!" So, we did a mock up design, posted it online and we had phenomenal feedback. We printed 40 shirts as a test to see how they'd do and we sold them out in an hour. In the four months since we officially started, we've released two shirt designs, snapbacks, sweaters and toques (beanies for the Americans reading this). It's been an amazing experience and if I had the opportunity to make it my full time job, I would do it in a heartbeat. Every time we get an order, it's either somewhere new or it's a return customer. It's an unbelievable feeling knowing that somebody has spent their hard earned money on something you created just because they like it! They like it enough to support you and they post it up online for others to see because they're proud to show it off. That's what makes it all worth it to me. We have no background in marketing, design, etc. but we're learning as we go on how to expand as a business and it's so much fun. It's a new challenge every day. We don't expect to take over the world but we want to see how far we can take it. On top of that, I work full time - Vanessa is in school full time and we have two girls. That's what makes it chaotic; we're always going 100 mph!

#### **Have you ever suffered any significant injuries during your powerlifting career?**



I tore my left pec on a max effort day when I was following the Westside Method a few years ago. My workout for the day was ME [Max Effort] upper-illegally wide bench press (index finger outside of the ring). With 365 off of the chest, the weight slowed down, my shoulders came out of position and I felt a pop. Stubbornly, I pushed through the lift and racked it, which was a PR [Personal Record] at the time. Afterwards, it was tender to touch, but because my entire front is tattooed, I wasn't able to see the bruising. I honestly didn't think much of it. Being a stubborn kid, I gave it a week or two and started lifting close grip. I had some work done on it but there is scar tissue limiting my mobility. Since then, I haven't done a wide grip bench and within the past few months, I've finally been able to take a medium grip to bench in competitions with.

#### **Where do you train and do you have a coach or training partners?**

I train at the strongest gym in the North! Fortis Fitness. Never had a coach and up until I started training at Fortis, I trained alone. When I met Vanessa, we both made the switch to Fortis and our numbers started really increasing. Monday nights and Saturday afternoons are special to me because those are the days I'm able to make it with the crew. Vanessa, Jeremy and Krystal Hamilton, Sean Kelly, Nigel Morton, the infamous

Omar Isuf are the people I usually train alongside on these days. We're always bouncing ideas and information off of each other.

#### **Do you have a particular training protocol that you follow like West-side, Cube or 5-3-1?**

I guess you could say I do a very heavily modified 5/3/1. I still incorporate a lot of WSBB ideals, and I believe a lot of my progress has come from added volume and that has been something Jeremy Hamilton has really helped me with. Monday is competition bench (medium grip) and upper body (high rep DB work, heavy triceps, heavy back, shoulders, core). Wednesday is my squat day where I alternate high bar Olympic squats one week and low bar wide stance squats the other week. This is something I've been experimenting with for my Raw Unity prep to help bring up the leverage on my squat. Friday is OHP [Overhead Press], close grip bench press, light shoulders, tricep prehab, heavy back and core. Saturday is deadlift and front squats or SSB [Safety Squat Bar]. I'll work up to 80% of my competition best for deadlifts and try to move it as quickly as possible. I don't like repetition deadlifts so I'll do 5 or 10 singles with 80%. Each week, I'll rotate front squats and deadlifts as my main move-

ment and SSB's/GHR [Glute Ham Raises]/SLDL [Stiff legged deadlift] as my assistance work. Twelve weeks out from a meet, I will stick with a 5x3 scheme and add 10 pounds to my lifts each week. If it's moving slowly or feels heavy, I will cut it to 3x3 or I may not do the prescribed workout I have planned for the day because I don't feel physically or mentally recovered. I want to be in this sport for the long haul and I'm not out to impress anyone. One of the best things I've done in this sport is listen to my body. Not everyone will agree with me on that but it's allowed me to get this far.

#### **What is the best thing about being a Canadian?**

Free health care. I can literally go to the hospital and get treated for FREE because I feel crappy!

#### **Do you utilize any accommodating resistance, such as bands or chains in your training?**

Occasionally, but it's hard to tell if they're helping me or not because I don't use them consistently enough. Sometimes I like to use them as a novelty, just to change up my workout a bit. I'm a fan of training the competition lifts until they slow down or I'm feeling run down. When that happens, I'll lower the weight and add some bands or chains.

#### **Do you follow any specific nutrition plan to keep strong for powerlifting?**

I may be single handedly keeping McDonalds in business. I am eating McDonalds while writing this! Beyond my love for that, Vanessa has been helping me eat a lot better. We try to eat mostly organic and local ingredients and I love to cook so making dinner for her and the girls is easy. We eat a lot of sushi. I don't follow a meal plan and generally I'm a light eater. I may have one or two meals a day and the next day have six. I just try to eat healthy when my day allows time for meals. If I have six or seven clients in a row, I'll probably hit the drive-thru for a few burgers afterwards. When I have morning workouts, I like to train on an empty stomach.

#### **How do you prepare mentally for an**



#### **attempt?**

I accept that I am going to give it my best, but there's also a certain level of confidence. I think about my family: my mom, dad, Vanessa and the girls. I think about how lucky I am to be where I am in that moment, surrounded by people that I'm thankful to call friends rather than competitors. If I make the attempt, I'll add weight. If I don't, I'll try again. Life goes on and I won't dwell on it. My gym mentality is very similar to this, with the exception that I know I will hit the weight in the gym because I never train over 85% during prep. It's just a matter of moving the weight as efficiently as possible.

#### **What are your best competition numbers?**

I have hit a 550 squat, a 400 bench press and 660 deadlift in the 198-pound weight class for a combined total of 1,610 with knee sleeves. I have been working with Jeremy to help increase my leverage in the squat by switching to low bar. So far I hate it. I prefer the Olympic high bar positioning but I am open to trying new things to potentially increase my lifts. Powerlifting is year after year of trial and error. You have to find what works well for your body.

#### **Best gym numbers?**

530/385/660. I don't like testing my numbers anymore. I have very realistic

expectations of what I'd like to hit at a meet and I prefer to save the heavy lifts for the platform.

#### **What are some of the changes you've made to your lifting over the years?**

I used to train at or above 95% every workout. I'd work up to a single and try to PR every time. My CNS [Central Nervous System] was burning out and I wasn't adding to my total. My injuries were increasing faster than the progress. I've learned to listen to my body and I've become far less stubborn. Training with people stronger and smarter than me has pushed me to be a more efficient lifter.

#### **Who are some of the lifters you grew up admiring when you first started lifting?**

It has to be Schwarzenegger for his perfect physique, Platz for his wheels, and Yates for his density. When I got into powerlifting, Ed Coan was and always will be the G.O.A.T [Greatest of all Time]. His 901 deadlift at 220 gives me chills just thinking about it! Lamar Gant for his untouchable strength in his weight classes. Mark Bell for his "shut the f\*ck up and train" attitude, Kirk Karwoski for his madness and intensity. I admire Louie Simmons for telling me I have the worst deadlift form he'd ever seen. Obviously I'd be lying if I didn't think Dan Green was a massive inspiration and a great ambassador for the sport. I used to watch Jeremy Hamilton's videos on YouTube and think he was superhuman. Now I train beside him and I get to see it in person, it's very inspiring.

#### **Do you have any advice for someone entering the powerlifting game?**

Develop a base and work from there. Test your maxes once every 12-16 weeks. Spend the rest of your time building your body to be stronger. Look at every lifter around you and take their advice with a grain of salt. What works for them may not work for you. Powerlifting is all about experimentation with grip, stance, foot position, etc. I'm a very unconventional lifter in the powerlifting world. I'm a High bar Olympic squatter, close grip bench

presser and a conventional deadlifter. My range of motion could circle the equator! But it's taken me years to find my groove. Each lift is on the brink of comfortable and uncomfortable, and that's how it should be.

**Do you still get excited and amped up when you go to compete at a meet?**

Absolutely. I'm very nervous but inside I'm ready. I tend to keep my intensity locked up but if I hit a PR on the platform, I lose my mind. All of the hard work put into it pays off in that very moment.

**What is your favorite lift and why?**

Pre contest, my favorite lift is the squat. If I could squat every day and make consistent progress, I would. In a meet, I'd say the deadlift is my favorite. There's just something very primal about moving dead weight with every fiber of your being. It's a very emotional lift. It could make or break your performance.

**What assistance exercises helped each of your lifts the most?**

Stiff legged deadlifts have been a staple in my lower body training and I have seen lots of improvements with those. Close grip bench press, overhead press heavy tricep work and heavy back work have helped increase my upper body strength. Also, more volume work of the three compound lifts.

**What do you do in your spare time when you're not competing or training?**

I like to spend time with Vanessa, the girls and my parents. I also like to work on Bacon & Barbells orders and designs; watch Seinfeld or Party of Five. I'm a pretty boring guy.

**Now that you're at your current level of strength, do you get impatient trying to make specific gains?**

I used to get impatient and I'll be honest when I say that some days I get very stressed out if I have a bad training day. There are many other 198 lifters (even lighter lifters) that are ions ahead of me in the strength game. All I can do is try my best and keep pushing myself. We



all want to be stronger. I'm in no hurry. My main goal when I started powerlifting was to hit an elite total. I thought it was unattainable because it seemed so far away from where my lifts were. Since then, I've hit elite in two weight classes, got to travel to Prague, Czech Republic to compete for Team Canada at the WPC Worlds and I've met so many amazing people through this sport. I've trained myself to become patient because I'm enjoying everything powerlifting has to offer.

**What drives you?**

My parents. They came with me to the WPC Worlds in Prague, Czech Republic last October. It was the only competition I'd done up to that point where I went 9/9 on attempts and hit a 110-pound meet PR. Prior to leaving, my mother had been diagnosed with lung cancer and didn't tell me because she didn't want to break the news before I lifted. When we returned home, she had to undergo chemotherapy and radiation almost immediately. Seeing the strongest woman in my life become so weak absolutely broke me. Every workout from that day forward, she was in there with me. Pushing me. Telling me to go for one more rep. Telling me how crazy I am for what I'm doing, but she loves me no less. I would

often schedule my workouts around the times she had to undergo chemo or radiation and I would purposely load the bar up and lift until I couldn't any longer. I forced myself to try to feel half the pain that she had to feel. Maybe if I pushed myself so hard, I could be as tired as she was after her appointment. At that point, it wasn't powerlifting anymore - it was therapy. Vanessa, my girlfriend, and her two daughters, Sofia and Isabella, are a big part of my driving force. They're so proud of me and they think I'm the strongest guy ever. I think about them often when I'm lifting and my biggest fear is letting them down. That fear pushes me to be the best person I can be, which transfers over into trying to be the best lifter that I can.

**If you had the choice of being any superhero, who would it be?**

Blue Diamond. He is the end all be all of superheroes! Superhuman strength, near-invulnerability and can reverse the aging process. He's like the growth hormone of superheroes.

**Is there anyone you would like to thank?**

Vanessa for putting up with my sh\*t, my parents for believing in me even when they didn't understand the sport. Jimmy Decaire, Matt Brass, Jeremy, Nigel, Omar, Sean and the rest of the Fortis crew for helping me push on every day. Ken and Sheri for your amazing hospitality and letting us train at your Outlaw gym. Anyone who follows my progression on social media, anyone who has supported Bacon & Barbells ([www.baconandbarbells.co](http://www.baconandbarbells.co) and follow us on Instagram @baconandbarbellsco), Lones Green, Larry Lurker and Mike Lull (the original Iron Brotherhood), Mark Bell for being a massive inspiration for me to this beautiful sport, the SuperTraining crew for bringing a ton of informative information to people who are beginners and/or advanced lifters and most importantly, anyone who gets under a bar and gives it 120% each time. It doesn't matter if it's powerlifting, CrossFit, weightlifting, etc. The iron unites us all and it's a brotherhood that will never die. **PM**



3802828094

**Give us a quick rundown of your stats and accomplishments.**

I'm 31 years old, 5'4", and on average about 135 lbs. My stage weight is about 120-122 lbs. I was the first ever IFBB [International Federation of Bodybuilding and Fitness] physique pro for the women's division, and that was in 2011 at the Jr. USA's. It was the first physique show ever. I was also the first ever women's physique Ms. Olympia in 2013, and I was the runner-up Ms. Olympia in 2014.

**What is your athletic background? How did you get started with lifting weights?**

I was a six sport athlete for most of my childhood: I swam, ran track, played field hockey, basketball, softball, and soccer. I was recruited to play soccer for Westchester University from 2001-2005. I had a small lifting background in high school, just with gym class and a little lifting here and there. I lifted a little bit with college soccer, but it wasn't serious, just team lifting sessions once a week. Even though I went to school for kinesiology and I minored in nutrition, I really didn't get into lifting until after college. I was dating Rob, my husband now, and he would go to the gym for 2 hours and I wouldn't see him. He said, "If you want to see me, come to the gym." So I did. He got me into lifting, and I basically followed exactly what he did.



