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POWER

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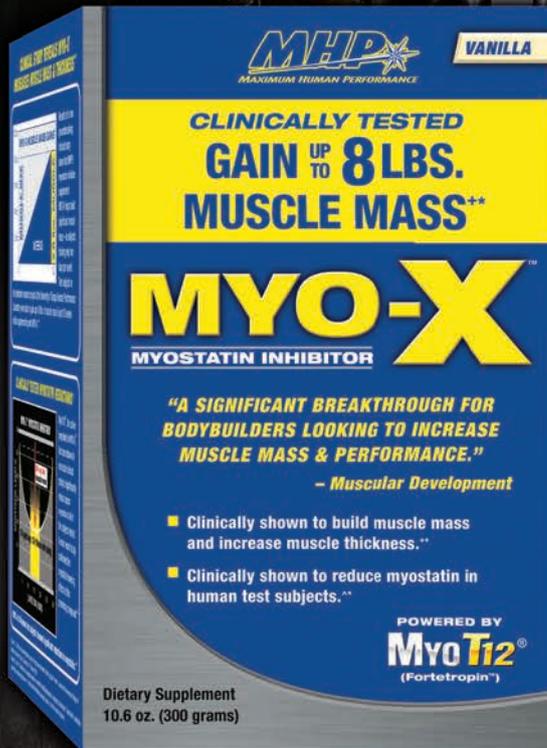
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PUBLISHER

Andee Bell
andee@thepowermagazine.com
530-756-6085

EDITOR-AT-XTRA-LARGE

Mark Bell • SuperTrainingGym@me.com

EDITOR

Nicole Dedrick

ASSOCIATE EDITOR

Jeff "Robot" Irion

CONTRIBUTING PHOTOGRAPHER

Ken Richardson

ART DIRECTOR/PRODUCTION

Paul Graff • paul@graffixdesign.com

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andee@thepowermagazine.com

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FIRST WORD



Lately, I have been on a mission to double my efforts on making the world a better place to lift via bulking up my YouTube Channel. Those of you that haven't been following along with the Power Project need to start! After all, it's FREE for God's sake. Just go to YouTube.com/SuperTraining06 and enjoy the videos. I'm flying the best strength athletes in the world to Super Training in order to create the most informative, creative and entertaining channel on the web. We had the following visitors so far and ended up getting some great footage with all of them: Stan Efferding, Mike Rashid, Adam Rodriguez, Adrian Larsen, Chris Duffin, Larry Lurker, Eric Spoto, Jake "Big Boy" Johns, Barbell Brigade Owner Bart Kwan, Chad Wesley Smith, and most recently, we had the great Ed Coan at Super Training Gym.

While having Ed and his girlfriend of 15 plus years, Hege, stay with us at the Slinger Mansion, I realized that Ed isn't just great on the platform but he is an awesome person, too. It just so happens that he is also the strongest person to ever walk the face of the earth. Ed's numbers are so staggering that nearly 10 years after his absence from the sport, he becomes only the second athlete ever (following behind Stan Efferding) to get two Power covers. Ed's numbers will be talked about for decades to come and most likely, all of his records will be broken at one time or another. But regardless of records, I can assure you that there is only one Ed Coan!

Eric Spoto is the world's best bench, so it's fitting that we ask him to list his top 10 best accessory exercises to get a HUGE bench. Also in this issue, we talk to Cory Allen, an awesome powerlifter who faced the biggest challenge of his life: cancer. He beat that and is still hitting some big numbers.

Mark Bell

Sent from my iPhone 6 and Sling Shot HQ

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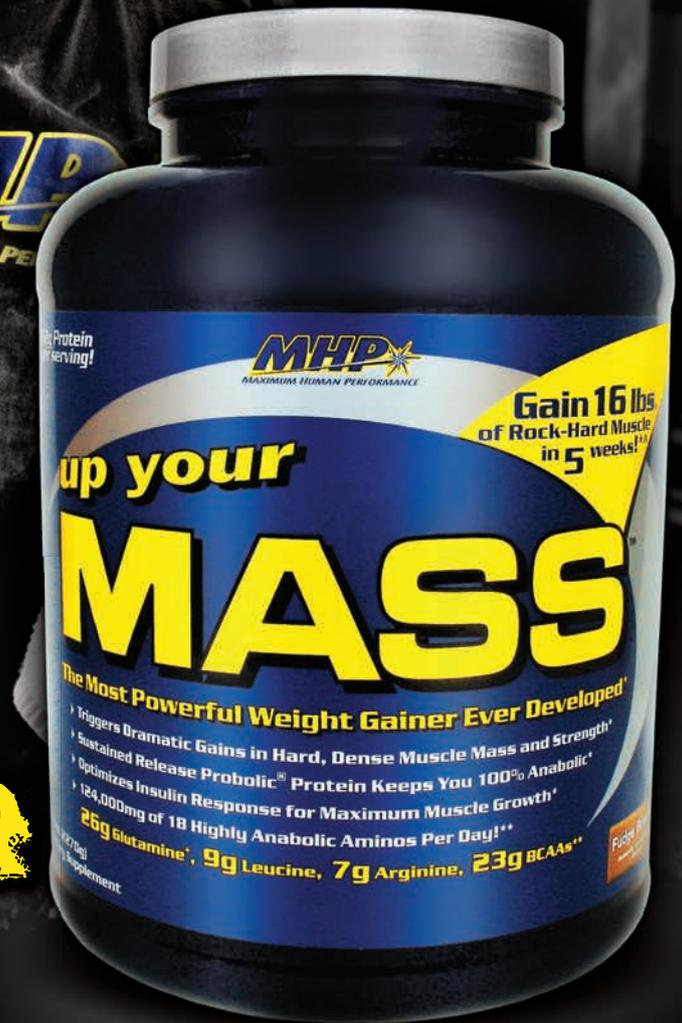


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Ed Coan The Legend

Somewhere in Chicago, IL, there's a 51-year-old retired powerlifter warming up with your max. His name is Ed Coan and he is the greatest powerlifter of all-time. Jeff "Robot" Irion sat down with Ed to recap his past and talk about what he's up to now.



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Larsen Presses

Adrian Larsen explains what Larsen presses are and why everyone should be doing them.



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Eric Spoto's Top 10 Exercises for Bench Press Domination



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Josh "Big Mo" Morris

Brandon Lilly interviews his training partner Big MO who stands 5'10" and weighs over 400 lbs.! His best lifts are also

quite impressive; a 2300 lb. Total with no wraps, via a 850 squat, 640 bench, 810 deadlift.



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Road to Recovery

Tony Montgomery explains why the ability to recover quickly from workouts is key to continuing to make gains and to grow week to week.



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Michael Ochnicki interviews the veteran bencher about how he's been able to stay so dominate in the bench game for so long.



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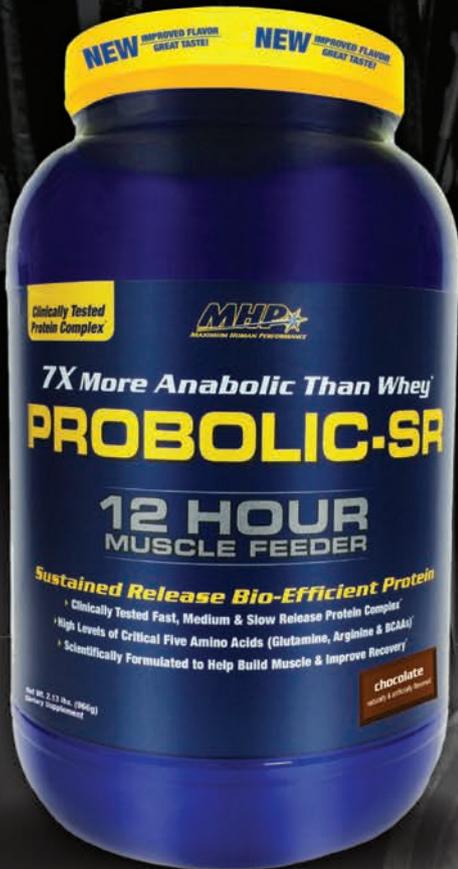
Cory Allen: Powerlifter and Cancer Survivor

Cory recently broke the APF [American Powerlifting Federation] national record for the deadlift with a 710.99 pound pull in the 198 weight class. Before that, he survived Ewings sarcoma, a rare type of bone cancer, and raised \$6,125 for a children's cancer charity. Michael Ochnicki sits down with Cory to go over the timeline for all of these huge events in his life.

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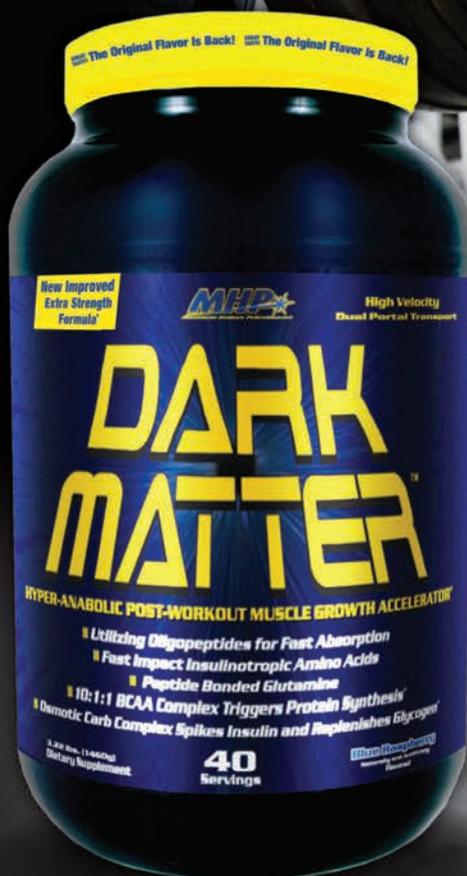
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BRANDON TUNQUIST

BY TONY MONTGOMERY

Q: How and why did you get into powerlifting? What are your numbers?