# GOING TO BATTLE WITH DANIELLE LINTON BATTLEY

BY JEFF "ROBOT" IRION  
PHOTOS BY ROB BAILEY



Crap...my next question was going to be "Will you marry me?" but now those dreams are ruined! Tell me, who is this Rob fellow?

I met Rob in college in 2001. He played football and I played soccer. I met him at pre-season. We didn't start dating until a couple of years later, maybe in 2004. We got married May 26th, 2007. Rob is one of the most

hard-working, goal-driven men I've ever met in my entire life. His goals and aspirations for himself and those around him are extremely high. Together, we run our companies, Flag Nor Fail and Speed Warhouse. Rob is also a musician, and he's working on his 3rd or 4th album now. He's been on billboards, and he was #1 on electronics last year. His music is under "Rob

**"PEOPLE DON'T BELIEVE ME, BUT I'M 100% NATURAL AND SO I COULD NEVER COMPETE WITH THE FEMALE BODYBUILDERS. WHEN THE PHYSIQUE DIVISION CAME OUT, IT SOUNDED LIKE A DIVISION THEY'D CREATED JUST FOR ME"**

Bailey & The Hustle Standard." It's basically him and his best friend, Charlie Hustle.

**When did you start doing fitness competitions? When did you realize that this is what you want to do with your life?**

I grew up playing sports my whole

The image is a collage of various fitness and strength training-related logos and text elements arranged on a dark, textured background. At the top left is a red banner for 'SLING SHOT' with the website 'HowMuchYaBench.net'. To its right is a logo for 'Spud Lite STRENGTH STRAPS'. The top right features large white text 'LIFTING' above 'LARGE.COM' with a hand gripping a barbell. Below this, a large chain forms a banner with the words 'SHIPS WORLDWIDE', 'POWERLIFTING', 'WEIGHTLIFTING', 'CROSSFIT', 'BODYBUILDING', and 'STRONGMAN'. In the center, there's a logo for 'SUPER Katana TITAN' featuring a samurai helmet and a sword. To the left of the center is another logo for 'CENTURION FORGED BY TITAN'. At the bottom left is a logo for 'LOCK-JAW BARBELL COLLAR' with a blue and black barbell collar graphic. In the bottom right corner is a QR code with the text 'FOLLOW THIS QR CODE FOR A DISCOUNT ON YOUR NEXT ORDER' above it. The bottom center features a chalky handprint with the text 'get a grip' next to it, and the brand name 'Primo Chalk' at the very bottom.



life and I was very competitive, and after soccer was over, I didn't have a competitive outlet anymore. I did a figure show in May 2006 because two girls at the gym were doing it. I figured I was better than them, and I was living off ramen noodles, so I decided to enter and try to beat them!

**You compete in the physique division, which is relatively new in the IFBB. Tell us a little bit about that and how a physique competitor is supposed to look.**

I competed in figure for several years, and I was always told that I was a little bit too big, too hard, and too lean. I never really fit in. But there was a huge gap between figure and bodybuilding. People don't believe me, but I'm 100% natural and so I could never compete with the female bodybuilders. When the physique division came out, it sounded like a division they'd created just for me. It was everything I'd always been told I was. It's that middle ground that I'd been looking for between figure and bodybuilding.

**What does your training look like?**

**"MY STYLE OF TRAINING VARIES. SOME DAYS, I JUST WANT TO GO HEAVY AS HELL. OTHER DAYS, I DO ALL SUPERSETS. BUT FOR THE MOST PART, I'LL PICK ONE OR TWO EXERCISES AND GO AS HEAVY AS I POSSIBLY CAN"**

**I've seen a YouTube video of a training session where you let a huge bodybuilder dude train with you, and you nearly killed him!**

My style of training varies. Some days, I just want to go heavy as hell. Other days, I do all supersets. But for the most part, I'll pick one or two exercises and go as heavy as I possibly can. For example, on a chest day, it might be dumbbell bench and flat bench, and I'll

go as heavy as I can for low reps, like 3-5. But then the rest of the workout is extremely high volume, where I'm supersetting 2 or 3 different exercises back to back with tons of dropsets. I'm the queen of dropsets! I like lots and lots of volume.

**What is the importance of strength and heavy lifting in your training? I've seen you dumbbell bench 95's, so you're obviously strong! How much ya bench? What about squats and deadlifts?**

I just benched 235 last night! I've never maxed out a squat in my life, but I did 315 on Friday. I haven't maxed out on deadlifts either, but I can do 315 pretty easily. One of these days I'm going to max out, but for a long time I've had shows back to back and I haven't wanted to max out for fear of injury. But lately all I care about is getting stronger, so the tides have changed!

I think heavy lifting is a necessity. Some of my workouts are all about the weight. For me, it's a motivational factor of feeling strong and being strong. Heavy lifting creates bigger muscles. In other workouts, I don't care about the



weight and it's all about volume. With that combination of heavy lifting and high volume, I'm getting the best of both worlds: the heavy lifting creates bigger muscles, and the volume tones and shapes the muscles.

**What does your diet look like? Do you have an offseason, or are you ripped year-round?**

I wouldn't call myself ripped in the offseason, although I guess to an average person I am. I try to stay extremely lean year-round, so I follow a consistent diet year-round. And that includes

cardio, too. I don't stay in shape just for shows - this is a lifestyle for me. I enjoy all of the food that I eat. I couldn't live off of fast food. I also feel that since I'm considered a professional athlete, I should look professional 365 days per year. So that's my goal - to always look the part.

**How often do you do cardio, what type of cardio is it, and how long are your cardio sessions?**

I do cardio every day during contest prep. In the offseason, I try for every day, but it's usually 5-6 days a week.

**"PREPARING FOR A SHOW IS LIKE LANDING AN AIRPLANE... SLOW, GRADUAL TOUCH DOWN... YOU NEVER WANT TO HAVE TO DO A CRASH LANDING BY EXTREME DIETING AND CARDIO. SLOW AND STEADY WINS THE RACE!"**

I have a stairmill at my house that I use most frequently. When it's warm outside, I enjoy going on 4-6 mile runs and I even do lap swimming for other cardio options. During the offseason, I usually keep it to 40 minutes because I am more relaxed with my diet, so I can afford to do more to keep in shape. I like to look and feel in shape all of the time. During contest prep, I will usually start out at around 40 minutes of cardio, and as the weeks get closer to the competition day, my cardio goes down - sometimes it's only 20 minutes a session a couple of weeks out from a show. I am not in a calorie surplus, so cardio is usually at a minimum. Preparing for a show is like landing an airplane... slow, gradual touch down... you never want to have to do a crash landing by extreme dieting and cardio. Slow and steady wins the race!

**Do you eat any differently because you're a woman?**

I have a lot of male bodybuilder friends, and I'm pretty sure I eat exactly like them, it's just that my portion sizes are smaller. I eat a ton of carbs. I actually eat more carbs than protein! Well, right now it's probably about even. I'm getting ready for the Arnold, so I eat about 4-5 ounces of protein per meal. When I'm not preparing for a show, it will be about 5-6 ounces. I don't know how many grams of protein I eat in a day - I've never even calculated that. I do five whole food meals per day and one shake (post-workout), and each of those probably has 30 grams of protein.

**With bodybuilding, the goal is to be as jacked and as ripped as pos-**



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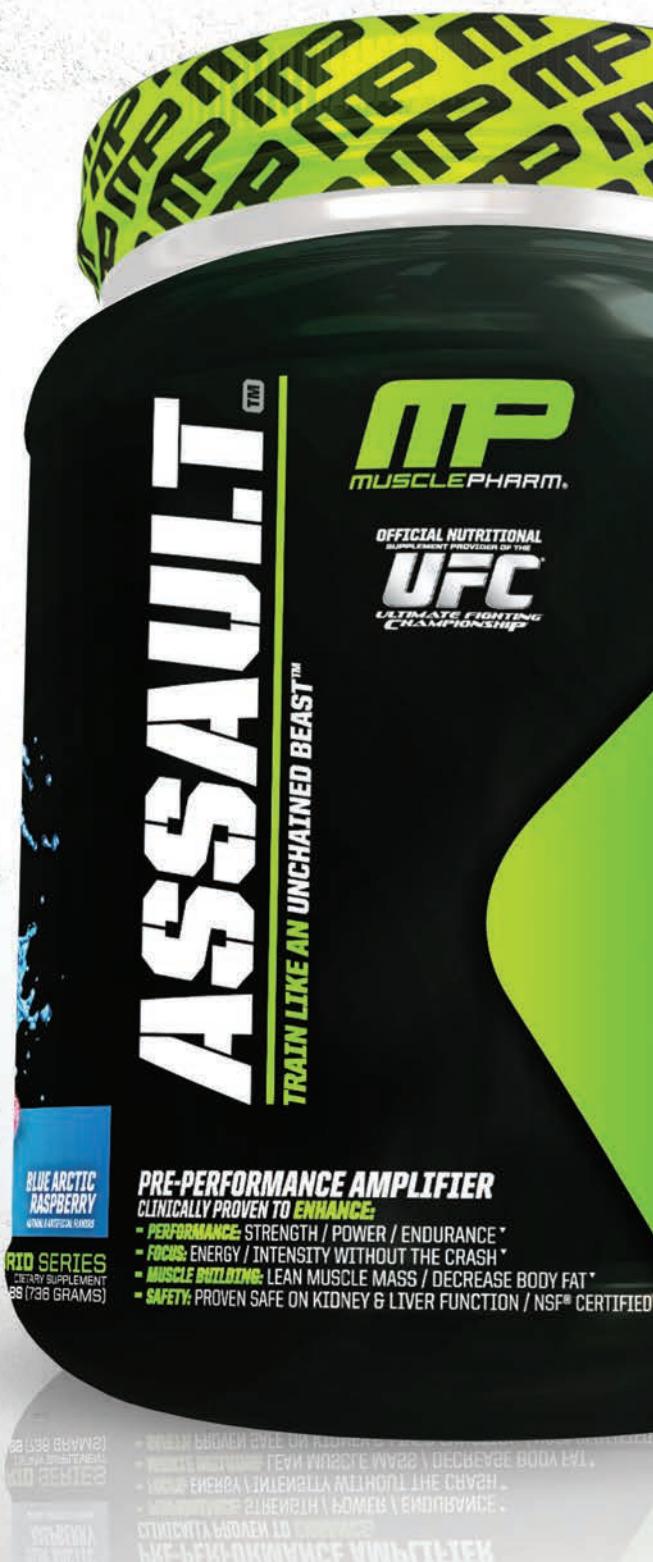
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sible. But with physique, the goal is to be jacked but not too jacked. How do you find the right balance with your training and diet? Do you have to worry about getting too jacked?

No, not necessarily. Again, I'm not on any enhancements, so for me, I don't think there will ever be a problem with me getting too big. On stage, I'm 120 lbs, so I feel like a little infant! With

physique, it's a balance of muscle tone, symmetry, leanness, and femininity. I think femininity is a huge factor, and a lot of femininity is in your poise and your grace. You don't want to get on stage looking too butch!

**You live in a warehouse, and it's pretty much the coolest home ever! Tell us about it.**

We actually just moved out! We

bought a house in December and we moved in about 3 weeks ago. It's a new house on a mountain with no neighbors - we're just surrounded by trees and deer. But yeah, we pretty much lived in a warehouse for the last 2 years of our lives. We had a house, but with the amount of time we spent at the warehouse, it was kind of pointless to drive home just to sleep in our

bed for a few hours and drive back. So we moved our beds to the warehouse. We had all of the necessities. We had a fully renovated, beautiful kitchen. We had a huge bathroom. We had our bedroom. And we didn't have to drive to work! It was great and we got a lot accomplished, but now it's nice to be able to get away from work for a little bit.

Getting back to the question, it's a 40,000 sq. ft., 2 level warehouse. On the bottom level is our car shop. We call it the Speed Warhouse. It's run by our friend Phil Peron. In addition to lifting and muscles, we have a huge interest in cars. We build all of our own cars. Rob probably has 10-12 cars, trucks and motorized vehicles. We have a lot of jacked up trucks that are great for off-roading. We love off-roading, racing, and drifting, and we have cars for all of those.

We have our own fabrication shop where we build all of our own equipment for the gym. Some of it is stuff we've come up with from our own ideas. About half of our gym is standard equipment and half of it is custom-made equipment. We call it the Warhouse Gym. We hired our friend Joe Weaver to build all of our equipment. We have a lot of strongman equipment -- prowlers, viking presses, etc. All sorts of heavy duty equipment. We have camps there once or twice a month. Right now, we are looking to franchise Warhouse Gyms, which will come with both the name and the custom equipment.

Along with the Speed Warhouse, we run our other business, Flag Nor Fail, out of the warehouse as well. We have our fully functioning print shop. We print and ship, all from the warehouse.

#### **Tell us about your company, Flag Nor Fail.**

Flag Nor Fail is our very own clothing line. We design and develop everything. We started it back in May 2011, out of our garage. Rob used to print everything, and I would fold everything and ship it. It's gone from a two-man job in a garage to a 25-employee job in a 40,000 sq. ft. warehouse.

#### **What does Flag Nor Fail mean?**

When we created Flag Nor Fail, we wanted something that you didn't exactly know what it meant. For example, with the company No Fear, you pretty

much know what that means. But once you know what Flag Nor Fail means, you're kind of on the inside. We wanted something versatile. People think we're just a fitness company, but we're not. We're involved in fitness, but it's a lifestyle brand. It's a way of thinking. When you break it down, "Flag" stands for a white flag, which means surrender. "Fail" is obvious. When you put them together, it basically means, "I shall not surrender, I shall not fail." We wanted something that could pertain to any aspect of your life, whether it's fitness or a job or anything you're working towards. If you go into it with

better words, we're real as f\*ck.

I wanted to be in the fitness industry, but I'm so much more than just fitness. Through our videos, we've kind of showed that. We've showed us going out to eat, racing cars, our dogs, etc. We've showed our lifestyle through the YouTube videos. People can relate more to lifestyle videos than to straight-up lifting videos. Those are boring! I think that's what attracted people to us in the first place. Then when you meet us, we're just like what you see in the videos. We've always stayed true to ourselves. We've stayed humble and grounded, and we value and appreciate everything we've worked for.

**As you've said a couple of times now, you're about more than just lifting. What are some of your other hobbies and interests?**

We love camping. We go to Montana every single year. We're very much outdoorsy type of people. Rob loves to hunt and shoot guns. We have 4-wheelers. We're into pretty much anything adventurous. We go off-roading. We go to drift events and car shows. If it's exciting, we like to do it!

**What are your future plans, both for physique competitions and your business?**

Right now, I'm getting ready for the first ever Arnold Classic for women's physique. I'm about 7 weeks out from that. The rest of the year, we're focused on travelling worldwide and going to expos so that we can get out and meet people. As far as Flag Nor Fail, we're just going to keep kicking ass. We're working on developing our line a little further with more items and with more diverse pieces. We started out with T-shirts and sweatshirts, but now we're branching out to stuff like bags, sports bras, pants, compression gear, coffee mugs, and even dog collars. We're really trying to diversify the brand.

**Where can people find you online?**

Our business site is [www.flagnorfail.com](http://www.flagnorfail.com). My website is [www.danalinnbailey.com](http://www.danalinnbailey.com). My website is [www.danalinbailey.com](http://www.danalinbailey.com). For info on our gym and camps, go to [www.thewarhousegym.com](http://www.thewarhousegym.com). My top three social media are probably my Facebook fan page (the one with over a million likes, not the fake ones), YouTube ([@danalinnbailey](https://www.youtube.com/danalinnbailey)), and Instagram (@danalinnbailey). **PM**

**"WITH PHYSIQUE,  
IT'S A BALANCE OF  
MUSCLE TONE,  
SYMMETRY,  
LEANNESS, AND  
FEMININITY.**

**I THINK FEMININITY  
IS A HUGE FACTOR,  
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FEMININITY IS IN  
YOUR POISE AND  
YOUR GRACE. YOU  
DON'T WANT TO GET  
ON STAGE LOOKING  
TOO BUTCH!"**

a Flag Nor Fail mindset, you're going to conquer it because you're not going to surrender and you're not going to fail.

**Surely, the success of Flag Nor Fail is directly connected to your own success -- out of all of the female fitness competitors, you're arguably the most recognizable and well-known. What do you think are the reasons for this? How did you build your reputation and fan base?**

From the beginning, I guess we started with YouTube videos. We never wanted to be like anybody else, just ourselves. There's no acting. If I didn't want to do something, I didn't do it. For most people in the fitness industry, the easy way "in" is to go the sexy route but I didn't want to do that because that's not me. I think people fall in love with us because, for lack of



# HOW TO LOOK LIKE YOU ACTUALLY LIFT

BY AMIT SAPIR

**H**ere's a newsflash...you can be strong and look strong. If you're a strength athlete, you can benefit from looking jacked - there's no need to walk around like a fat slob. Here are a few tips that will help your physique and performance,

**1. Keep your protein intake high** - It sounds simple but a lot of athletes fall short here and aren't even hitting a minimum daily requirement of protein. Without enough protein, you will not be able to continue building muscle and it's going to affect your overall appearance and hinder your performance. A minimum requirement for an athlete is anywhere between 1.2-1.5gram/lb of bodyweight. For example: a 200lb athlete should eat between 240-300g of protein per day.

**2. Carbs are not your enemy** - It's all about the right timing. If you can do this correctly, carbs can be your fuel to lift heavy weights and your means to recovery. When strength athletes are trying to improve their physique, they often cut their carbohydrates down too much and suffer the consequences when trying to perform. Example: An athlete trying to shed bodyfat should not cut his carbs but instead, he should time them correctly. The best timing is the 6 hours around the workout (in order): intra, pre and post workout. On the other hand, if you're an athlete trying to gain lean muscle then the majority of these carbs still need to be during this window but they also need to be spread throughout other meals in the day in smaller amounts.

**3. Intraworkout nutrition** - This is the real secret behind good pumps, recovery and gains. Milos Sarcev started this idea a long time ago and he was right on the money. To simplify his idea, the body absorbs and utilizes nutrition more efficiently and effectively during training because this is when the body needs it the most. Drinking a high quality intraworkout shake prevents catabolism, encourages recovery and prevents DOMS [Delayed Onset Muscle Soreness].



#### 4. Bodybuilding work can help

**you** - For a strength athlete, this might sound like a curse but I assure you it's not the devil. It can help you build your weak points and build more muscle mass in general. In turn, this will give you greater overall strength. Plus, there is the added bonus of actually looking good with your shirt off which will lead people to believe you actually train hard. It will make you look more marketable and it will help with sponsorships or other opportunities within the industry. You can add bodybuilding work without compromising your strength training and here's an idea of how to do that. After you've completed your regular strength portion of your training, you can add an additional 25-40min of bodybuilding work. This will help with body composition and muscle mass. Big muscles aren't weak muscles!

Adding a bodybuilding day will allow you to work on weak points. Let's assume chest and shoulders are your weakness - so on this day, do exercises that you wouldn't do in your regular pressing day. Do something you wouldn't normally do. You can start the workout with an isolation movement in

a higher rep range. As you move along in the workout, use different "intensity techniques" like tempo manipulation, supersets, drop sets and partials. Using these techniques will give your body a completely different stimulation and help you strengthen weak points and add volume to your training week.

**Example:** If you're training squats on that specific day, you can throw in 3 supersets of machine hacksquats (with different stance) and leg extensions: 3 sets x 10-12 reps each. You don't need to go crazy with weights here but just enough for your quads to burn. After this, do a superset of lunges and lying hamstring curls with the same rep scheme. It won't take long but the added volume will encourage hypertrophy.

#### 5. Cardio – It's not all that bad!

I'm not saying to start preparing for a marathon but 20-30 minutes of a brisk walk 3-4 days a week will do wonders for your recovery and body composition. This will not hurt your strength!

#### 6. WATER! Drink at least one gallon everyday.

This helps with overall

body function, recovery, metabolism, cleansing, general health and the list goes on and on. Most people will tend to forget this little but VERY important thing.

#### 7. Limit fat intake to what you

**need, not what you want.** Yes, your body needs healthy fat to function but the amounts it needs are not as big as you want to believe. When a diet states 1 tbsp of peanut butter this is exactly what it means....don't eat the whole damn jar and say you're eating healthy!

#### 8. Dedication to nutrition - I know

strength athletes have great work ethic when it comes to training for their specific sport. If even a portion of their work ethic can be applied to nutrition, an athlete will see amazing improvements in their physique and performance. **PM**

Amit Sapir is a Biostest sponsored athlete, IFBB Pro Bodybuilder & Olympia Competitor, Former All-Time Squat World Record Holder @90kg (722lbs). He is also a Krav Maga - Black Belt (Level 1) and a 3x Israeli National Olympic Weightlifting Champ (69kg).

**CRAIG CAPURSO**  
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**GOAL**

I WANT TO GET STAGE READY AND COMPETE IN 6 WEEKS

**PLAN**

BUILT BY SCIENCE  
6-WEEK MUSCLE BUILDING TRAINER

**FINISH**  
~~START~~ **START SOMETHING**



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# TEAM LILLIEBRIDGE

BY JEFF "ROBOT" IRION



## Ernie Sr.

**Can you give us a quick overview of how you guys train?**

We all utilize the Lilliebridge training method. We use the competition lifts as our main movements. Saturdays, we alternate between a heavy squat/light deadlift and a light squat/heavy deadlift. For the bench press, each week we rotate between heavy and light, with an emphasis on pausing and following the competition commands. The accessory work is individualized to each lifter depending on what their weaknesses are, and that's their focus for the upcoming week. The accessory work is performed throughout the week at the discretion of the lifter since not everyone can follow the same schedule. However, we do all get together to train the main movements. Generally, this works out to our guys training 4 days per week. And

that's about it, in a nutshell.

As for the 4 guys in this interview, JP, Tom K., and Tom F. – they are trained directly by me. Daniel is trained by Eric due to conflicting time schedules, but he still follows all of the same principles.

**I've heard your workouts take a long time! How long are we talking? And why so long?**

For example, a Saturday squat and deadlift workout can take quite a bit of time due to the size of the team and the rest intervals between the sets. Rather than rush through the sets, we take our time to maximize the effort put into the movement and we also rest fully between sets. For some of the bigger and stronger guys, it can take up to 20 minutes between sets. Accessory work can take a long time as well. 5 to 6 hour workouts are not uncommon at all. Plus, with the size of the team, it just takes a long time due to the sheer number of

individuals being trained.

**Out of the 3 lifts, I think it's fair to say that Team Lilliebridge is best known for their squats. Both of your sons hold world records, and you've now had three different lifters hit training squats above the current world record of 1014. What is it about your squat training that has led to such success?**

In all honesty, we would have to say that it's simplicity. It's about breaking down the basics. Rather than reinventing the wheel, we work on ways to make it spin easier. We break down each individual lifter and see what works best for them, not trying to implement a blanket program and make it work for them. Each lifter is trained individually to find what works best for them, and once that is established, we perfect it. That same mindset and programming is used for all the lifts, but



**Tom Kallas**

the squat is the easiest one to apply it to. On the other hand, benching and deadlifting have a lot to do with body mechanics and leverage. The thing is, just about anybody can be a good squatter. However, you can be the strongest guy in the world, but if you have short arms, you're just not going to be a great deadlifter. Similarly, if you have long arms and you're good at deadlifting, you're probably not going to be a great bencher.

**What is your opinion on flat shoes vs. Olympic lifting shoes for the squat?**

That depends primarily on stance width. A lot of the narrow stance/quad dominant squatters like a heel, as it helps them to keep their balance. For example, look at Daniel Bell and JP Carroll. The flat-soled shoes are for the wider stance squatters, like the vast majority of the team, who are primarily glute and hamstring squatters and therefore, stand more erect. There are exceptions to this rule, but it is very, very rare.

**What are some of the differences in how you train different lifters?**

For generalized powerlifting and training, everyone is pretty much on the same page. When we get into meet prep, each lifter is given individualized training to maximize their efforts. For example, we have our two SHWs [Super Heavy Weights], Derek Kendall and JP Carroll, who are very similar in strength. However, JP Carroll is very explosive and probably has the upper hand when

it comes to singles. Derek Kendall, who has a bodybuilding background, can do multiple sets and reps, but lacks explosive power. With that said, JP benefits from doing more sets and reps, which builds his endurance and helps his explosive power. Derek is also trained with multiple singles to develop his explosive power. These guys are two extremely large and powerful human beings, but they're trained completely differently. When I'm coaching a lifter, I look at their overall strength and compare it to what they can do for doubles, triples, sets of five, and sets of ten in order to determine what we need to work on. Looking at one number on one movement does not tell the full story.

**As the coach, what are the top things you've worked on with each of the guys in this interview?**

Each guy is trained individually, and form and technique are always first and foremost. Each guy has worked individually to perfect it, and each guy has a unique style of lifting. First we identify that style, and then we strive to perfect it and maximize our efforts.

**JP Carroll** - He's a high bar squatter. We've tried to move his bar placement down an inch or two, but because of his size, it's extremely difficult. He's also a narrow stance, quad squatter, but that seems to work best for him. He's squatted over 1000 lbs with that form, so it obviously works very well for him. We've worked to maximize his positioning so he can move the most amount of weight in the most efficient manner.

**Tom Kallas** - He's a smaller guy, a 165/181. He's a lot more flexible than JP. He's able to put the bar much lower than JP and he's able to get his hands in close. He's able to get his chest up and his elbows underneath him and really drive the bar up. He's also a bit wider than JP in terms of foot positioning, proportionally speaking, so he's more hip and glute dominant and he really likes to sit back.