A: My dad has always been into lifting for a good part of his life and especially when I was growing up, so I always idolized it even though at the time, I wasn't old enough to get started in it. Eventually, I got a little older and he started teaching me things and started me off the right way, and that led to him setting up an entire gym in our basement for my brother and I. I eventually caught the bug and stuck with it. I wrestled all through high school so it had benefitted me a great deal – it allowed me to become stronger. During my junior year [of high school], a friend had suggested that I look into some powerlifting competitions to see how I would stack up against others. At the time, I was 155lbs at best and was deadlifting in the mid 400's, virtually untrained. So that summer, I was able to find a local meet online, I signed up for it, and from that point on, I was completely hooked. Once I was done wrestling and was able to keep a constant bodyweight, the strength gains really started to come. My very first meet, I lifted at 181lbs without cutting any weight at all, and I benched 205lbs and deadlifted 460lbs. I didn't squat because it was so embarrassingly bad at the time from trying to relearn how to do a proper powerlifting squat. Currently, my best numbers are a 755lb squat, 385lb bench press, and a 722lb deadlift.

Q: Where do you train and what does your training week look like?

A: I train at Old School Iron Gym in



Cleveland, Ohio. It is a good 40-50 minute drive just to get there but because of the training partners I have, the gym itself, the equipment and just how awesome the owner of the gym is, it is well worth the drive. I also train there four days a week. Mondays, I bench heavy, Tuesdays are heavy squat days, Thursday is my secondary bench day with more of a focus on shoulders and triceps, and Fridays are deadlift days.

Q: I've seen how you eat - seems super healthy! A lot of sweets, pizza, burgers and fries! What is your approach to nutrition?

A: Honestly, I really do not take as

crazy of an approach to nutrition as one might think based on the weight cuts I have done. In my "off-season", when I am either very far away from a meet or not even training for one at all, I basically just eat whatever I want and focus solely on making sure it is enough to keep my body recovering and to keep me mentally intact. Whenever I start to clean up my diet to prepare for a big weight cut, it becomes very mentally taxing having to always plan out my meals and make sure they are cooked ahead of time. Plus, it makes me feel as if I am doing something powerlifting related 90% of my day and that can lead to burning myself out over time. To me,

it isn't practical to eat super clean year round. When I am eating whatever I feel like in my off-season, I also do not just go and eat useless calories like candy or McDonalds or anything like that. But I mean, pizzas and burgers certainly still have their place!

Q: Do you feel that it's all about calories to drive training or do you think it's better to have a stricter approach to minimize fat and stay lean?

A: Every time I have dieted off a good amount of weight and have gotten super lean, I have not once had to do cardio. I feel as if I can get as lean as I want with just my diet alone, not wasting time and energy doing cardio and I get stronger all at the same time. I never physically count calories; I just drastically cut out carbohydrates on my rest days from the gym. On my two bench days, I have "medium" carb days, and on my squat and deadlift days, I have "high carb" days and I eat as many carbs as I can. I stay away from sugary carbs like fruits and sports drinks and I also keep my fat intake as low as possible on these days. I have used this same carb cycling diet for years now and it has worked wonders each time.

Q: A big topic in powerlifting is weight cutting - some hate it and some say, "do it" to always compete to win. You do some serious cuts - I know you just cut from 240 to 198lbs. How do you approach it and do you think everyone should practice it?

A: Well, when it comes to cutting large amounts of weight, the very first question you should be asking yourself is "why?" If you are not trying to become an all-time world record holder (not federation "world records", big difference), or simply trying to land yourself at the number one ranking for the year,

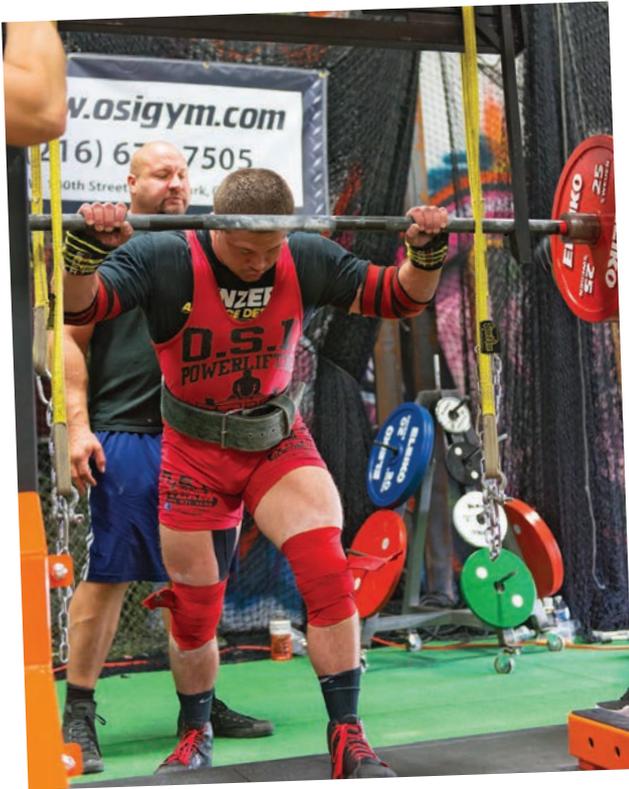


then my advice to you is NOT to cut weight. If you are not damn near perfect at it, every single day you trained for that meet will become a waste of time once you step on the platform and realize you have lost all of your strength. This happened to me last year when I was chasing the 198lb all-time world record squat. I ended up going 3 for 9 on my attempts that day and wasting 16 weeks' worth of training. I also think weight cuts should be reserved for the people who have the mental toughness to handle it, because I promise you, it will be the hardest thing you have ever done in your life if it is a large enough amount of weight. This past weight cut I did, I was fortunate enough to have the help from a man named Jack Kottwitz. He took everything I thought I knew and showed me even better ways of doing it, all while being safer about it and having the number one priority of performance

in mind. The things he taught me are invaluable.

Q: How do approach lifting and programming? Does it change much from off-season to meet prep? If so, how?

A: My approach to lifting and programming is always based around fixing weak points for each lift. I train each main powerlifting movement heavy once each week, with the accessory work geared to fixing individual weak points, and leaving my strong points alone. I train 4 days a week and often 3 hours each session or longer, but I am always trying to cut down on that. My off-season training and pre-meet training are drastically different. In my off-season, I get rid of all wraps (knee wraps, wrist wraps, etc.) and my belt. Getting rid of all these little training "aids" makes me



do 100% of the work while lifting the weights. It also helps me to strengthen my grip, forearms, abs, and lower back. As the meet draws nearer, I will start slowly adding them in, one by one, until finally I am using them all again. I also start dialing in my form with the knee wraps so that I am getting the most out of them in time for the meet. I think a lot of lifters that squat in knee wraps make the mistake of not taking the time to get their "wrap-less squat" max up. Obviously, if you get that number up, adding something in like a knee wrap that is already going to allow you to squat more weight, will only help you. Also, in my off-season, I do a lot of higher rep work and more sets per main movement. So, I'll spend 3-6 weeks doing sets of 8 for squat, bench, and deadlift, and then I'll back down to sets of 6, and so forth. I cycle down reps all the way until meet prep where I will end at singles right before the meet. All year round, I also train my abs as heavy and as frequently as possible in order to completely bul-

letproof them. Ever since doing this, I am proud to say that I have not had a single lower back injury (knock on wood) and no longer get rounded over on heavy squats or deadlifts anymore. Basically, I treat off-season as a break from extremely heavy weights. But I am always trying to better myself and the way I train others, so these things are always changing and I am excited to be trying out some newer ideas that I have been tossing around in my head for some time now.

Q: Best advice you can give to a lifter?

A: Find a program and stick with it. For a program to work, you have to give it time and not expect things to happen like a miracle right away. Do not, and I repeat do not, try to emulate to lifters you see on social media that try to max out every time they are in the gym and do a meet every 2 weeks. These lifters will not be here to stay very long. They will get hurt, burn themselves out, and then disappear. Powerlifting is a marathon and not a sprint. If something hurts badly enough to affect your training, then back off and take a break. If you feel like you are losing motivation, take a deload week or some time off from the gym entirely. The important thing is to never lose sight of your main goals, and to set small attainable ones to hit every so often in order to keep your motivation up and to be constantly improving.

Q: Hate to bring this up but I think it's a good learning experience for the readers - you recently just

bombed out of a meet. What did you learn from that experience and what corrections are you making moving forward?

A: You know, as strange as this is going to sound, the biggest lesson that I learned from this experience (besides squatting deeper) doesn't even have to do with the meet at all. Once it was all said and done, I really got to thinking about things, and I realized I had made this meet become my entire life for too long. Mostly because of the dieting and the effort that went into that, and not so much the training. But for anyone who has dieted very hard for something knows, sometimes it becomes very rough, and you sometimes just end up becoming not that great of a person to be around. Well, this happened to me. I allowed this one meet to rule my world and make everything else take a back seat because in my mind, this was the only way for me to have a successful meet and to get the best results. So during this time, I pushed people away, turned down some opportunities, and just couldn't live and enjoy life like people should. This is all just a very small, brief description of everything that went on, but basically after I bombed out, the one thought that kept going through my head was, "Well, this is what I get." The point I am trying to make here is that at the end of the day, this is just lifting weights. Sure, to some of us (including myself) it means the world, and it is our blood, sweat and tears, but we cannot let it become more important than the ones we love or the things in our lives that actually really matter.