**Tom Finn** - He's our bench only guy, but he's a born natural. He's extremely athletic and has taken amazingly to squatting. He had no style, so we gave him some basics and he took to it very well. This coming weekend will be his second full power meet, and we expect him to do much better than he did a year ago. He's made some tremendous gains in all areas, just by taking a few basic steps and working on technique. He had no idea about chest up, head up, and how to use the wraps. We gave him a little bit of critiquing, and he took to it extremely well.

**Daniel Bell** - Daniel is just a beast. He's immensely strong. He squatted 900 at 308 in competition a month ago. We're still trying to work on widening his squat stance a little bit and bringing the bar down a little bit. The problem is that his legs are so big and his stance is narrow, so he's hitting his hamstrings on his calves but struggling to hit depth. So we're bringing him out of his comfort zone and bringing his stance out. Once he learns to maximize that, he'll make some tremendous gains.

## Tom Kallas

**Age:** 21

**Weight Class:** 165/181

**Time training with Team Lilliebridge:**  
1.5 years

**Best lifts before Team Lilliebridge:**  
low-500s squat, high-200s bench, low-500s deadlift, 1350 total

**Current best lifts:** 715 squat, 345 bench, 600 deadlift, 1619 total

**Social media info:** @Tomkall1 on Instagram, "Tom Kallas" on Facebook and YouTube

**I've got a question about your last name. Is it like "Dallas" but with a "K"?**

Yes, haha, it is like Dallas but with a



JP Carroll

"K." My long time training partner Tom Finn calls me that. He got it from Larry Dallas, who was a big time pervert on "Three's Company." So I've got that going for me, which is nice.

**I first learned about you when I saw on Powerlifting Watch that some guy who I'd never heard of before broke the all-time squat record at 165. How has your squat progressed throughout the years to where it is today? What are the main things you've done to keep getting stronger at the squat?**

Thanks for reminding me that I'm a nobody. I appreciate that Dr. Robot Pants. And my squat has always been my best lift and hasn't ever really seemed to stall out. Things that have helped me make continuous gains are only squatting heavy twice a month and doing pause squats. Only squatting heavy twice a month helps me recover more and pause squats help me stay tight in the hole. I like to bury my pause squats deep in that tight hole (yes that was sexual, ladies you can get a hold of me with private messages on my social media). All these I have learned from training with the Lilliebridges and using the Lilliebridge Method for meet prep training.

**As you said, your squat is definitely**

**ahead of your other two lifts. But what about the bench and deadlift, what are you doing to bring up those lifts?**

Yes, my squat is way above my other two lifts. For deadlifts, honestly, it's just about getting the right form down. I used to be sumo but that started failing on me. So I switched to conventional about a year ago and haven't looked back. I pulled 600 at my last meet, which is over 3x body weight. When you compare it to my squat it looks like I'm a loser that doesn't know how to pull, but I can see it really moving up in the next year. I found my form finally and I see only PRs from here on out. And my bench – well, I bench like a 12 year old girl. My buddy Derek Kendall and I train bench together on Wednesdays. He reminded me that I have small arms, a small chest, and I'm not thick so my bench will always suck. Real great friend. So we are working on improving it with hitting accessories super hard and training like bodybuilders after we bench. I also have been talking to Lil Smokey at Super Training about mixing things up and trying his routine. He's a freak benching over 400 at 181. So again, I see big improvements with that as well coming this year.

**I heard that you and Ernie Jr. were**

**quite a hit with a couple of older ladies after the recent ST meet, and that one of them even took your shirt off for a picture! What's the story there?**

Me and my good friend Ernie Jr. are always fucking around in and outside the gym. We ran into those ladies in the hotel lobby and they were both a little drunk. They wanted pictures with us. So Ernie Jr., like usual, had his singlet on underneath his clothes. Mine was in my room so one of the older ladies (Edna) was nice enough to remove my shirt for me for a picture and a little pec dancing action. This made her feel like she was 65 again. I attempted to get Edna's room number multiple times, but she's a little tease and wouldn't give it to me. She said, and I quote, "You would keep me up all night, and probably give me a heart attack!" So swing and a miss for me that night. Ernie Sr. and JP Carroll were sitting down, crying, laughing and sweating profusely as this was all going down and Ernie's wife Jess was nice enough to snap pictures.

## JP Carroll

**Age:** 34

**Weight Class:** SHW

**Time training with Team Lilliebridge:**  
6 months

**Best lifts before Team Lilliebridge:** 655 squat, 455 bench, 700 deadlift, 1800 total

**Current best lifts:** 881 squat, 551 bench, 711 deadlift, 2143 total

**Social media info:** [www.facebook.com/goon.ocarroll](http://www.facebook.com/goon.ocarroll), @jpvikingcarroll on Instagram, "JP Carroll" on YouTube

**You hit some big gym lifts before the meet at Super Training, but you came up short on meet day. What happened?**

Last meet prep training with TL (Team Lilliebridge), my best gym lifts included a 1016 squat, which was a little high (inch and a half). Well, it depends on who you ask. Rumor has it, I didn't even squat, I did a calf raise it was so high, and it was on the internet so you know it's true. I benched a paused 570, and pulled a 725. Last meet, where we started this lifelong bromance Mr. Robot Pants (it's for life so don't even think about ending it), I squatted 881, benched

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Daniel Bell

551, and pulled a Slurpee, I mean, 711 for a total of 2143. Not the day we'd planned for, but it's not written anywhere that things will go the way you plan them. All you can do is train your ass off and hope it all comes together on meet day.

#### **Why do you cry before your heavy squat attempts?**

Because Mark bell called me fat? I forgot to pack snacks? Honestly, I've got a few screws loose and have a few things that just piss me the fuck off. I just seriously get so worked up thinking about how much I hate that bar and I get so much adrenaline pumping that I get goosebumps, and my eyes start tearing up. I mean, let's be honest, I feel safe saying that the majority of us (powerlifters) have been through some shit. You don't just wake up happy, eat a box of My Life's Awesome O's, go to your perfect job at the rabbits and rainbows plant, then decide to go get under a bar hoping that today's not the day you blow something out. I just take all that shit and blame it on the bar...

#### **Crying must be working for you, because you've put about 200 lbs on your squat since training with Team**

#### **Lilliebridge! What other things have you done to make such amazing progress?**

Previous to TL, I trained with a few good friends at LA Fitness walking out everything. We would have to duct tape the plates on because we couldn't fit collars on for me to squat 735. I would bang out my top set and call it a day. My first week with TL, I trained with Ernie Jr., Tom Kallas, and Jason Colley. Tom and Jason have bodybuilding backgrounds and Ernie, well, he has Lilliebridge DNA. So after all the work sets it was accessory time. I think doing accessory work really helped me make those huge jumps in such a short amount of time. Also, I'd say the constant eyes of so many great lifters and the masterful eye of Ernie Sr. always correcting, changing, and honing technique helped tremendously as well. I'd always been strong, but I was very sloppy technically.

#### **You shared with me an interesting secret about the Lilliebridge method. Can you share that with our readers?**

Ahhh yes, the anti-release method! No release for three days before big squats in meet prep, and no boom boom for about 7-10 days out from a meet. I

mean, if it gets bad you can always shake the bottle, just don't pop the top. If you're having trouble grasping what I am talking about, don't worry, you're probably doing just fine. We take our squats seriously. Having a little fun won't get me an 1100 lb raw squat.

#### **You claim to be a member of #team-nobody. What's that all about?**

Claim? I am Team Nobody! This one's simple: I'm just a nobody, I'll never be anybody. A little self-deprecation to keep me hungry, I guess (insert Mark's whiney voice saying "Yeah, you look hungry, fatty!"). I'm a nobody. I just like to lift some heavy-ass shit, and people like that shit. Who knows, maybe after this interview I'll have to get a new hat that says "semi-somebody!"

## Daniel Bell

**Age:** 28

**Weight Class:** 308

**Time training with Team Lilliebridge:**  
4 months

**Best lifts before Team Lilliebridge:** 788 squat, 474 bench, 777 deadlift, 2039 total

**Current best lifts:** 900 squat, 495

## Tom "Huck" Finn



bench, 805 deadlift, 2200 total

**Social media info:** [www.facebook.com/dboi74](http://www.facebook.com/dboi74), @dbell\_74 on Instagram, "Daniel Bell" on YouTube

**I've seen some of your training videos and it doesn't look like you're at the gym where the Lilliebridges train. How often do you train with Team Lilliebridge?**

I would say 2-3 times a month, depending on how my training is going and how close I am to my next meet. The closer the meet, the more I try to get with the team. But I talk, text, and message most of the team on a daily basis from normal everyday chit chat to training tips and techniques.

**I also noticed that in some of your training videos you're not wearing a singlet. Are you sure you're a part of team Lilliebridge?**

Hahahaha. Such is the life of a single, 28 year old man: laundry and I don't go hand-in-hand. I know Ernie Jr. doesn't take his off so that may be a trick I have been left out on.

**You've put 294 lbs on your total this year, going from 1906 in February to 2200 in October. Can I have some of that? But seriously, what have been the keys to you making such amazing progress?**

Oh man, I look back at my February meet video all the time. I paused 749 in the hole, high bar narrow stance,

and deadlifted 716 on my tiptoes. Since then I have switched over to low bar, with a wider stance. I've also worked with WT Franklin on my bench form and technique. Ernie Sr. and Eric have been helping me a ton with my programming and workout routines. I look back at the way I was training last year and all I can do is shake my head.

**I hear you have an interesting story about chopping wood. Can you enlighten us?**

I would love to, but I have talked to Tom and Ernie Jr. and we decided to keep it our little training secret.

## Tom "Huck" Finn

**Age:** 32

**Weight Class:** 220

**Time training with Team Lilliebridge:** less than a year

**Best lifts before Team Lilliebridge:** 660 squat, 474 bench, 640 deadlift, 1800 total

**Current best lifts:** 501 bench in a competition; 750 squat, 585 bench, 675 deadlift in the gym

**Social media info:** Tom Finn Jr. on Facebook and YouTube, @huckfinnbarbell on Instagram, @TomFinnjr on twitter

**You've hit a 585 bench in the gym as a 220. How come no one knows who you are?**

The reason it took so long for me to get on the scene was because I wasn't

going to compete until I was one of the best. I trained in my old man's garage, aka The Dungeon, with nothing but basic equipment & 3 CDs (Hank Williams Jr. the Hits, the Rocky and Footloose soundtracks). When I finally benched 475, I knew I was ready. Just kidding, although that is how I started out. I only started competing once I began working out and getting to know guys outside of my small town. I quickly became sponsored by Clique Nutrition and have been competing for about a year and a half.

**What's your story? Ernie Sr. tells me that you were a bench only guy and that you're converting over to full power. How's that going for you? Have you always trained the squat and deadlift? After switching to full power, what have been the biggest factors in bringing those lifts up?**

I've always trained all three lifts, but due to a recent back injury I had to do a few bench only meets. I can't wait to do a full power meet again. All my lifts have taken off since I've been training under Ernie Sr. He is the best coach/motivator in the world!

**Why are you so good at benching?**

My old man made me bench press three times a week in the living room since I was in the 8th grade. The weight bench was a permanent fixture in the living room for years. I have pictures of me and my brother eating dinner off of the bench when we were younger. I am also very motivated by my family. I have a hot wife, a two-year-old daughter, and another daughter on the way so I will never stop working out until the day I die.

**Last but not least, can you tell us the story about cowboy boots and you being the intercontinental champion?**

That story all started because I would go out to the bar and drink beer out of my cowboy boots on Friday nights while people would chant, "shoot, shoot, shoot the boot." Most of the time, the bartender would fill my boot with beer straight from the tapper. I'd be out drinking all night, then wake up the next morning and outwork everyone in the gym. Ernie Lilliebridge calls me The Champ because I quote a lot of pro wrestlers and play their music in my YouTube videos, like "I am a Real American" and The Ultimate Warrior's theme song. **PM**

# 5 KEYS TO IMPROVING YOUR BENCH

BY CHAD WESLEY SMITH

**E**very lifter has their strengths and weaknesses and everyone loves to do what they're good at. One of the main factors that can help separate the average from the good and the good from the great, is an athlete's ability to work on their weaknesses and bring them up so that they are on par with their strengths.

I was fortunate enough to be blessed with a great talent for the squat and have bolstered that talent through a background of squatting, sprinting and jumping for sport performance. I LOVE TO SQUAT. When most other high school athletes were living on the bench press and doing lots of vanity work, I was squatting. This strategy paid off very well for my shot put career, helping me have a 36" vertical at a bodyweight of 290 pounds and throw the shot put 20m; but then, I started powerlifting and I had to bench.

I like to joke that the bench press is just the break between the squat and the deadlift, but if you want to build a great total, you need three great lifts, not just one or two. I've had to swallow some pride and put in some real work to raise my bench press from 462 to 551 during my four years as a competitive powerlifter (515 to 551 in the last year). I know that to take it up into the 570+ range to help me reach the type of totals I want to make, I'm going to need to do a lot more hard work.