Q: So you're telling us to have fun and enjoy the journey but don't let it ruin your life. That's great advice! Give your best advice on how to improve these:

A: Squat: I have kind of come up with my own little system for increasing my squat. First, I increase my "base" in the off-season by doing beltless squats for higher repetitions to build up the muscle and tendon strength in my

legs. From there, I fine-tune that new power by making myself faster and more explosive. I do this by performing a bunch of variations of jumping taught to me by Phil Harrington (an expert in regards to speed strength), and doing lighter squats and moving the bar as fast as I can. Once I feel I am able to move heavier weights faster, I will start preparing my body

for the extremely heavy weights that are to come leading up to the meet. I do a lot of reverse band squats, but when I do these, I only use light mini bands and set them up so that when I unrack the weight, the bands are completely hanging off of the bar and not helping at all. I also like doing dead-squats or bottom up squats inside of a power rack with a safety squat bar against doubled mini bands. Basically, anything that will be extremely hard and will teach me how to grind through a lift while maintain-

ing proper positioning is something I will use at this point. So now once this whole little wave is complete, I will have built up my muscle and base, increased my speed, and gotten myself used to squatting extremely heavy weights. My squat has gone from 585 to 755lbs in 3 years now from doing all of this all while staying in the same weight class.

Bench: The bench press and I have never really had a very good relationship with one another, but it has been making some good, steady improvements during the past year. I owe a lot of it to my training partner Jeff Borsuk, who has helped me with my set up, leg

drive, and just my form in general. Once I started mastering that, I again used a repetition method in my off-season like with my squat, to build up my shoulders and chest. From there, I made a lot of progress doing things like heavy dumbbell benching, incline benching, and dead-benches. I used to try to overcomplicate things with my bench

much speed and force into the bar as possible. The faster I can get the bar moving off of the ground, the easier it will be to lockout because of the upward momentum. For assistance work, I love doing rack pulls from below my knees with doubled average bands for extremely heavy singles. This taught me how to grind through a rep, to lockout

and to keep myself from trying to hitch a weight. I also love pulling with the bar elevated on mats 3-5 inches off the ground. This makes me use my back more, which really strengthens it. Finally, I also love doing 45-degree back extensions with a safety squat bar on my back. This forces me to keep my chest up and my back tightly arched, and this hits every single muscle that is used in a deadlift, and then some. And lastly, I make sure I train my abs and obliques as heavy and as frequently as possible. This includes weighted planks, weighted side planks, and ab roll-outs.



Q: Anybody you'd like to thank and where can people get ahold of you?

A: I'd like to thank Tony Montgomery and Mark Bell for giving me the opportunity to do this interview. I would also like to thank all of my training partners at Old School Iron Gym for helping me become the lifter I am today and for always being there for me and keeping my head on straight. I would also like to thank Mel Zupec for being my biggest supporter and for always being there for me through some of the best and some of the hardest times of my life, and never letting me quit on anything. I will miss you.

You can find me on Facebook, as well as Instagram @brandont700. **PM**



ED COAN

THE LEGEND

BY JEFF "ROBOT" IRION
PHOTOS BY MICHAEL OCHNICKI

Somewhere in Chicago, IL, there's a 51-year-old retired powerlifter warming up with your max. His name is Ed Coan and he is the greatest powerlifter of all-time. We sat down with Ed to recap his past and talk about what he's up to now.

Website: www.StrengthInc.com

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For classic footage of Ed at his best, check out www.youtube.com/user/flyinonout

Mark Bell

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What got you into lifting weights in the first place?

I started before I went into high school in a friend's basement. He had a universal machine in the basement and a little bit of free weights. He didn't have anything to squat, bench, or deadlift with, so we did everything on that universal machine. The real reason I started [lifting weights] was because I watched Pumping Iron, like a million other people! I tried to be Arnold until I realized Arnold was 6'2", so I tried to be Franco. Franco was a strong guy - I saw Bill Kazmaier win the national championships on TV and I said, "Wait a minute...you can be big and strong and not have to diet for a contest? That's what I want to do!"

What got you to enter your first powerlifting meet? How old were you and how did you do?

There was a lifter at the gym named Jim Rouse - he was mainly a bench press guy. He had the world record in the bench at 165 lbs. with 479, which was raw and with a 2 hour weigh-in and in a full meet. He was always top

3 at nationals, along with Mike Bridges and Rick Gaugler. He managed the health club that I worked out at. One of the guys at the gym who I ended up being training partners with had already done his first meet, so I decided to do the same thing. I was 16. I probably weighed barely over 150, so I was in the 165s. I squatted 501, benched 325, and deadlifted 545.

Who was your first coach or mentor in powerlifting?

Probably just the magazines. I started reading the magazines and following the routines that were in there. When I first started, I squatted twice a week and maxed out both times until I got up to 500 lbs! The rest was just reading, as well as trial and error.

Tell us about training at Ernie Frantz's place in your early years of powerlifting.

On Saturdays, there would be a bunch of good lifters from Illinois who would meet at Ernie's. Those guys would pretty much do all three lifts in one day. I'd go there and do my deadlift workout and all of my assistance stuff. I'd get help

and encouragement from all those guys, but I already had my routine in my head and I knew what I was going to do.

What was your relationship with Marty Gallagher?

Marty would run my numbers at meets. Doug Furnas would pick all of my numbers and Marty would coach us. He'd help us through our warm-ups and get us ready for the platform. Marty put me in touch with Kirk Karwoski after nationals one year and I put him on one of my routines -that is when his lifts went up like crazy.

When did you win your first world championship? How many world championships did you win?

My first world championship was in 1984 in the IPF [International Powerlifting Federation]. I don't know how many I've won - you'd have to go back and count them. There were a few APF [American Powerlifting Federation] things and a few that were affiliated with the USPF [United States Powerlifting Federation], once the USPF was no longer affiliated with the IPF. I never cared about that - I just wanted to lift.

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Over the course of your career, how many world records did you set? Feel free to round to the nearest dozen.

I never counted them. There were some meets in Hawaii where I hit 7 in one meet: 2 squats, 2 deadlifts, and 3 total records.

I saw online that you've set 71 world records.

I think that's a number someone made

up, but I'll go with that.

Let's talk for a second about the mental aspect of powerlifting. You broke world records over and over again. You were constantly pushing the limits, even when the next guy in your weight class was hundreds of pounds behind you. In 1998, you totaled 2,463 and in 1999, you squatted 1,019. That was the biggest

total and the biggest single-ply squat ever at the time, regardless of weight class, and you were only 242 pounds! What kind of mindset did it take for you to keep pushing the limits higher and higher?

I just wanted to get better. As long as I knew I could get better and stronger, I didn't think of it as anything beyond that. I just thought of it as progress.



You were always quiet and focused before your lifts. What was going through your head?

I just tried to maintain focus and positivity. As long as I could do that, everything was the same: from getting under the bar, twisting underneath it, walking it out, etc. As long as I could keep that positivity and focus, I knew I'd get the lift.

Is it true that Mike Bridges is the only lifter to ever beat you head-to-head, and that only happened one time?

As far as in a big meet, yes. And that's only because I missed weight, by 1 lb. I was 19 and trying to make 165s at nationals in 1983. I tried everything to make weight, but I couldn't get that last pound off, so I competed at 181. I

squatted 699, benched 429, deadlifted 727, and totaled 1,857. I think that the deadlift and total would have been world records at 165 at the time. (Editor's note: the deadlift would still be a raw world record at 165. Also, Mike Bridges' lifts were an 804 squat, 501 bench, 705 deadlift, and 2,011 total.)

Who were some of the big names in powerlifting during your heyday?



Larry Pacifico lifted a little bit up until 1985. Kaz was at my first nationals in 1983, and that was his last. Mike Bridges also did his last nationals in 1983. John Gamble was still around for a couple of years after I got into it. Rickey Dale Crain was still lifting up until 1991 or so. You've also got Doyle Kennedy, Doug Furnas, George Hector, Lamar Gant (we were on the world team together in 1988), and Gene Bell. And you can't forget Kirk Karwoski!

Speaking of Kirk, he said that "[Ed Coan] is all that and a bowl of grits with cheese." How do you feel about that statement?

From Kirk, I feel pretty good! Kirk was one of the funniest guys to be around.

How long did your competitive powerlifting career last? You had a squat injury in a meet in 2002 - did that mark the end of your time at the top of the sport?

My first meet was in 1980 and the last one was in 2007. That injury didn't really end my career - I just wanted to come back to see if I could do it. I hit an easy 931 squat at USPF Nationals in 2007 and could have gone over 950 that day. That was my last meet. After that

"WHEN YOU HAVE SUCH A LARGE AMOUNT OF WEIGHT IN YOUR HANDS OR ON YOUR BACK, YOU CAN'T AFFORD ANY MISTAKES. A LITTLE MISTAKE IS GOING TO BE MORE THAN JUST A PULLED HAMSTRING. I'VE TORN ONE OF MY PECS TWICE, SO I HAVE A CHUNK MISSING. I'VE TORN A BICEP AND A TRICEP, AND BOTH OF THOSE HAVE CHUNKS MISSING"

is when I started to feel my hip getting bad.

What injuries did you sustain during powerlifting? In hindsight, is there something you could've done to

avoid them or did they simply come with the territory of training and competing at such a high level for so long?

They pretty much come with the territory. When you have such a large amount of weight in your hands or on your back, you can't afford any mistakes. A little mistake is going to be more than just a pulled hamstring. I've torn one of my pecs twice, so I have a chunk missing. I've torn a bicep and a tricep, and both of those have chunks missing. I switched over to conventional [deadlifting] because I tore an adductor on one side. I had the knee injury from that fall, and I've had a hip replacement. With the exceptions of the knee and the hip closer to the end, it was just muscle tears. Nothing I couldn't overcome and figure out a way to get around.

Is there anything you wish you had done differently during your powerlifting career?

Yeah, I wish I'd focused more on nutrition and mobility work. But hindsight is 20/20.

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tire time that you were competing in powerlifting. Looking back, is there anything you would have changed about your training?

Nope. Every program looks pretty simple on paper, but when you get into it and you have to pick the right numbers, training cycle after training cycle, it's not as easy anymore. Everyone starts at week 1 and has to get to week 12. It's all some form of periodization anyways. My way worked and it continues to work.

People like to say that there's nothing new under the sun. Are there any new training methods, techniques, or tools that you feel are valuable and that you wish you could've used in the past?

Some of the equipment. Knee wraps alone are so much better now. But I'm happy with how everything turned out. There are always a couple little things here and there that you wish you could've done, but the way I did things kind of made me who I was.

Over the course of your powerlifting career, you went from about 160 lbs to 245 lbs, and you were pretty

"I DON'T KNOW. THE MOST I EVER DID IN TRAINING, WITH A BELT AND KNEE WRAPS, WAS 925 FOR 2 IN THE SQUAT PRETTY EASILY. I PAUSE BENCHED 565 AND DOUBLED 900 IN THE DEADLIFT WITHOUT A DEADLIFT BAR"

solid the entire time. What was your diet like?

I couldn't stop myself from growing! I kind of ate whatever I wanted, but I made sure I got enough protein. I'd look in the mirror and pay attention to how I felt, and I'd base my eating on that. It was more instinctive, I'd say. I steadily went up over time. 165 and 181 were hard to stay at, though. I'd have to drop

20 lbs and there was only a 2 hour weigh-in, which was enough time to drink some fluids but not enough time to put much weight back on. 198 was a good weight class for me because I started filling out. I think 220 was probably my best weight class.

You were recently inducted into the International Sports Hall of Fame. Tell us about that experience.

It's run by Dr. Bob Goldman, along with Arnold Schwarzenegger. They have a board that picks people that they think are worthy. I was really fortunate to be selected.

Time for some point-blank questions! What is your proudest accomplishment in powerlifting?

If we're talking about the sport of powerlifting, I'd say the 2,403 total at 220, considering how it was done: a 2 hour weigh-in, raw bench, raw deadlift, no deadlift bar, no squat bar, no monolift, and IPF judges. But beyond that, I got to see the world, be in the magazines, and be famous in our little sport. And I've made a bunch of really cool friends out of it. I think the friendships I've made are better than all of the

trophies I've won.

That 2,403 total at 220 was done in 1991 at USPF Seniors via a 959 squat, 545 bench, and 901 deadlift. As you said, the bench and deadlift were both raw. What could you have totaled raw?

I don't know. The most I ever did in training, with a belt and knee wraps, was 925 for 2 in the squat pretty easily. I pause benched 565 and doubled 900 in the deadlift without a deadlift bar. The deadlift was done at about 220, and the squat and bench were done at a little over 230.

925 + 565 + 901 = 2,391! It's crazy to think that you could've totaled that or maybe even more as a 220! Was your 901 deadlift done with a deadlift bar?

No. And the squats on that day weren't done with a squat bar either. We used a regular power bar for all 3 lifts.

The world record raw squat with wraps at 220 is 915, held by Sam Byrd. Since you doubled 925 in training, I think it's safe to say you could have beaten that! I'm sure the answer is yes, but could you have also beaten Dan Green's world record 783 raw squat without wraps at 220?

Those times are over so I don't think about it, but yeah, I could've hit it without a problem. Weighing just over 230, I walked out 865 in the gym and squatted it pretty easily in just a belt, without even using knee sleeves. (Editor's note: 865 would also beat out Kirk Karwoski's 826 at 242 and Stan Efferding's 854 at 275 world records.)

Whether or not you consider yourself the greatest powerlifter of all-time, let's leave you out of the question. Excluding people named "Ed Coan," who is the greatest powerlifter of all-time?

There's a few that it could be. From the old days, it could be someone like Hideaki Inaba or Lamar Gant. You can always throw Larry Pacifico in there.

Who is the best powerlifter in the sport today? You can only pick one! But you can have some honorable mentions, if you want.

I would say Jaroslaw Olech from Poland, followed by Sergey Fedosienko from Russia. You can't discount Eric Lilliebridge and Andrey Malanichev. And

"THERE'S TOO MANY FEDERATIONS THAT ALLOW FOR EVERYONE TO DO WHATEVER THEY WANT AND GET AWAY WITH A LOT OF BS LIFTS"

look what Carl Yngvar Christensen is doing in the IPF. He might get a 500 freakin' kg squat this year!

Excluding things that you've done, what is the most impressive feat ever in the sport of powerlifting?

Lamar Gant's 683 deadlift at 132 was pretty damn cool. Considering we flew all the way to Perth, Australia and it was done with a 2 hour weigh-in, IPF rules, and no deadlift bar, it was pretty amazing. And I've seen some non-world record lifts where the guy really fought it out when I was thinking "No way in hell he's gonna get it!" Eric Lilliebridge did a 1025 squat. Even though it's out of a monolift, it's still 10-freakin'-25! Everything Malanichev has done so far has looked like a warm-up. I've had the pleasure of watching Koklyaev lift - he's probably the greatest overall strength athlete we've seen. I've watched KK lift and I've talked to him for a while. I even got to watch and judge Kirill Sarychev's 694 bench. Zahir Khudayarov is strong as hell, and he's a really nice guy in person. There are some really good US lifters coming up, if they can last. I've helped out Derek Kendall. If he can put it together, he's going to be a monster if he can last.

What is good about the sport of powerlifting today?

The good thing is that there are so many more lifters now and it's gotten so much more popular.

On the flip side, what's wrong with the current state of powerlifting?

There's too many federations that allow for everyone to do whatever they want and get away with a lot of BS lifts. So many people now have become pussies. You see these lifts on Facebook that are high as sh*t, but 40 people respond and say, "That was beast mode!" or "That was incredible!" People can't

handle it if you just tell them the truth anymore. Everyone has to be coddled. They go to a meet where they know the judges, so they get whatever they want. It's like everyone's afraid nowadays to give a big lift a red light.

What do you consider to be your current role in the sport of powerlifting?

It's weird to be considered an old timer. I think I have a lot of words of wisdom. A lot of the things that I did to last a long time and to get stronger can play a huge role for the guys training now.

You had a hip replacement in November 2010. I've heard that since then, you've gotten back up to a 700+ deadlift in the gym. Is that true?

Oh, God yeah!

And in 2014, you did an exhibition 661 raw squat without wraps at GPA [Global Powerlifting Alliance] Worlds. While those aren't as good as your lifts from when you were younger, they're still some very good lifts, and they're all the more impressive for a 51-year-old retired middleweight powerlifter! Do you have any intentions to compete again?

I don't know. Wayne Howlett asked me to do that squat at the last moment. I asked him what he was going to do and he said he was just going to take 300 kg, so I said I'd do the same. I'm pretty sure I could've done 750 that day.

What are you up to these days?

Just training and training some people. I've been traveling a lot and running a lot of seminars and workshops all over the place.

That about wraps things up. It's been an honor interviewing you. Is there anything else you'd like to add?

I'd like to thank Mark and Andee Bell for keeping everything going with their magazine and for being fans of the sport. I know Mark is still a huge fan of powerlifting, and it's great that he's been able to turn his passion into a business. And thanks for keeping Power magazine still going, people need that and they love it. You have no idea how much I enjoyed reading the magazines when I was a kid, so they're helping out the future of lifting just by having the magazine alone, and they may not even realize it. **PM**



LARSEN PRESSES

What are Larsen presses? Larsen presses are benching without using leg drive. They involve placing your legs straight out on the bench. Most of you have probably seen or heard someone talk about doing these at some point in your life. They are most commonly referred to as "benching with your feet up".

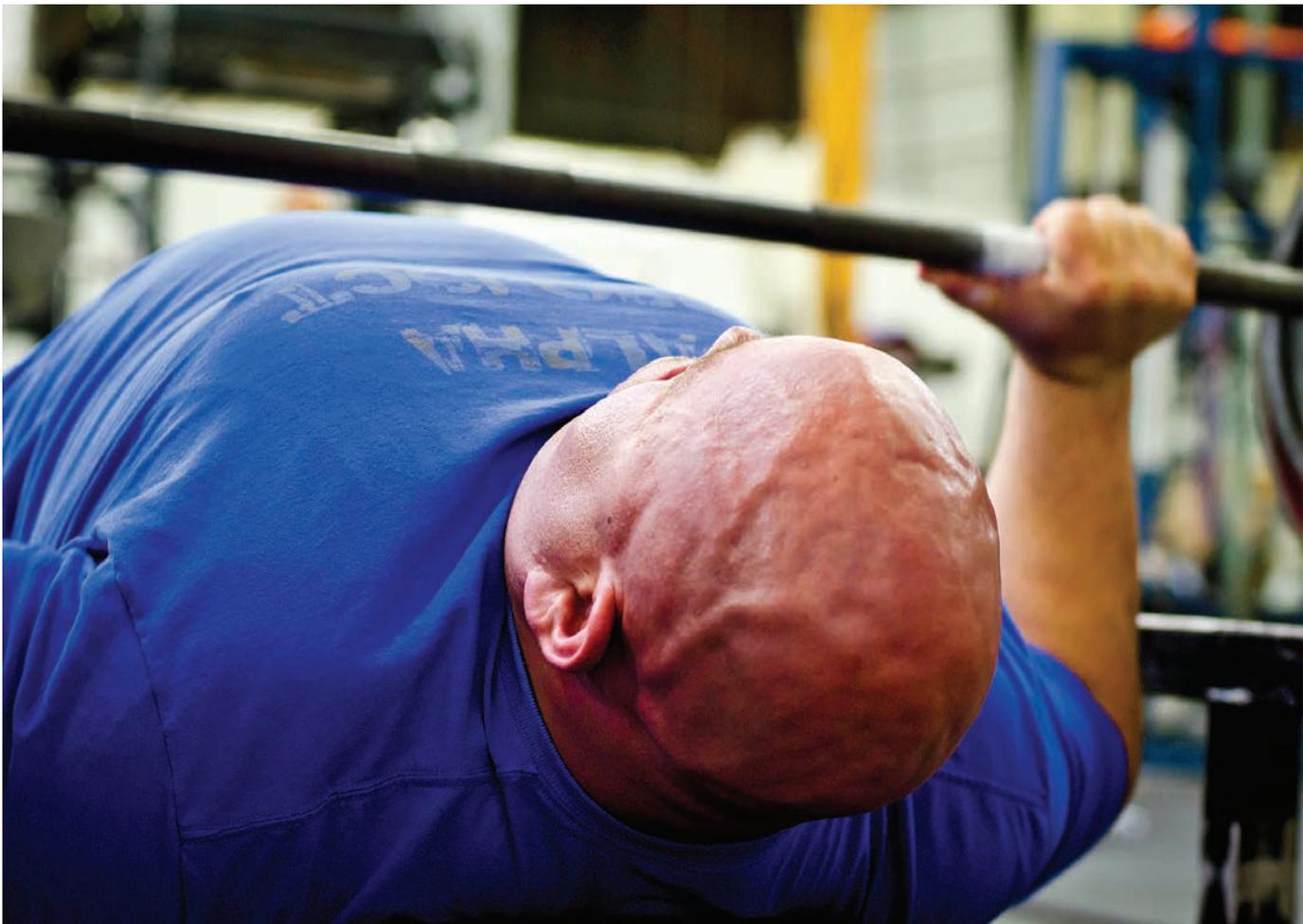
So why call them Larsen presses? This is how it started. When I was born, I had dislocated hips and club feet. My ankle bones are fused together and my hips are pinned, which makes mobility nearly impossible. When I began