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IT



Here are 5 factors that have helped me drive up my bench press and they will help you too...

### 1. BENCH, BENCH, BENCH

If you want to bench more, bench more. More frequency and more volume means more practice of the movement and building of specific strength. One of the greatest bench pressers of all-time, Bill Kazmaier, also utilized one of the highest volume pressing programs imaginable. Training more of the bench press and bench press variations is going to develop more strength in the specific pressing muscles. Too often, lifters are getting caught up in everything besides the main movement. They want to know about accessory movements and neglect what really matters - the competitive movement and its variations. Make sure that your volume of intensity of those movements [the competition lifts] is ample and then add on what accessory movements you need in addition to that. Don't cut your primary work short to do more accessory work.

A typical bench training session for me will include three different bench press variations and anywhere from 9 to 16 work sets depending on the goal of the day (Speed, Volume, Heavy). Don't be afraid of increasing your volume and forcing your body to adapt to more demanding work loads.

### 2. DIRECT CHEST TRAINING

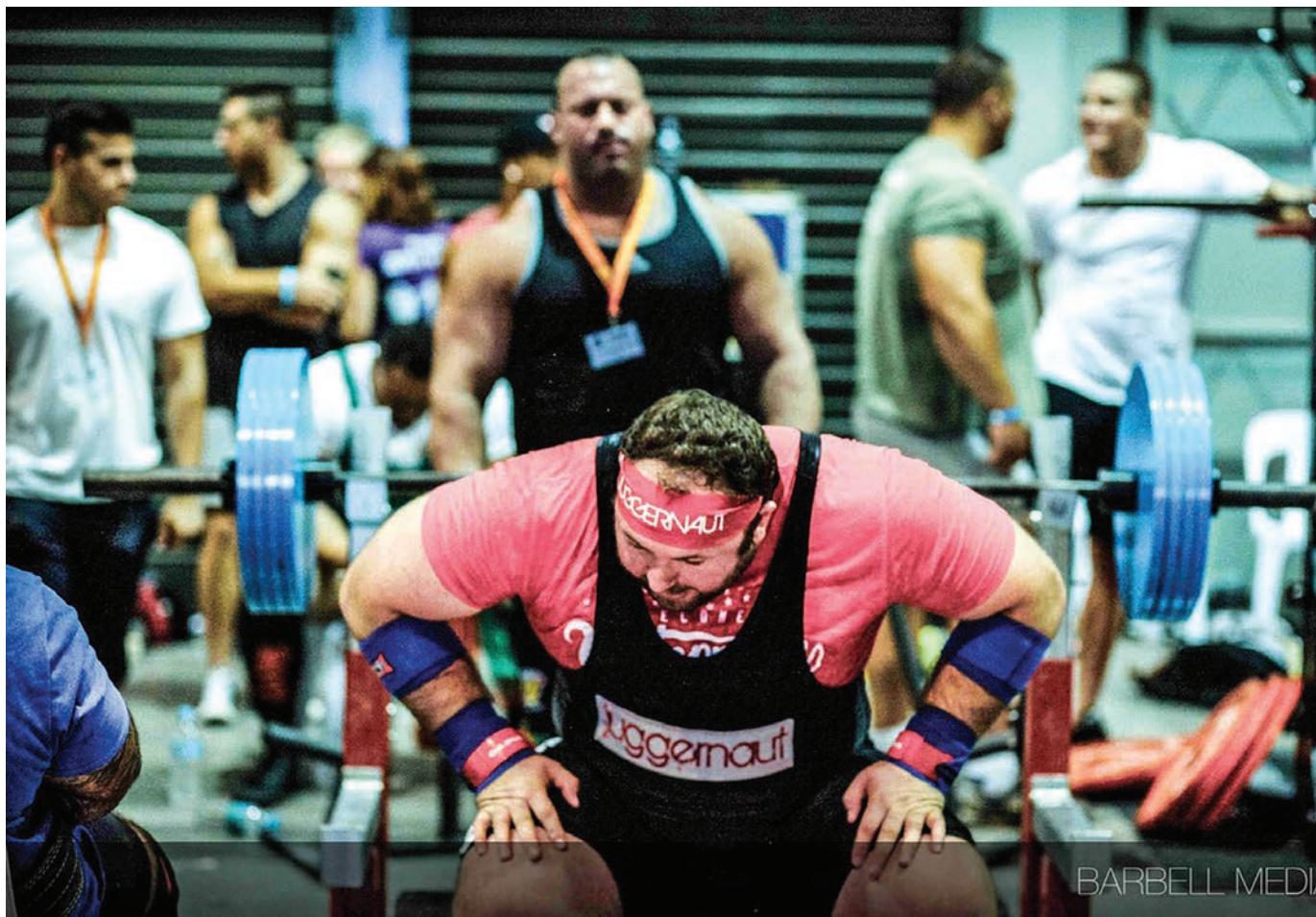
For a long time, the overwhelming majority of information available on the internet about powerlifting was written by geared powerlifters for geared powerlifters - raw lifters fell into some misconceptions about their own training, notably, that the chest wasn't a vital player in a big bench. Anyone at any commercial gym can tell you what the bench press primarily is - a chest exercise. However, as powerlifters, we seem to have forgotten that. We want to put more attention towards training the triceps, or the lats, but it is undeniable that the primary movers in the bench are the pecs. Are those other muscles important? Of course, but training the chest has to be at the foundation of your training. Understanding the value of a big chest for a big bench is as simple as looking at the physiques of top bench pressers - they all have massively thick pecs.

Since we've established the importance of the chest in the bench, how do we go about training it? Well, doing a great job of tip number one (more benching) will start you off on the right track and making some of those pressing variations things like wide grip bench, cambered bar bench and palms in DB [dumbbell] bench, will all help target the chest directly. You can also attack it in your assistance work with fly variations

and wide/extended ROM [Range of Motion] pushups. One thing to keep in mind though is that the chest can certainly be overstressed - so on your assistance work like flies, don't worry about pushing the weight so much as working higher rep ranges and getting a pump.

### 3. RESPECT THE PAUSE

When I was first transitioning from the shot put to powerlifting, I was a terrible paused bencher. The shot put is all about speed and elastic strength, so like most shot putters, I trained the bench with a slight bounce. So when I started training with a pause, my best paused bench was nearly 100 pounds behind my best ballistic bench - but now, through a lot of long pauses, my pause bench (aka competition bench) actually exceeds my touch and go bench. It is so frustrating to me to see videos of lifters, some great lifters, putting so much emphasis towards their touch and go bench press and then getting on the platform and not being able to handle a longer press command. The bench press isn't the competitive powerlifting movement - the paused bench press is and you need to practice how you're going to compete. The paused bench should be the foundation of your bench press training as that is your sport practice and beyond that, I would encourage you to train using a longer than



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competition pause. If you train using a long pause and you go to a competition and get a slow press command, you'll be fine. If you train using a long pause and you go to a competition and get a quick press command, you'll be great! Plus, longer pauses are one of the most specific and effective ways to learn how to stay tight and improve your power off the chest. Don't let yourself be caught off guard at a meet with a press call longer than you expected - prepare for the worst.

#### 4. BODYBUILDING IS YOUR FRIEND

Since my introduction to lifting, I've never been interested in bodybuilding, only in performance. These last few years though have almost made me regretful of neglecting that type of work for most of my life. Great benchers are massively built in the chest, arms, shoulders and upper back. While training heavy obviously plays a role in that, so does doing volume of hypertrophy work in accessory movements like rows, flies, front raises, skullcrushers and curls. Having big arms is a huge

benefit to powering up a big press. I have huge legs and I understand the stability that this provides under a heavy squat and how when my hamstrings and calves collide, I get rebound that helps me out of the hole. If you have massive biceps and forearms, you can get that same type of tissue approximation in the bench as I do in the squat. Give the priority to your primary bench training and bench variations, but once you make sure that is on point, start pushing the volume of your accessory work and pack on some muscle.

#### 5. UNDERSTAND HOW TO USE YOUR LATS

The lats get lots of attention from many writers and coaches of the bench press - much of this can be attributed to information for geared lifters though. Geared lifters have to have very strong lats because you actually need to pull the bar to your chest to get through the tension of the shirt. The lats though are important for the raw bencher as well for several reasons: strong lats provide a big stable base to press from; thick lats

improve your mechanical advantage in the press; and utilizing the lats properly will provide stability for the shoulders and add power in the bottom of the range of motion.

What I think about and what I cue athletes at clinics with is to think of the lats like a spring - lowering the bar to the chest is tensioning that spring and the press is a violent uncoil of that spring. To properly coil up that spring during the eccentric phase of the lift, you need to create external rotation through the shoulders. You can do this by thinking about trying to bend the bar, or tucking your elbows or whatever works for you. All the matters is that the lats are flexing hard throughout the bench press.

If you want to be a great powerlifter, you need to be an all-around lifter and build your total with all three lifts. The bench press has been my nemesis since the start of my career but these 5 ideas have helped me to start packing the pounds onto it. Give them a try for yourself and start seeing your numbers rise! **PM**





# STAND FOR SOMETHING OR FALL FOR ANYTHING

## WHAT DO YOU STAND FOR?

BY ZACH EVEN-ESH

**A**s a coach, that means a LOT to me. As a family man, it means even more.

What will you tell your kids? Your grandkids? When you're old and grizzled, you're either going to have stories of kicking ass and taking names or being a chicken sh\*t. We all have choices here.

The direction you take in life is up to you. Regardless of your circumstances, there is a way to rise above and be successful. It starts with being honest with yourself. Deep down, you know the truth and you know what needs to be done.

Every night when you look in the mirror, will you be able to look yourself in the eyes knowing you gave it your all and didn't bend on your OWN values? Or did you follow the herd, like sheep do?

This article is going to be a bit different than the norm. It's going to be a blend of life and lifting, the common theme of every conversation I have with Smelly.

Life and lifting, they are one of the same.

In training, we can easily and quickly get caught up in the fads, the gimmicks and the short cuts - at least, if you're a beginner or intermediate. The information is endless and of course, as we all know, much of it is bullsh\*t. The tried and true basics of barbell lifting have been building Bad Mother F'ers for centuries.

If you value HARD work, you will not get caught up in the short cuts, the fads and the gimmicks. You already know there are no short cuts. There are smarter ways, but there are no short cuts.

Deep down, you know that the path to a greater strength of mind and body comes through HARD f'ing work, busting your ass and battling against the heavy weights on a consistent basis.



## **CONSISTENCY.**

Don't bull sh\*t yourself. You need to get in the gym and under the bar year after year. A week off here and again is OK if you truly need it. Ask any man or woman of great strength and they'll tell you about a few key traits that can't be denied in your training and the lifestyle that embodies strength:

**1) Attitude** - bring an aggressive attitude to your training. Approach your workouts with high energy and be fully immersed in your workouts to the point where you are training for more than just a bigger squat. Train so that you feel it in your soul, where you believe you are a Gladiator and you are training yourself for life.

Go Beyond the Barbell. Train your SOUL.

**2) Lift Heavy** - I've heard about people touting that, as you get older, you don't need to lift heavy – or, to get bigger, you need to do high reps and squeeze the muscle.

As I creep in on age 40, the need to

keep lifting heavy is more important now than ever before. Muscle and strength fade away easier as you age. I ain't got time to be weak and you should adopt the same attitude.

**3) Intensity** - Approach your training and your life goals with intensity. On a scale of 1 to 10, go on a 20. You want to climb the ladder of success at your job? Want to get ripped? Get stronger? Whatever your goals are, you need to be intense with your actions and follow through. This simply means that you stay the course. Look at Smelly - getting ripped, lean and mean. He is intense. He prepares his food, makes no excuses, pushes himself to be uncomfortable and now he thrives in that arena. It is now normal to him.

Be intense. Stay the course.

## **ALWAYS A WHITE BELT**

The fact that you're reading POWER magazine tells me that you're on the right path. There's no bullsh\*t here, no tricks. It's all truth and you can apply

everything you learn here to any gym whether it's your garage, your basement or even at a "globo" gym.

Your mentality should be that of a white belt, always ready and willing to learn. I've been training since 1989 and I never feel I am smart enough, good enough, strong enough, etc.

My excitement to train is the same as it was over 25 years ago. I can't wait to rip into the barbell, wrap my hands around some old dumbbells and finish my workout drenched in sweat.

I can't wait for my new edition of POWER Magazine or that 1950s magazine of Strength & Health. The passion for learning must always be present in your life. It doesn't have to come from reading materials – it can come from exposing yourself to a new gym, new training partners, a seminar, etc.

Don't ever stop and think, "I am good enough". Once you stop learning, you stop growing and evolving as a human being. You might as well be dead. There is always that next level.

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#### **BE WEARY OF GETTING SPOILED**

I remember Dave Tate telling me that the first Westside Barbell was about 800 sq. ft. Every leg day was the same three exercises: box squats, reverse hypers and glute ham raises. They didn't have specialty equipment back then and the lack of variety didn't hold anyone back - records were constantly being broken.