to compete in bench pressing, it was difficult to bench with my feet on the ground. In competitions, my feet typically slipped and I completed the lift clean but I was disqualified for moving my feet. So I ended up only benching with my feet up. Obviously, there is no advantage to lifting this way. Now when I compete, I get zero leg drive but I do not get disqualified for my feet slipping.

Last year at an SPF [Southern Powerlifting Federation] meet at Super Training Gym, Shaun Brooks approached me and said, "I've been doing Larsen presses". I

was puzzled and confused for a moment. Then I realized that he was referring to benching with his feet up. Shaun said he had been incorporating them into his training off and on for some time now and is seeing a benefit to doing them. I was excited to hear this. I began to really think of how much Larsen presses could help a lifter that uses leg drive.

Keep in mind that I am not suggesting that this is a main bench movement. This is a great accessory lift following the bench press. The Alpha Project [bench pressing program created by Adrian Larsen] incorporates the Larsen



presses following a light bench session.

So what are the benefits of incorporating Larsen presses?

Larsen Presses are very similar to doing floor presses. Floor presses remove all leg drive from the lift. However, it is only a partial range of motion. Using Larsen presses, you can get the full range of motion and remove leg drive. This is beneficial to a lifter in many ways.

First, it makes a lifter work on stability. Many lifters rely so much on the leg drive as the base to the lift. Utilizing your core and back to control the weight during the downward motion is difficult with zero leg drive.

Secondly, changing the direction of the bar with no leg drive is extremely difficult. This forces the lifter to really focus on speed off of the chest. Changing momentum of the bar with no leg drive essentially turns the lift into a dead pin press. You have to have the bar come to a dead stop in order to change the direction of it. Activating your lats at the bottom of the lift is the key compo-

“USING LARSEN PRESSES, YOU CAN GET THE FULL RANGE OF MOTION AND REMOVE LEG DRIVE. THIS IS BENEFICIAL TO A LIFTER IN MANY WAYS”

nent here. Using zero leg drive will help you gain speed off of your chest when you return to benching with leg drive.

Why is speed so important to work on off of the chest?

It is important because that is what will make or break the lockout portion of the lift. You can train to increase your speed using many different techniques - one is doing dead pin presses or you can do Larsen presses. Many people associate failing near the lockout as a “sticking” problem. However, increasing more

speed off of the chest will blow past the so-called “sticking” point.

Making any lift in the gym harder is what we are all trying to achieve. This is why we use bands, chains and no leg drive. These tools help us make lifts harder and allow us to focus on weak areas in our lifts. In return, you get more speed, more stability, and a stronger lift or total.

This is how The Alpha Project would program Larsen presses into a routine. Start with front loading and then bench as you normally would - working up to a challenging two rep working sets. The Alpha Project calls for about 80% [of your one rep bench press max] for three sets. Then move onto Larsen presses at 70%. Set up as normal but just before lift off, place your feet out in front of you. The key is to keep your back tight. Do not allow your back to flatten out. Complete this lift for 2-3 reps for three sets. You should see an immediate difference of speed off of your chest and stability in your lift during the downward motion and the lock out. Give them a try. **PM**



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BRANDON LILLY INTERVIEWS HIS TRAINING PARTNER, JOSH "BIG MO" MORRIS

PHOTOS BY KELSEY CLIFTON

Name: Josh Morris

Height: 5'10"

Weight: 390-405

Best: Total: 2300 lbs with no wraps,
via a 850 squat, 640 bench, 810 deadlift.

Where did you grow up?

London, Kentucky. Just a small, "in between" town that time forgot. It's grown a lot lately, but once you get away from the interstate, it's all farmland, and green. I love that most of all.

What sports did you play?

I boxed, and played football. I was good at both, but not overly interested in football because our team was awful. It gave me something to do, and we all know women love a big line-man. So, I made the best of it.

What led you to powerlifting?

That goes back to football. We had a sh*tty little gym, but we could train hard and listen to loud music. I kind of stayed with football just to have the privilege of using the weight room. Once I started getting stronger, I was hooked.

Where do you rank yourself in the sport?

I mean, it's a numbers game so I rank myself near the top in that regard. However, I definitely don't want to be a guy with one or two good meets under his belt, and then disappear. I want to become a better lifter and compete in the biggest meets in the world. I want to see where I stand against the best on



the same platform. That's not arrogance - it's just a desire to show my respect to the great lifters in our sport, and to see where the chips fall when the lifting is done.

How did it feel to be the first man to go 2300 lbs, no wraps? Look, I started as a bench only guy and the other lifters at Iron Mafia encouraged me to try a full meet. I've never liked squatting, and I hadn't deadlifted that much so I've only really been working those two lifts for about a year. I'm not going to lie and say it was some secret. I think I am just built to handle big weights - what I do with that gift is up to me, but to waste it would be awful. Totalling 2300 lbs helped me to believe that if I work hard in this sport, I can achieve some great things. I mean, two weeks after I did it, Eric Lilliebridge set the mark higher.

"IT'S NOT A SPORT WHERE YOU CAN SIT AND CELEBRATE FOR TOO LONG. YOU HAVE TO STAY FOCUSED"

It's not a sport where you can sit and celebrate for too long. You have to stay focused.

What's your feeling when people comment on your weight in relation to your strength?

I'm a big guy. I know that. My question is, where are all of the other 400 lb guys at? I mean, if it's so easy, shouldn't every heavy guy be doing it? Like I said, I have a certain body, and along with that, it's given me the ability to lift

heavy things. Last I checked, fat don't flex, and fat doesn't lift sh*t.

What's the deal with Iron Mafia? What does it take to train there?

There is no "deal". It's just a group of strong people with like-minded goals. It's definitely made me a better lifter because of the intensity and the level of training knowledge there is very high. But again, you can't train there if you're a b*tch. It takes a certain attitude and desire to fit in.

Four 2100+ lbs totals don't come out of thin air.

What are your goals in the sport?

Quick answer? 900/700/900. Longer answer - just to be the best that I can be. To face other great lifters head to head and to compete overseas. Overall, I think my goal is to have the respect of the best in the sport.

What's your take on Powerlifting in Social Media?

I think it's a great tool to meet other lifters, follow their progress, and it makes it easy to be a fan of the sport. I do think people need to realize that this sport isn't life or death. Enjoy it, put it on display, but leave the negativity at home.

If you could train with any lifter, past or present, who would it be? Why?

Ed Coan, Bill Kazmaier, Kirk Karwoski and The Lilliebridges. I would include Brandon Lilly, but that happens on the regular. These guys, in one way or another, have the traits that I hope to mimic in the gym and in life. An "at all costs" outlook.

How do you train?

I train by feel. I either do "rep days" or "heavy days". My rep days are sets of 5-8, and my heavy days are sets of 1-3. I know how the weight should feel, and my teammates know how I look when I lift well. So, it's all about monitoring their feedback and listening to my body. I guess on paper, it's a blend of the Lilliebridge method and the Cube. In

"I TRAIN BY FEEL. I EITHER DO "REP DAYS" OR "HEAVY DAYS". MY REP DAYS ARE SETS OF 5-8, AND MY HEAVY DAYS ARE SETS OF 1-3. I KNOW HOW THE WEIGHT SHOULD FEEL, AND MY TEAMMATES KNOW HOW I LOOK WHEN I LIFT WELL"

reality, I just know how weights should feel, and I adjust based on that. I only do enough accessory work that will help me see improvement. I don't want to spend all day in the gym.

What do you make of all the arguing over raw, raw with wraps, gear, etc?

I think it's stupid. I will say that many young lifters need to stay raw and develop some musculature, but gear is a great part of powerlifting. Just lift how you want, and let everyone else do their thing.

How do you use the Slingshot in your bench program?

Just like how most of the lifters at Iron Mafia do. On heavy days, we work up to triples, doubles, or singles with straight weight, and then we add the Slingshot with about 10% more bar weight and do 1-3 sets in the same rep range. Sometimes we do use [the Slingshot] to extend our rep days, but usually just for overloading our heavy day. It's working, so why change it?

Any final words?

I would just like to say thanks for the chance to be noticed by Slingshot and Power Magazine. I don't think I can explain what that means to me individually.