Don't halt your progress because you are telling yourself that the only way to get strong is with this piece or that piece of equipment. If you have a bar and a squat rack, you can become a strong MoFo. It's a choice you make between strength or weakness - the choice is yours.

Many of my best workouts have come through my garage gyms. At those times I had nothing but a few heavy dumbbells, a straight bar, plenty of weight and a squat rack. I did this in my parents' garage, then again at the first house I bought and again at my new house.

Sometimes I would blast the music - other times, the best music was the sound of my heart beating, the weights clanging together and hearing myself breathing heavy. There is purity, as well as a power, behind simplicity.

The amateur looks and craves for the latest fad - the expert knows there is true power behind simplicity.

This simplicity lends itself towards greater intensity and greater effort. You begin telling yourself that the only way to make progress with nothing but a barbell is through

hard, gut busting work.

One of the most important values you can fall in love with is that of hard work, to a point where you no longer want easy things. Instead, you only look for the toughest challenges that push you in mind, body and spirit.

I've been training since 1989. I still remember my first few workouts on my Weider bench with sand filled weights. My original love was bodybuilding. Back then, that's all I knew and that's all that was shared in regards to information in the magazines and the books.

Powerlifters and powerlifting were unknown to me. I didn't see anyone powerlifting when I first began training. Of course, I wish I knew better and was exposed to powerlifting in my early years. Mid way into high school, I joined an amazing gym where all of the equipment was welded by the owner.

The squat racks, benches and dumbbells were lined up against the wall. The dumbbells were over 150 lbs and there were plenty of benches and squat racks. The gym was built in such a manner for you to get strong and nothing else.

There was a small group of powerlifters and they had their own platform that was built with old car tires piled side by side, one on top of another. They were framed out on plywood on what looked to be a 12' x 12' platform. There was a squat cage on the platform and nothing else.

The bodybuilders in this gym were all strong. There were plenty of guys benching 315 to 405, many squatted

405 and 495. RDLs [Romanian Deadlifts] were often performed at 405, barbell rows at 315 and the machines would get maxed out. Often times, training partners added 45 lb plates to each side of the weight stacks for added weight.

The music was loud and I was a boy amongst men. The lifters here mentored me in regards to training and nutrition. They always told me to eat more and lift heavy. No one ever mentioned a short cut. Every year, I got stronger and bigger. My homework would get done at the gym. I'd finish my workout and sit at the juice bar and buy my \$2 protein shake. I'd do homework and talk to the gym manager, the other lifters and anyone who was willing to talk to me about getting jacked. Always a white belt.

#### **STICK TO YOUR ROOTS**

About 5 years later, around 1994 or so, the owner sold his other location and came back to manage the gym that I trained at. It was like a hurricane had rolled through. Within the first week, the atmosphere began to die. The tape deck was removed and the air waves were filled with radio commercials. I always loved loud rock music and I would make special tapes for the gym manager almost every week and he would play these tapes.

The rugged equipment, which was once brown and tan, was all painted baby blue and white. Rules were posted all over the gym: no chalk beyond this point; don't drop weights; don't wear work boots...

It crushed the intensity and it killed the attitude that was so prevalent in the gym - the attitude that actually made the gym the awesome place it was.

A once crowded gym of aggressive lifters quickly became a ghost town. I remember wondering to myself, "Where did everybody go?" I wondered if they stopped training altogether or if they were lifting in their garages. Back then garage gyms were not the norm. You rarely ever heard of such a thing.

Around 1995 or 1996, maybe a year after the owner returned, the gym closed down. I have no idea where all the hardcore lifters went. I went and found another gym that encouraged heavy lifting and played loud music. The normal lifestyle of the members of this gym was to lift heavy, get strong, eat big and train like a savage. This gym was about 30 minutes each way and I would go there 3 - 5 times a week.

There were NO rules. In fact, the owner knew that if he did post rules it would kill the art form, which was lifting for us. The motorcycles would park on the sidewalk in front of the gym the way that horses parked in front of saloons from the wild west. The energy of this gym was electric and you never had a bad workout in that gym.

I learned a lesson when that home-town gym shut down, several lessons actually.

First off, don't let circumstance hold you back. People lose jobs, their favorite gym shuts down, they are in debt, etc and then they bail on the gym and stop training. Forget that. Buy a crappy barbell off Craigslist and train in your garage or backyard. You'll be amazed by the power of a simple yet aggressive workout based around minimal equipment. Being weak or strong is a choice you make every day - don't ever forget that.

Secondly, don't lose your edge. The gym owner must have assumed that hardcore was "out of style" so he tried to cater to a softer crowd and encourage fitness as the new way. He changed what that gym was truly all about and in turn, he put himself out of business.

You can put your own body "out of business" if you try to avoid the hardcore ways of lifting. Do hard things, in and out of the gym. I have a loy-

alty to hard work, to my inner Warrior that craves being pushed every day. Whether I am in the gym or not doesn't matter to me that much.

I'll train outdoors in the cold, hiking through the state park, finding large stones to carry, squat and press. I'll leave my water behind to push myself far from my comfort zone so I am stuck without water. Getting comfortable is the beginning of the end.

An old friend of mine who went on to become a Navy SEAL once told me, "Don't ever lose your edge."

He is right. It might get tougher to keep breaking records on the barbell but you can always stay strong and tough by engaging yourself in tough physical workouts. The mental edge that you'll gain from consistent hard work will carry over to your life. Your training should help you dominate in AND out of the gym.

The Third Lesson I learned...

Stand for Something or Fall for Anything...

The gym I once trained at was known for being hardcore. It was intimidating, not welcoming. You earned respect through hard work and getting stronger. No one was your friend until you proved yourself through hard work, intensity and consistency. When fitness became part of the bodybuilding shows and fitness magazines began coming out, the owner didn't stand up for what he was truly about and for what created his success in the first place.

He let go of the very thing that made him a success as well as what made his gym successful. He followed what he thought was the right way, the new way, the fad, which in turn killed the business.

After owning and running my business from various positions, both online and off line, I am constantly learning. I learn about people, about how things change when the economy gets hurt, how things change when a hurricane wipes out half your town and cuts off electricity for two weeks. I've also learned what happens when you stray from what you are truly about.

Any time I stray from a place of intensity and hard work, my business and my life also begin to slip. As soon as I return to my true self, the success always comes.

I am always learning "business stuff".

But the very thing that never seems to change is that of listening and trusting my gut instincts. Whenever I go against my gut instincts, I take the wrong path and regret it sooner or later. You don't read about that in business books. It's something you can only learn through time and hard earned experiences, both the good and the bad.

The late Ultimate Warrior was a close friend of mine. We would speak often over the phone and he would always emphasize the importance of trusting my gut instincts versus denying them. He was also very connected to being true to himself with regards to WHO he was. Warrior embodied intensity, hard work and being aggressive in everything he did. He believed in teaching others to do things on their own, which is why he always spoke about OWNING your life.

When he owned a commercial gym, he eventually shut it down because he had zero desire to work with people who needed their hands to be held. It went against his belief system, which was that of empowering others to develop their OWN strength. The things that you do in life either add to your energy levels or suck away at your energy levels.

When something sucks away at your energy levels or adds negative energy to your life, the signs are telling you something powerful. Your gut instinct is speaking to you.

Life and Lifting are the same. Don't just be a bad ass under a barbell. Do it in your life! I know a lot of people who kill it in the gym but then they cry and complain about life. They have a laundry list of lame excuses and half ass it in life.

Take your lessons from the gym and apply them to your life. When you follow through in this manner, your success will sky rocket.

Zach Even - Esh is the Founder of The Underground Strength Gym & Author of The Encyclopedia of Underground Strength & Conditioning (<http://UndergroundStrengthBook.com>). Zach is also The Strength & Conditioning Coach for The Lehigh University Wrestling Team. For more info on Zach's training, business & coaching services visit <http://UndergroundStrength.TV> **PM**





# STRONGEST MAN IN THE UNIVERSE: MIKHAIL KOKLYAEV

BY MATT VINCENT

PHOTOS BY MHP

**W**hile spending time in Glasgow Scotland preparing for the Highland Games World Championships, I was fortunate enough to be able to cross paths with one of my strength idols - Mikhail Koklyaev. In my opinion, he is the strongest strength athlete of all time. Of all the strongmen, weightlifters, powerlifters, and throwers, he is the one that I have admired the most. With a skill set that allows for a 250kg clean and jerk, 200kg snatch, 400kg deadlift, and multiple appearances at World's Strongest Man and The Strongman at the Arnold Classic, all while being one of the most entertaining guys around. After getting through my initial nerd moment of being around an idol, I was able to keep it relatively cool and chat with him.

Mischa, as he is affectionately known, is a big intense guy. He is 6'4", 340lbs and likes to talk to you at much less than arm's length. I am not sure if this has to do with English not being his first language (shit load better than my Russian) or the idea that if he decided to kill you, the chances of you running away at that distance are much less. After some time of singing Nirvana songs while he played guitar, singing Russian folk songs on accordion to serenade cows, or telling jokes that clearly have a lot lost in translation to English. It was all and all a surreal experience for me. For sure it was one that goes down as a top moment in my strength travels and career. Glad to know we share the HVIII.



This started with us talking about training age and not being able to escape injuries. And what is next for Mischa.

**MV:** What are your plans for the future with weightlifting and competing? Will there be any attempt to make a team for Rio?

**MK:** Three years ago I felt strange - I had a fire in myself to compete and beat some guys.

**MV:** This was during the year leading up to the Olympics?

MK: In 2011, I won my last time Russian national weightlifting cup. This was a great finish and the greatest win

for me. I wanted to go to London but had a problem with the government. Government and Russian national team weren't big reasons for wanting to go. Big reason is me because now I feel I am special for these people. Maybe because sometimes people don't understand me. I am a weightlifter but I

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don't feel that.

The best feeling is like when soldiers put military clothes on themselves, they feel like soldiers. I am a weightlifter but I don't feel that. I don't have origins like weightlifters. I don't have Ideas like weightlifters. I am without the genetics for weightlifting. I am too tall for weightlifting. 1.92m when I started weightlifting - I was 1.77m tall and body weight was 60k. I was like a fashion model.

Half a year ago, I did a test where they take your blood and look at the DNA and compare it to other athletes and see what was better for me. My superhero abilities (genetic gifts) - doctor tells me that you don't have anything special in DNA for sport.

**MV:** That is interesting. I find that people use poor genetics as an

**excuse for being shit and for not doing the hard work that it takes to get good at something. People want minimal work and maximal results, fast. But that is not how this works. Shit, I have been lifting for 18 years and I am not the strongest guy in any regard, and I have trained my ass off for it. You have been lifting since you were how old?**

**MK:** I started my sports career when I was 13, and now I am 35 years old.

**MV:** Right, so 22 years later you have accomplished some amazing things. What else did they find in the study?

**MK:** The doctor asked a question to the group. "Why do you think you are the strongest Russian, 8 time Russian weightlifting Champion and record holder, but with no special genetics?" I

think about this. I think about the guys on the Russian national team with me. Guys like Chegichev, Klokov - his father was world champion, and more guys with something special. I look more like a boxer, or wrestler, or athlete, but I go to weightlifting. I ask myself, "Who am I and why do I lift so many kilos? Why can I snatch 210k and clean and jerk 250k?" My best deadlift in Russia was the Russian record of 417.5k in 2012. The doctor thought that maybe these goals were my motivation.

I now want to think about this motivation. Ok, when it comes to sports, I want to be big, strong and get attention from girls.

**MV:** Vanity always comes into play. I hate that so many people in powerlifting will use fat as an excuse. Fat doesn't help you lift. It helps in gear for use. But you look at the guys now, Benni or Eric Lillibridge, those guys are not big and fat. You don't have to be that way - you can be athletic. I have always wanted to be the best strength athlete I can be. What is your ultimate goal? Is it to be all around strong and was weightlifting the best opportunity?

**MK:** I don't have a choice. First weightlifting chose me. I didn't have a choice at first. Lets say I first got to another gym with maybe wrestling. Maybe I could be good with my spirit and motivations. I am not a kind man for myself. I am very angry. Angry for myself. I don't like you [speaking about himself]. I don't love myself. Because man with long arm and long legs lift heavy weights, but now I am fat. But 10-12 years ago, I was a tall guy with a weight of 131 and my snatch was 210 and I had a 240 clean and jerk. These are Russian records. Now I think it is hard as I get older – it's a medium age problem. I feel like, "Who am I? What am I going to do now?" I don't have fire for the sport. It is always injury and injury now.

**MV:** I am just starting to see this. At 31, there always seems to be a roaming nagging issue. Nothing yet that is a major problem. This is one of the reasons that I got out of Strongman. It was always being hurt. I had gotten up to 145k (320lbs) and I was fucking fat. That's not me, my

bread and butter is being athletic. Doing Highland games gave me the avenue to push it for sport. Since the weights never get heavier, there is much less demand on the body. Highland Games has its own set of issues, but strongman training at the top is fucking brutal.