Second, if you're a young lifter reading this, have fun. Enjoy it or stop what you're doing, and make it fun again. This is too hard to not have fun. **PM**

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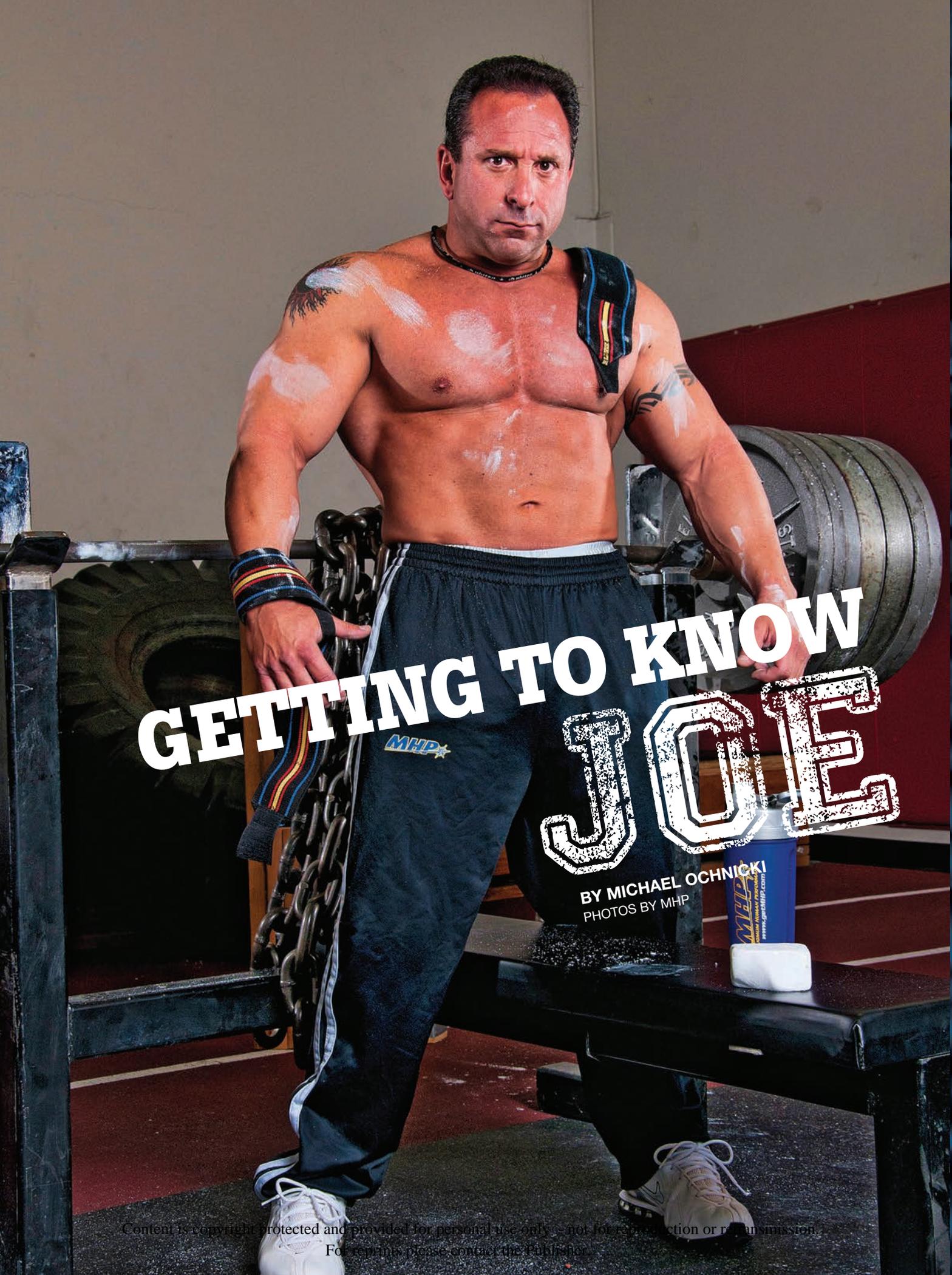
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GETTING TO KNOW JOE

BY MICHAEL OCHNICKI
PHOTOS BY MHP



MAZZA

Who is Joe Mazza?

Well, Joe Mazza is a father, a retired police officer, and someone who really enjoys powerlifting. I live in Roxbury, New Jersey. I hold the all-time 165 lb multi-ply, 165 lb single-ply, and 181 lb single ply bench press records (705, 635, and 640). I've moved up to 181's and haven't been doing as much multi-ply work anymore - I've been doing a lot of single-ply.

What are some of your other big numbers?

I won the Olympia for the fourth time this year. At the Arnold this year, I benched 800 off of a 2-board. I still flirt around with the heavier weight, but I just feel much better now with single-ply. You know, I'm going to be 49 years old next month. It just seems that the multi-ply stuff takes a lot longer to recover from for me, and I just feel more comfortable now in a single-ply shirt, even though those weights aren't far off.

Why did you choose to get into geared lifting? Do you ever do any raw training?

Early on, the attraction for me was the Arnold Classic. That was the big show, with all of the big names - all of the guys that I wanted to be with were all competing there on the main stage. That's when I was first introduced to multi-ply, and that became my goal. That's pretty much why I got into the equipment. Those were the best times - I met all of the best lifters, and we would all be at the biggest events, and it was a lot of fun!



At the time, I was using one of those blast shirts, and I couldn't understand how guys were doing that much more weight than me. I learned more about the equipment from the guy I train with now, Jim Parish, and it just took off from there. We started winning a couple of big events and putting up bigger numbers. I actually got invited to Bench America, where I met Billy Carpenter and some other big names. I won that [competition] and things took off from there.

Who do you train with besides Jim? Where do you train?

I train at a small lifting club with Jim. We have called it Joe Average Strength with a bunch of guys who love the sport. I train a whole bunch of kids in town since my son was a big wrestler there. I just steamrolled ever since he was done with high school. I also coach my little son in wrestling now. I've been training kids for about 8 years nonstop now. It's great, it's rewarding. I don't charge anybody a dime. They come here and they like to get strong and they've been having a lot of success, and it keeps my kids into it, too.

How long have you been lifting? Were you the guy that benched 225 the first time he laid down on the bench, or is your success mostly just a result of hard work over a long time?

I got into lifting probably when I was around 13. My older brother was a very good lifter and was very strong, so I did have some natural ability. I was always a little bit stronger than anybody my weight, and I just really enjoyed lifting from the start. I loved to play football and baseball when I was young, and then lifting took over. I stayed with it through college at Kutztown University, when I started doing a few meets. There was a very good powerlifting team there, and as soon as I graduated and got into law enforcement, I started doing the police and fire meets, and that's when it took off. That's when I met Jim Parish and started training with him, back in 1996, and it hasn't stopped since.

What would you say is the single most important factor in your progress with the bench press?

The number one thing that helped me through my career was that I trained

with bands, and I continue to train with bands. The system that Jim has developed has really strengthened my joints, and I've been very lucky with injuries. The only injury that seems to keep coming back with me is my neck. At one point, I was doing very well with raw benching. I had actually broken that record with a 487.5 lb bench, and at that same time, I held all three records, raw, single-ply, and multi-ply—it's since been broken. But the more that I would raw bench, the way the bar came down, it caused me to herniate the disks in my neck. Each time that I've raw benched since, I've gotten severe shoulder pain, and it has nothing to do with my actual shoulder; it's the nerves in my neck. The equipped benching just doesn't bother me—the groove of the bar doesn't aggravate that injury, and that's why I've been focusing on it more, especially at this age. It's been a great career.

What other help have you received along the way?

MHP [Maximum Human Performance] has been with me from the start. They were also getting started [at the same time] and had only been on the market

for a few years, and I came to them and asked them if they would support me when I was going to Bench America. I told them that I thought I had a shot at winning, and they believed in me. That's when our relationship started. I've never looked elsewhere. They're fantastic and we've had a great relationship ever since.

Which of their products do you use the most?

Oh man, I use them all to be honest. Anytime they come out with something, I love to try it. A couple of the things that I always keep with me are the preworkout, Dark Rage, their Probiotic, and I use their BCAA's [Branched-chain amino acids] during my workout. The one product that I've been taking now for the last year or so is the Secretagogue Gold. Especially for me, being up there in age, I feel fantastic.

You said that you train with a group of guys. We're seeing that Westside



Barbell concept of a serious group training environment catching on more now these days with gyms like Super Training, Elite Performance Center, and Barbell Brigade. Do you believe that, after a certain point, having a team—even in an individual

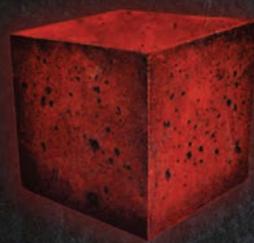
sport like powerlifting—becomes essential to progress?

Absolutely. You have to have the faith in your team to push your body to the limits. You see injuries popping up all over now, and it's so important to trust your team around you so that you can attempt things and push your body to the limits. Westside – they were the founders. Our system that we use was based on their system. Those guys have done some phenomenal things in the world of powerlifting and everybody else has benefitted from it.

What kind of mental preparation goes into a big lift on the platform for you?

Well, I've never really been intimidated by the big stage. It's actually pretty calming for me, and I think a lot of it has to do with the situations that I was put in throughout my career. I was undercover for 20 years in narcotics, so the platform was actually a place that I went to so that I wouldn't

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have to worry about whatever else was going on in the world. I try to treat each contest like, "this is what I do." I spend more time bench pressing than anything else in the world, so to me, I should be the best at this as far as my own talents. Of course, you're not going to be at 100% of your game all of the time. I have definitely learned to adjust and adapt to my body, which has certainly changed over the years, and certainly needs more recovery and training time. But, you know, the big stage is where I like to thrive. I've won Bench America 3 times, I won the Olympia 4 times and I've placed at the Arnold 3 times. I've had my share of the big events and I've been blessed just to be there.

How do you prepare for meets?