**MK:** Yes. Strongman is like an experiment. Now after my injury, I have to return to my start. Like with the young guys - starting step by step. I am here now for Europe's Strongest Man and I get hurt in warmups [lat tear]. It's like a signal, "OK you are not ready, you have to start again with little starts". Now when I return to Russia on the sixth of September, there is little competition if I am ready. The next Arnold Classic is a big question for me if the US Embassy is open for Russians to go to the USA. I love the contest a lot.

**MV:** The Arnold is a special contest. I remember two years ago talking with Terry Todd and Jim Lorimier and they were speaking about you. They said how great it is having you, because you are so happy and you have fun during the competition. You finished third that year. I personally have never cared about trophies. That is not why I started competing. Trophies don't matter to me.

**MK:** A trophy from the Arnold is important to me in my career. This is a big one and it seems to always be getting farther and farther from me. Maybe I can take my spirit and make one big push with my flesh to try and win it. Maybe I can train and make some progress. Sometimes you train, and push, push, push and get no growing strength. Then after 4 years, there's a big flash and I am great guy and I am ready to compete again.

You know, I heard about big Z and he is 40 years old, winning World's Strongest Man, the Arnold. I want to ask people about Big Z being 40 and how his results keep growing. I tell people that I loaded 200k overhead for the first time when I was 19.

**MV:** Fuck, I'm still waiting to do that.

**MK:** Weightlifting, powerlifting, and strongman are dangerous sports. Weightlifting is much different with technique being so important. There

are drug tests and you don't have time to do anything. Now it's too hard - now the time has come and there is a lot of human growth hormone, peptides, and other shit. Now people are also finding some things that are new.

**MV:** There is that as well. I know Pat Mendez was first to get caught on Human Growth that I can think of. I know he is close to finishing up his ban, and seems to be coming back strong after losing a bunch of

weight. I think it will be interesting to see what he does. My opinion is that he served his time and as far as I am concerned, he is innocent until proven guilty. I hope he does well.

**MK:** I tell everyone at seminars. People ask about steroids. I tell people that I only speak for me. I don't know about anyone else or what they do. So as far as I know, only I have used drugs.

**MV:** I don't know if it is my person-

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ality or due to years in powerlifting and strongman, but I just never have given a shit about the drug stuff. I don't like telling adults what they can or can't do with their body. Highland Games is big on drug testing - hell I am sure that I will be drug tested while in Scotland (matter a fact twice in three games). I just personally don't fucking care.

**MK:** Highland games you don't need. It is not that important for it.

**MV:** Right, that is what I think as well. But I look at it like, I decided to be part of your sport and these are the rules. I'll play by them.

MK: It's like a parallel between sport and war. Real war, not bombing. Swords and shields. Nobody wants it. Sport is the same – a lot of sportsmen don't want to use their balls. A lot of people don't want to fight fair play. I

always feel this way.

**MV:** I have noticed recently that you have spent time at jails in your videos. What are you doing?

**MK:** I have been going to jails to speak to prisoners about sport life. About how sport can change you. It can make you better. Talking to guys with Spetsnaz training that want to get out of jail and do something better with their lives. I want to tell them that training can be a great focus for that energy.

**MV:** What do you see as your future for weightlifting? Any plans?

**MK:** Now I will never come back to weightlifting. I feel that because of the injury to my triceps, my right arm will not lock out. It keeps getting better but still 200k overhead will not be an option.

So super cup of titans in 2015 IPF

meet will be my next goal after GPA worlds in Australia. The government of the competition invited me and I want to come. They have been great to me. I had been invited before but told them I would only compete raw at the meet. This year will be fun. Looking forward to pushing the powerlifts for a while.

Mischa was a great guy to sit and chat with. It was a highlight of my career in strength sports to sit and talk to a guy like him. I have admired him for years and always modeled myself after him to some extent. There's something about the well-rounded strength and athleticism that he has brought to the table. Not to mention being a big friendly guy who is always entertaining to watch. No matter what direction he decides to push his training in, I know he will probably succeed at it, and I will be watching. **PM**



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# POWER TEXT

**MARK BELL  
AND  
JESSE BURDICK  
DISCUSS  
KNEE PAIN**



**Bell:** Hey fat face, my knee is bugging me, it still feels twisty from when I fell. Whenever I go heavy, something weird happens.

**Burdick:** There are 3 things you need to do: 1-get a ton of blood flow/pump with exercises, 2- breakup scar tissue, and 3- you need to use a voodoo band.

**Bell:** what the what????

**Burdick:** It's pretty simple fatty, to get blood flow, the easiest thing to do is as many reps as you can handle for 3 sets of TKE (terminal knee extension). Do this for both legs, even the one that is not hurt. You will be doing this with a voodoo band wrapped from the top of your knee cap to the lower thigh. To breakup scar tissue sit on a bench with one leg out and one foot on the ground, take a barbell and roll it all around the muscles of the knee, but not directly on your kneecap. It will hurt and you'll hate me, but it will help.

**Bell:** I hate you.

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# Men 148 lb. Current

## SQUAT

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Eric Talmant	RUPC	2/9/14	1449
2	Brandon Maddox	APA	11/8/14	1416
3	Kyle Keough	RUPC	2/9/14	1405
4	Tyler Goins	USPA	11/22/14	1375
5	Brian Galloway	SPF	6/28/14	1365
6	Alec Enkiri	RPS	12/6/14	1300
7	ROMEO TENDENCIA	WNPF	2/22/14	1290
8	Ryan Diogo	RPS	3/30/14	1265
9	Andrew Petti	SPF	12/6/14	1210
10	Dylan Boyer	RPS	12/6/14	1200
11	Shane Monje	APA	4/12/14	1196
12	Luke Starnes	USPA	5/3/14	1190
13	Ryan Ballard	NASA	2/15/14	1184
14	Abel Escamilla	USPA	9/21/14	1179
15	Eric Adolph	RPS	11/15/14	1175
16	Justin Bradt	RPS	8/9/14	1170
17	Jed Lee	RPS	8/23/14	1165
18	Steven Nisivaco	UPA	9/27/14	1162
19	Vinny Yacuzzi	USPA	8/24/14	1162
20	Andrew Gooley	USPA	6/14/14	1157
21	CRAIG YARNELL	WNPF	2/22/14	1155
22	Israel Narvaez	USPA	7/19/14	1151
23	Craig Yarnall	RPS	9/13/14	1150
24	Jakob Trest	USPA	10/25/14	1146
25	Steve Reishus	USPA	10/11/14	1140
26	Frankie Murrieta	USPA	11/1/14	1135
27	Brandon Adams	USPA	4/26/14	1129
28	Michael Limauro	RPS	8/16/14	1120
29	Derek Mead	IPL	11/8/14	1118
30	JP Gound	USPA	5/17/14	1118
31	Tyler Husband	USPA	3/29/14	1102
32	Thomas Ferris	RPS	9/13/14	1095
33	Jordan Syatt	RPS	9/13/14	1090
34	Willis McCoy	USPA	5/3/14	1085
35	Chris Shea	RPS	10/11/14	1080
36	Matt Fleekop	RPS	11/1/14	1070
37	Turrell Lewis	NASA	4/19/14	1069
37	Randall Taylor	USPA	7/26/14	1069
39	Rich Stecker	USPA	10/11/14	1063
40	Greg Tilleli	RPS	7/13/14	1060
41	Chris Ramirez	USPA	9/21/14	1047
42	Nicholas Golden	USPA	6/14/14	1041
43	Diamond Flowers	NASA	3/22/14	1036
44	Hector Alcayde	APA	10/4/14	1030
45	James Burge	IPA	11/15/14	1030
46	Loren Stokes	NASA	3/8/14	1030
47	Carlos Zarate	USPA	1/25/14	1025
47	Benji Crutchfield	SPF	3/1/14	1025
47	Cyrus XI	USPA	5/17/14	1025
50	Cara Hilles	SPF	3/8/14	1000

## BENCH PRESS

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Brandon Maddox	APA	11/8/14	391
2	Brian Galloway	SPF	6/28/14	370
3	Jeff Vilardi	RPS	11/1/14	360
4	Kevin Garcia	IPA	10/4/14	355
5	Eric Head	WUAP	3/29/14	350
6	Viet Tran	RAW	3/29/14	347
7	Keith McHoney	USAPL	3/22/14	347
8	Ryan Diogo	RPS	3/30/14	345
9	Matthew Vierra-Castillo	USPA	8/24/14	341
10	Shawn Frasquillo	USAPL	7/19/14	341
11	Taran Smith	USAPL	10/25/14	336
12	Joe Even	UPA	7/20/14	330
12	Shaam Brown	RPS	9/13/14	330
14	Tyler Goins	USPA	11/22/14	325
15	Kenneth Bram	APF	3/15/14	325
15	Kyle Keough	SPF	9/27/14	325
17	Ivan Chekalin	RPS	6/28/14	320
18	Scott Layman	USPA	3/29/14	319
19	John McCarthy	RPS	6/7/14	315
20	Tyler Husband	USPA	10/4/14	314
21	Kyle Ota	USPA	7/19/14	314
21	Matthew Durfee	WPC	7/19/14	314
23	Matt Cuevas	USPA	8/24/14	308
24	Ryan Ballard	NASA	2/15/14	308
24	Eric Chastang	NASA	3/1/14	308
24	Henry Silva	USPA	4/5/14	308
24	Chris Bishop	NASA	5/17/14	308
24	Taras Chavarha	USPA	7/19/14	308
29	Garrick Carmenatty	RPS	12/7/14	305
30	Justin Bradt	RPS	8/9/14	305
31	Dustin Corwin	APA	10/4/14	303
32	Divale Roberson	UPA	11/15/14	303
33	Joe Morrow	RUPC	2/9/14	303
33	Luke Starnes	USPA	5/3/14	303
35	Patrick Mason	RPS	11/22/14	300
36	Eric Sokolowski	RPS	6/28/14	300
37	Arturo Uriostegui	USPA	8/16/14	297
38	Jason Vicente	USPA	10/4/14	297
39	Christopher Ferranti	RAW	6/28/14	297
40	Benny Le	USPA	8/30/14	297
41	Loren Stokes	NASA	3/8/14	297
41	Larry Miller	NASA	4/19/14	297
41	Denver Chisom	USAPL	7/19/14	297
41	Tony Yee	RAW	1/25/14	297
45	Brad Olson	USAPL	4/12/14	295
46	Ryan Drass	USPA	7/26/14	294
47	Frankie Murrieta	USPA	11/1/14	292
48	Timothy Thompson	USAPL	1/25/14	292
49	Michael Limauro	RPS	8/16/14	290
49	Jed Lee	RPS	8/23/14	290

# Top 50 Rankings, RAW

**DEADLIFT**

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Eric Talmant	RUPC	2/9/14	622
2	Joe Morrow	USAPL	5/3/14	589
3	Keith McHoney	USAPL	12/13/14	573
4	Kyle Keough	SPF	9/27/14	573
5	Martin Baculinao	USPA	7/19/14	562
6	Shawn Frasquillo	USAPL	7/19/14	557
7	Orlinda Phillips	USAPL	10/25/14	551
8	Michael Deskis	USPF	6/6/14	545
8	Kyle Ota	USPA	7/19/14	545
10	Brandon Maddox	APA	11/8/14	540
11	Gerald Lebrilla	USPA	10/4/14	540
12	Joseph Lee	USPA	6/14/14	540
13	Eric Adolph	RPS	11/15/14	535
14	Christopher Ferranti	RAW	6/28/14	534
15	Alex Kang	USAPL	11/1/14	529
16	Dylan Boyer	RPS	12/6/14	525
16	Tyler Goins	USPA	11/22/14	525
18	ROMEO TENDENCIA	WNPF	2/22/14	525
19	Daniel Carpenter	USPA	3/29/14	523
19	Taras Chavarha	USPA	7/19/14	523
19	Andrew Gooley	USPA	6/14/14	523
22	John McCarthy	RPS	6/7/14	520
23	Brett Benedix	RUPC	2/8/14	518
23	Dan Carpenter	USPA	1/25/14	518
25	Ryan Diogo	RPS	3/30/14	515
26	Shane Monje	APA	4/12/14	512
26	Peter Pham	USPA	3/29/14	512
26	Jeff Phillips	USAPL	7/19/14	512
29	Samuel Blanco	USPA	3/29/14	507
29	Armond Hughes	USAPL	7/19/14	507
31	Dave Moy	RPS	11/1/14	505
32	Tyler Mohamed	USAPL	9/21/14	501
33	Jakob Trest	USPA	10/25/14	501
34	Vinny Yacuzzi	USPA	8/24/14	501
35	Brandon Go	RAW	3/29/14	501
35	Divale Roberson	UPA	11/15/14	501
37	Carlos Buenfil	USAPL	3/9/14	501
37	Denver Chisom	USAPL	7/19/14	501
37	Charlie Taing	USPA	6/14/14	501
40	Jed Lee	RPS	12/7/14	500
41	Alec Enkiri	RPS	12/6/14	500
42	Adam Skillin	RPS	5/17/14	500
42	Tristan Lopez	RPS	7/12/14	500
44	Jo Armas	USPA	9/20/14	496
45	JP Gound	USPA	5/17/14	496
45	Scott Layman	USPA	7/19/14	496
47	Dustin Craig	USAPL	4/12/14	495
47	Eric Sokolowski	RPS	6/28/14	495
49	Andrew Petti	SPF	12/6/14	490
50	Kevin Bombik	USAPL	4/12/14	490
50	Brandon Adams	USPA	4/26/14	490
50	Jordan Syatt	RPS	9/13/14	490
50	Craig Yarnall	RPS	9/13/14	490