Things have changed a lot for me. My training cycles have shortened dramatically, simply because I learned that my body was always peaking before the meet! I'd have my best lifts in the gym, and I realized that I wasn't timing things correctly, and I wasn't giving my body enough time to heal. A frame of 175 lbs consistently benching over 600... well, I'd have great weeks where I'd hit 725 in the gym and then I'd get to the meet and I'd only get my 665 opener. I knew it even in the warm-ups at the meet - feeling that arm trauma, feeling that your arms aren't fully healed. That's been my biggest battle - learning to time everything correctly. Even at this last Olympia, which I was blessed to win and take the single-ply record at, it was only my opener. I haven't had a 3 for 3 meet in a while now.

So you've come to see a greater need for an emphasis on recovery. What kind of additional mobility or recovery work do you do or have you done now?

I do go to the chiropractor at least twice a month for e-stim treatment on my lower back and neck. I try to take care of myself the best that I can and eat as clean as possible. I'm not a dieter by any stretch of the word, but I do try to eat clean most of the time.

You've been in the gym for a long time. What lessons have you learned there that you've been able to take outside into your life?

There's a lot of negativity on the internet amongst powerlifters over what is or isn't raw, "equipped is the best," and all of this, and all I can say is, do what you love. Do what makes you happy. Compete in the federation that makes you happy. Promote your federation but don't hate on the others; there's room for everybody to compete. Enjoy it! You're never going to be a millionaire from powerlifting, it's a hobby, and a passion for me. I've met so many great people who compete both raw and equipped, and it's been such a positive experience for me. Like you said, I've been in the mix for a while now, and I've made the best friends you could ever imagine. Take advantage of it; it's a great, great sport. Just promote it and stop with the hate.

What would be your top 3 tips to a new lifter getting into the sport?

I would first decide on what federations [to compete in] and what type of

bench suits your specialty, whether you want to go raw or equipped. Then, train with a group of guys who are dedicated and enjoy the sport as much as you do. Try different training tips and listen to different benchers. What works for you might not work for somebody else, but you can pick up tips from each professional powerlifter. Sooner or later you're going to find something that works for you. Nothing beats hard work and dedications. Take MHP supplements, too!

You said you train some kids in your town. What does their training look like?

I try to get these kids kicked off on the right foot. We work on their technique and start them slowly. I recently took 4 of them, all wrestlers, to their first powerlifting meet, and they all went 3 for 3 on all of their lifts after just finishing up their wrestling season. It's rewarding for me to give back like this. Like I said, I don't take any money. I have all of these kids chugging through my house and my wife's like, "Oh, who's coming tonight?"

In the offseason, in consideration of their high school coach's program for them, we have two training days: a bench day, where we rotate bands on and off weekly, with some power cleans, and then a shoulder exercise, like an upright or a shrug. Day two is our squat and deadlift day, and we also rotate bands on and off weekly for that day. With the bands, they're not only working their muscle, but also their stability and core. So, we're doing each lift once a week, heavy. They do assistance work with their regular program at school,

and the coach is actually very thankful that they come to me.

We start off with lighter bands and weights, and we build up by small percentages as we rotate bands on and off, bringing the weight up and lowering the sets. We see how big and strong we can get them in that amount of time, and then when the season starts, they still come to my house once a week just to do a band workout to keep all of their stability and muscles strong, and it's paid off great dividends. One of the high school kids that I trained went to state championships this year.

Do you think that new competitors should cut weight for their first meet?

Well, it depends. If you're using gear, one of the things you have to be careful about is losing weight and gaining weight back in the wrong places. When this happens, all that you trained and how you felt, when you throw on that squat suit at the meet, everything



like?

If anybody wants to see exactly what I do, it's on JoeAverageStrength.com, but basically I'm training my heavy bench just once a week. That's how much recovery I need; if I try to do something bench-related in less than like 5 days, I will not be recovered for the next bench workout. It's just how my body is. I can do all the assistance work I want, but when I bench, I really tax my stabilizers and all of the muscles involved in the bench get so beat up. When I go in and actually feel like I haven't lifted in 5 days, that's when I'm at my best.

Where can people find you online?

If you want to follow my training, it's JoeAverageStrength.com, and I'm on the MHP website. I also have a Facebook and I welcome anybody who wants to get in touch with me. I have a couple thousand friends, I get a lot of questions, and I enjoy it. **PM**

changes when it doesn't fit quite the same as last time. So, I would recommend going with what you're best at and being as comfortable as possible. Start off smart. The only goal that you should have is hitting a PR and having fun.

What does your own training look

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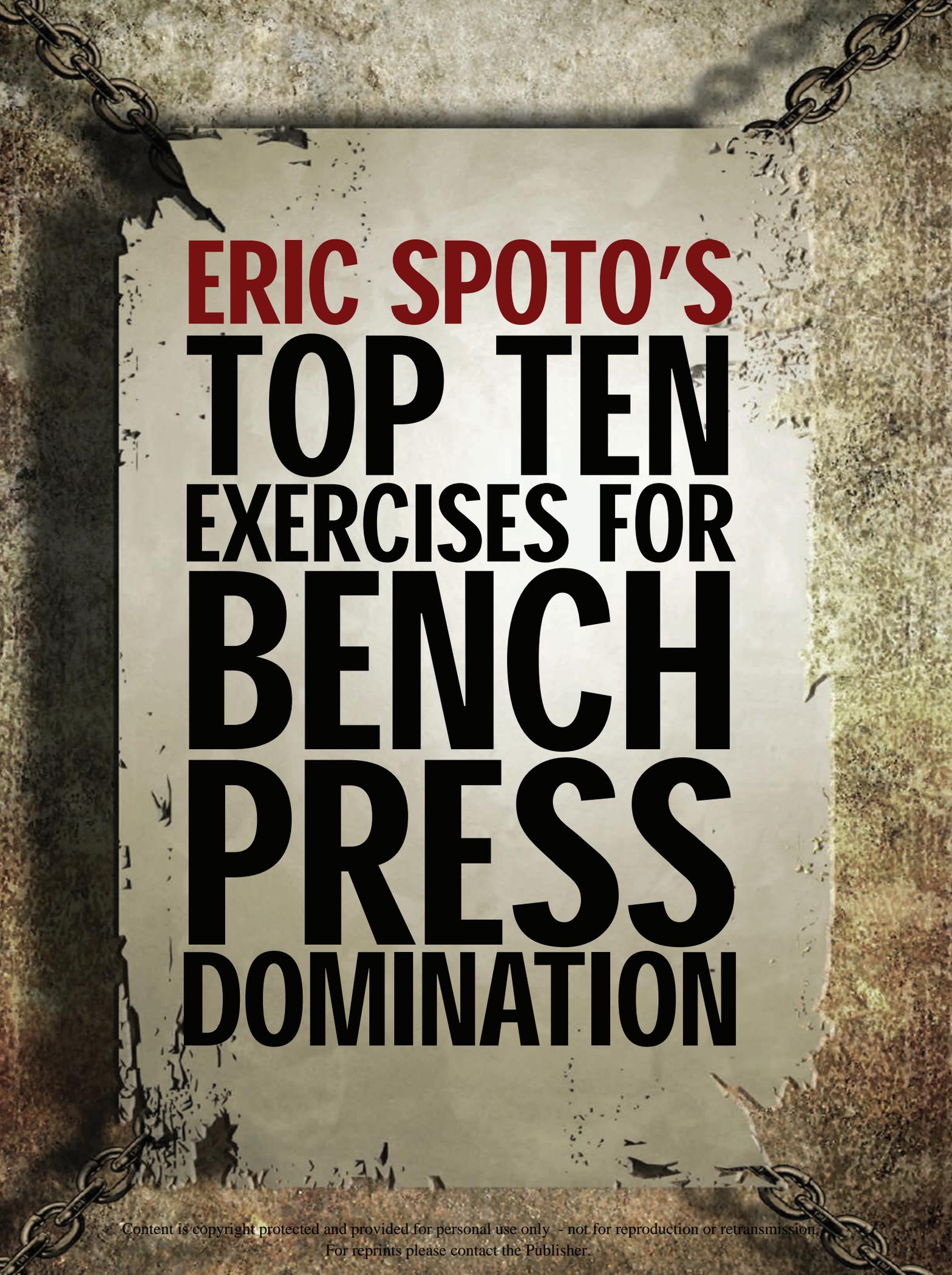
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The background of the page is a piece of aged, yellowish-brown paper with a rough, torn edge. A heavy metal chain is attached to the corners of the paper, extending outwards. The text is centered on the paper.

ERIC SPOTO'S
TOP TEN
EXERCISES FOR
BENCH
PRESS
DOMINATION



1 Bench Press: Of course, the best exercise to increase the bench press is going to be competition grip barbell flat bench press. So, the exact grip that you will be using in competition is going to be the number one movement to increase your bench press. There are also very many different variations of the bench press including the board press, chains and the use of the Sling Shot. All of these allow you to overload the bench press and they will ultimately help you adapt to heavier weight.

2 Close grip bench: This is the same concept as flat bench – the only difference is hand position. You are going to take a shoulder width grip. The close grip is going to increase the range of motion and it will also hit your triceps and lats a little

more. Your close grip should never be more than 10% of your competition grip. If your close grip bench is more than 10% below your competition grip, that is an easy sign for you to focus on close grip work in order to bring that weak spot up.

3 Heavy Back Row: This is going to be a shock to most beginner and intermediate lifters, but every advanced powerlifter understands how important the upper back is to benching big. I could write a whole article on why and how the back is used during the bench press but I will try to sum it up as short as possible. Your back is your built in bench press shirt. You will be contracting your lats as the bar descends towards your torso. It is like a rubber band building up tension as the bar goes down – just like a bench shirt

when you get a press command, it will help drive the weight off of your body. As for which back row works best, you want to choose a row where your body is positioned exactly as it is when you are benching. So, your setup for rows will mimic your setup for bench – you will touch the bar at the exact spot that you would touch the bar on the bench press. It will look exactly like the eccentric portion of your bench press. I prefer a chest supported row to get in optimal position but any way that you can mimic the bench press will work.