**TOTAL**

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Eric Talmant	RUPC	2/9/14	1449
2	Brandon Maddox	APA	11/8/14	1416
3	Kyle Keough	RUPC	2/9/14	1405
4	Tyler Goins	USPA	11/22/14	1375
5	Brian Galloway	SPF	6/28/14	1365
6	Alec Enkiri	RPS	12/6/14	1300
7	ROMEO TENDENCIA	WNPF	2/22/14	1290
8	Ryan Diogo	RPS	3/30/14	1265
9	Andrew Petti	SPF	12/6/14	1210
10	Dylan Boyer	RPS	12/6/14	1200
11	Shane Monje	APA	4/12/14	1196
12	Luke Starnes	USPA	5/3/14	1190
13	Ryan Ballard	NASA	2/15/14	1184
14	Abel Escamilla	USPA	9/21/14	1179
15	Eric Adolph	RPS	11/15/14	1175
16	Justin Bradt	RPS	8/9/14	1170
17	Jed Lee	RPS	8/23/14	1165
18	Steven Nisivaco	UPA	9/27/14	1162
19	Vinny Yacuzzi	USPA	8/24/14	1162
20	Andrew Gooley	USPA	6/14/14	1157
21	CRAIG YARNELL	WNPF	2/22/14	1155
22	Israel Narvaez	USPA	7/19/14	1151
23	Craig Yarnall	RPS	9/13/14	1150
24	Jakob Trest	USPA	10/25/14	1146
25	Steve Reishus	USPA	10/11/14	1140
26	Frankie Murrieta	USPA	11/1/14	1135
27	Brandon Adams	USPA	4/26/14	1129
28	Michael Limauro	RPS	8/16/14	1120
29	Derek Mead	IPL	11/8/14	1118
30	JP Gound	USPA	5/17/14	1118
31	Tyler Husband	USPA	3/29/14	1102
32	Thomas Ferris	RPS	9/13/14	1095
33	Jordan Syatt	RPS	9/13/14	1090
34	Willis McCoy	USPA	5/3/14	1085
35	Chris Shea	RPS	10/11/14	1080
36	Matt Fleekop	RPS	11/1/14	1070
37	Turrell Lewis	NASA	4/19/14	1069
37	Randall Taylor	USPA	7/26/14	1069
39	Rich Stecker	USPA	10/11/14	1063
40	Greg Tilley	RPS	7/13/14	1060
41	Chris Ramirez	USPA	9/21/14	1047
42	Nicholas Golden	USPA	6/14/14	1041
43	Diamond Flowers	NASA	3/22/14	1036
44	Hector Alcayde	APA	10/4/14	1030
45	James Burge	IPA	11/15/14	1030
46	Loren Stokes	NASA	3/8/14	1030
47	Carlos Zarate	USPA	1/25/14	1025
47	Benji Crutchfield	SPF	3/1/14	1025
47	Cyrus XI	USPA	5/17/14	1025
50	Cara Hilles	SPF	3/8/14	1000

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## SQUAT

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Jeanine Whittaker	RPS	10/25/14	530
2	Jennifer Payne	UPA	11/8/14	440
3	Kristy Scott	USPA	6/14/14	440
4	Tara Green	USPA	1/25/14	435
5	Sarah Ross	APA	4/5/14	402
5	Dana Rygwelski	USPA	3/29/14	402
7	Emily Wilcox	SPF	9/6/14	385
8	Lynne Boshoven	UPA	6/21/14	385
9	Kayla Heal	UPA	11/8/14	380
10	Tarra Oravec	UPA	4/26/14	370
11	Becca-Anderson Abrahams	UPA	7/20/14	369
12	Nicki Ianson	USPA	7/19/14	363
13	Therese Janc	UPA	3/29/14	358
14	Talia Van Doran	USPA	5/17/14	352
14	Tara Maier	USPA	7/19/14	352
16	Karen Delaney	SPF	4/12/14	345
17	Kim Raber	UPA	11/16/14	341
18	Malinda Gustafson	IPL	11/8/14	330
19	Mindy Underwood	RUPC	2/9/14	330
20	Tara Hutsell	IPA	10/11/14	320
21	Kathy Johnson	USPA	5/31/14	319
21	Elizabeth Seelbach	NASA	4/12/14	319
23	Susan Ottey	SPF	11/15/14	310
24	Camille Reliford	NASA	2/15/14	308
25	Sarah Archenbronn	SPF	11/9/14	303
26	Crystal Taibi	SPF	12/6/14	300
27	Casey Garland	IPA	4/26/14	300
28	Christina Redd-King	UPA	4/12/14	297
29	Kara Frazier	RPS	6/26/14	290
30	Bobbejo Kohler	IPA	4/26/14	285
30	Kelly Walker	RPS	5/31/14	285
30	Brandi Guthke	IBP	2/14/14	285

## BENCH PRESS

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Jill Mills	RUPC	2/8/14	308
2	Kristy Scott	USPA	6/14/14	292
3	Jeanine Whittaker	SPF	4/12/14	280
4	Kris Clark	RUPC	2/7/14	270
5	Tara Green	USPA	1/25/14	264
6	Kristin Johnson	APF	8/3/14	253
7	Jennifer Payne	UPA	3/29/14	248
7	Tina Robinson	NAPF	2/28/14	248
9	Nicki Ianson	IPL	11/8/14	242
10	Cindy Shockman	USPA	2/15/14	242
11	Therese Janc	UPA	3/29/14	231
12	Tarra Oravec	RPS	11/1/14	230
13	Lynne Boshoven	UPA	6/21/14	230
14	Alicia Webb	USAPL	10/25/14	220
15	Kim Raber	UPA	11/16/14	220
16	Mindy Underwood	RUPC	2/9/14	220
16	Lynn Boshoven	WPC	7/19/14	220
16	Angel Compton	USPA	6/19/14	220
19	Emily Wilcox	SPF	9/6/14	215
20	Katelyn O'Donnell	RPS	1/25/14	215
21	Sabrina Reiffer	WPC	11/15/14	214
22	Rebecca Hethcox	APF	4/26/14	214
23	Shana White	USAPL	10/25/14	209
24	Anna McCloskey	WPC	11/15/14	209
25	Alyssa Smith	RUPC	2/8/14	209
25	Natalie Hanson	USAPL	7/19/14	209
25	Sebrina Davis	USAPL	7/19/14	209
25	Sabrina Reiffer-Provoast	APF	6/8/14	209
25	Tara Maier	USPA	7/19/14	209
30	Cindy Tilton	RPS	10/11/14	205

# Top 30 Rankings

**DEADLIFT**

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Kristy Scott	USPA	6/14/14	556
2	Jill Mills	RUPC	2/8/14	540
3	Jeanine Whittaker	RPS	10/25/14	505
4	Anna McCloskey	WPC	11/15/14	501
5	Alyssa Smith	RUPC	2/8/14	473
6	Sebrina Davis	USAPL	7/19/14	462
7	Shana White	USAPL	10/25/14	451
8	Lynne Boshoven	UPA	6/21/14	450
9	Kayla Heal	UPA	11/8/14	440
10	Tarra Oravec	UPA	4/26/14	440
11	Jennifer Payne	UPA	11/8/14	435
12	Alicia Webb	USAPL	10/25/14	435
13	Nicki IAnson	IPL	11/8/14	435
14	Sabrina Reiffer	WPC	11/15/14	435
15	Tara Green	USPA	1/25/14	429
16	Crystal Taibi	SPF	12/6/14	425
17	Sarah Ross	APA	4/5/14	424
18	Jenna Doyle	USPA	8/2/14	418
19	Meg Ayers	USPA	8/23/14	413
20	Sophia Hussary	USPA	7/19/14	413
21	Tara Maier	IPL	11/8/14	407
22	Christina Redd-King	UPA	4/12/14	407
22	Kris Clark	RUPC	2/8/14	407
22	Talia Van Doran	USPA	5/17/14	407
25	Therese Janc	UPA	3/29/14	402
25	Kathy Johnson	USPA	5/31/14	402
25	Latosha Cleaver	NASA	4/12/14	402
25	Natalie Hanson	USAPL	7/19/14	402
25	Tina Robinson	USAPL	7/19/14	402
30	Emily Wilcox	SPF	9/6/14	400

**TOTAL**

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Jeanine Whittaker	RPS	10/25/14	1300
2	Kristy Scott	USPA	6/14/14	1289
3	Tara Green	USPA	1/25/14	1129
4	Jennifer Payne	UPA	11/8/14	1100
5	Lynne Boshoven	UPA	6/21/14	1065
6	Tarra Oravec	RPS	11/1/14	1035
7	Nicki Ianson	USPA	7/19/14	1022
8	Kayla Heal	UPA	11/8/14	1015
9	Sarah Ross	APA	4/5/14	1014
10	Emily Wilcox	SPF	9/6/14	1000
11	Therese Janc	UPA	3/29/14	992
12	Tara Maier	USPA	7/19/14	959
13	Dana Rygwelski	RPS	11/1/14	940
14	Talia Van Doran	USPA	5/17/14	931
15	Mindy Underwood	RUPC	2/9/14	925
15	Kathy Johnson	USPA	5/31/14	925
17	Becca-Anderson Abrahams	UPA	11/8/14	910
18	Malinda Gustafson	IPL	11/8/14	903
19	Crystal Taibi	SPF	12/6/14	900
20	Kim Raber	UPA	11/16/14	887
21	Karen Delaney	SPF	4/12/14	870
22	Susan Ottey	SPF	11/15/14	860
23	Christina Redd-King	UPA	4/12/14	843
24	Elizabeth Seelbach	NASA	4/12/14	832
25	Sarah Archenbronn	SPF	11/9/14	821
26	Tara Hutsell	IPA	10/11/14	820
27	Casey Garland	IPA	4/26/14	820
28	Kara Frazier	RPS	6/26/14	800
29	Brandi Guthke	IBP	2/14/14	790
30	La Tosha	NASA	6/7/14	788



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[www.youtube.com/user/TheUkstrongest](http://www.youtube.com/user/TheUkstrongest)



**ABOUT EDDIE HALL:** Eddie was the English champion in swimming at ages 14 and 15. At some point after that he decided that instead of being the best swimmer in England he wanted to be the strongest man in the world. He's won the UK's Strongest Man, Britain's Strongest Man, and England's Strongest Man contests. In 2014 he came in 6th at World's Strongest Man. Will he ever win WSM? In his own words: "Unless somebody tells me to stop or I actually die, I will be World's Strongest Man."

**ABOUT THE CHANNEL:** Eddie's channel has footage of him pulling massive deadlifts (often without a belt), as well as hitting huge squats and bench presses. There's also some footage from strongman contests. There's even footage of a boxing match between 24 stone (336 lbs) Eddie and 14.5 stone (203 lbs) boxer Nik Wiggins. As if all that wasn't enough, simply hearing Eddie talk trash in his thick British accent is worth the price of admission! Especially since the price of admission is free!

**OUR FAVORITE VIDEO:** "Eddie hall 450kg RAW deadlift" -- It's actually 457.2 kg (1007.95 lbs), according to the video description. Sure, he's using straps and he hitches a little bit to lock it out. But cut him some slack, he just pulled over 1,000 lbs without a belt!

**BE ON THE LOOKOUT FOR:** Wolfshoulder Films is making a documentary about Eddie called "Eddie - Strongman." It is scheduled to be released sometime this year.

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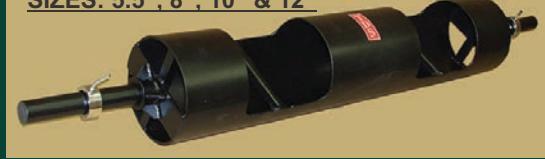


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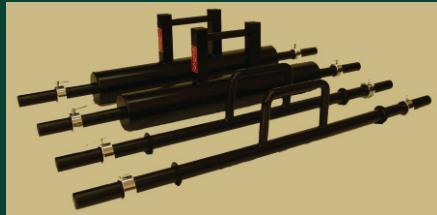
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