4 Spoto Press: The basic idea of the Spoto Press is having 100% of the weight out of the bottom on each press. By coming as close to touching your chest, but not actually touching your chest, you are going to be working a lot harder. The first benefit of



the Spoto Press is that you are supporting the full weight the entire time - it will never rest on your chest and take off some of the weight. The second benefit is that you will not get any bounce off of your chest, which can be good for your ego, but you are cheating yourself and neglecting the most important part of the press, which is the drive off your chest. There are two variations of the Spoto Press:

Paused Spoto Presses: In this version, you just stop the bar as close as possible to your chest without touching. Then wait 1-2 seconds and press.

Touch and Go Spoto Press: This is the same - there is just no pause out the bottom.

5 JM Press/Skull Crushers: Skull crushers are an amazing tricep builder and maybe the best size builder you can do. The problem with skull crushers is they wreak havoc

on most peoples' elbows. For the small percentage of people who can do them, they are great. For the rest of the majority of people like me who can't do skull crushers anymore, the JM press is going to be the best alternative. A JM press is like a close grip bench press and a skull crusher had a baby. It is the best of both worlds since it has the tricep building of skull crushers with less tension on your elbows. Once you get used to it, you will be able to handle some pretty heavy weight with JM's.

6 Standing/seated shoulder presses: I love both of these movements and I think that both should be included in every lifter's program. If you are a beginner or intermediate lifter, then the standing shoulder press should be a staple in your program. It builds amazing overall strength in your whole body. Advanced lifters will still want to do standing shoulder presses but should also incorporate seated ones, as well. The advantage to seated is that

you can use extra weight. It allows you to use the maximum amount of weight that your shoulders can handle.

7 Rotator cuff, internal and external rotations: For such small muscles, the rotator cuff is like the glue that holds your shoulder together. I like to use the cable machine to do both variations of rotations. You are going to want to do 10+ reps - I try to stay between 15-25 reps for rotator work.

8 Incline dumbbell presses: This is my way of killing two birds with one stone. You get the benefit of hitting a press from a slightly different angle and you are using dumbbells, therefore, adding stabilizers into the movement. My biggest problem with beginner lifters doing incline is that it can mess with their form. The incline press is a completely different position and touch point than flat bench. I have had trouble with clients who are



learning proper flat bench form and then going to incline because it is reinforcing the wrong position. That is why I would recommend that beginner lifters who don't have the bench press form dialed in should stay away from barbell incline bench.

9 Dips: This is as old school as it gets. Dips are a great overall upper body strength builder. Any weak spot will show up when you do heavy weighted dips. Try to keep dips in the 10+ rep range. They are also a great chest and tricep builder.

10 Tricep Extension: I know that this sounds like I should have just said tricep kick backs. Why would a powerlifter ever do tricep extensions? The answer is simple - tricep extensions make your triceps grow and they respond to the constant tension on the tricep. It goes back to my theory that a bigger muscle has the capability to be a stronger muscle. So, if we can grow our tricep with extensions, then we can strengthen the now bigger tricep with heavy pressing.

Bonus: Speed reps - these are just a variation of the bench press but I figured it needs some clarification. The speed reps are often overlooked and have kind of fell out of style recently. It was a Westside staple movement for many years. I have a little twist on the speed bench - I watched Westside training tapes and noticed that they would do the three speed reps very

fast during the eccentric and concentric phases. I perform the eccentric phase with the exact same speed as I would do my max competition press and then use the same force out of the bottom that I would use on a 1RM press. I always use bands with speed reps as they help protect your elbows and they consistently reinforce you to accelerate through the press. **PM**



ROAD TO RECOVERY

BY TONY MONTGOMERY



Proper programming and perfecting technique will help with recovery.

The ability to recover quickly from workouts is key to continuing to make gains and to grow week to week. Recovery is not only how well you recover day to day, but it is also your ability to withstand more and more on a weekly basis as you up the intensity, frequency, and volume. Some key factors to aid in recovery are:

- Sleep
- Proper Programming
- Nutrition
- Restoration Protocol
- Ergogenic Aids/Supplements
- Managing Stress

Sleep is extremely important in that it helps your body regulate back to normal functions. It helps reset and bring down stress levels (aka cortisol), helps with GH [Growth Hormone] release, and assists in the adaptation to the training stimulus. Eight to ten hours is ideal for

an athlete along with 15-20 min power naps throughout the day. You want to keep the naps short in duration, as a longer nap will stimulate sleep inertia, which is a period after the nap that impairs performance and alertness.

Researcher Cheri Mah of the Stanford Sleep Disorders Clinic and Research Laboratory has studied the effects of sleep and athletic performance. Mah noted that sleep is a "significant factor in achieving peak athletic performance." Mah continued that many athletes accumulate a large sleep debt by not obtaining their required nightly sleep, which can have negative effects on cognitive functioning, mood, and reaction time. Not surprisingly though, Mah suggested that the "negative effects can be minimized or eliminated by prioritizing sleep in general and, more specifically, obtaining extra sleep aka naps to reduce one's sleep debt." This sleep debt can't be made up with one

good night of sleep - it takes weeks to turn it back around.

"After sleep deprivation, plasma cortisol levels were higher the next day by a 37% and 45% increase and the onset of the quiescent period of cortisol secretion was delayed by at least 1 hour", as stated in a study by the Journal of Sleep Research & Sleep Medicine, Vol 20. You put your body through so much stress daily that nighttime is when you need to relax and reset your cortisol.

A few simple things to improve sleep are blackout curtains which you can get at Walmart, removing all electronics from your room, having a bedtime routine, staying away from TV or loud action packed things that will elevate your heart rate, reading a book that doesn't get your mind racing, and a little meditation which is invaluable in and of itself.

Proper programming is huge in your ability to recover from a daily perspec-

tive. Too much volume and intensity will lead to overtraining, injury, and too much fatigue, which will all lead to a decrease in performance. The ability to understand programming and waving intensities and volume will allow for proper recovery in set training days – this is huge to progressing forward. Not going to failure everyday is very important, as well. Failure training can be ok if implemented correctly but when it comes to your main lifts, failure should never be an option. Planning out your days and weeks based on wave loading principals is a great way to allow for proper recovery. An example of this would be to have a hypertrophy day where nothing is taken above a RPE [Rate of Perceived Exertion] of 7, followed up with a heavy day where the RPE is an 8 but with no missed reps. This would be a technical RPE 8 - not a grinder. Follow that up with some more dynamic movements, learning to move weight quickly and in a controlled manner with a RPE 6. Waving your days or sessions like this will help you auto regulate your intensity and volume to allow for proper recovery.

Nutrition is a component in recovery and sports, for that matter, that is often overlooked. Some will go with the war on carbs, or “eat whatever I can”, or intermittent fasting, etc. The key with nutrition is knowing why and what it is used for and the benefits of everything you put into your body. Workouts will deplete your body and the best way to refill it is by eating carbohydrates around your workout. Workouts also breakdown muscle tissue and if not fueled with enough protein, they won't recover properly. Workouts also build up cortisol and can cause havoc on your joints and hormones, so eating your fats throughout the day will help bring everything back to a normal status. Gaining too much fat will also slow down recovery, as it is not optimal for your body to be too fat or too lean. The biggest key to improvement in recovery and performance from a nutrition standpoint is to:

- Almost never be in an extended calorie deficit
- Don't skip any of the macros
- Eat the right amount of protein for your bodyweight



495lbs for reps, proper recovery allows you to train harder and more often.

- Time your carbohydrates around your workouts

Having a recovery/restoration protocol in place will do wonders for your body, mind, and spirit. When all three of those are in perfect harmony, great things can happen on the platform or in the gym. This is also often overlooked in its importance to an athlete. It starts with a proper warm up before the workout, nothing crazy, just something to get the blood flowing. An example would be:

- 5 minutes on bike
- 5 minutes pulling a sled
- 10 minutes of a dynamic warm up

Possible Effects of an Active Warm Up:

- Increased resistance of muscle and joints
- Increased release of oxygen from hemoglobin and myoglobin
- Increased rate of metabolic reactions
- Increased nerve conduction rate
- Increased blood flow to muscles
- Increased speed and force of muscle contractions
- Increased baseline oxygen consumption

*Bishop, D. Warm up II: performance changes following active warm up and how to structure the warm up. Sports Med 33:483-498, 2003

Make sure the dynamic warm up is in conjunction with the exercises that

will be lifted that day and try to avoid a lot of foam rolling and static stretching at this time, as this has been shown to decrease performance.

A cool down is just as important as a warm up. It will allow your body to get blood flowing for muscle repair, discard waste, and to replenish energy in a less intensive manner that will help start the recovery process at a rapid pace. A cool down is a great time to also work on flexibility with some light static stretching and a light massage with either a foam roller or barbell.

After the workout is done and leading into the next workout, things such as massage, hot/cold therapy, sauna and muscle stimulation can all be used to help with the day in and day out recovery process. All these modalities are great for restoration, stress relief, reduction of anxiety, tension, stress, and depression. They also improve your mood and cause an increase in well-being. *My good friend Jesse Burdick always tells me, “Recover harder than you train” and he was right, as usual.

*Weinber, R. A. Jackson, and K. Kolodny, The relationship of massage and exercise to mood enhancement. Sports Psychol 2:202-211 1988

Ergogenic aids and supplements can also play a big role in recovery. The use of steroids has a huge role in the recovery process, but they can also have some side affects, so always consult with a doctor before taking anything of that nature. Supplements can also aid in recovery, whether it be in the form of



Proper nutrition during training and throughout the day will lead to proper recovery.

a sleep aid or the form of a peri workout drink. Sleep aids can help you get deeper and fuller sleep, which as stated above, is an awesome way to promote recovery. Periworlout drinks can also help in several ways but the two most important are the blunting of muscle breakdown during the workout and the increase in protein synthesis post workout. Drinking a fast digesting carb and whey protein mixed with some BCAA's will do the trick in helping you power through a workout with better energy and it will help diminish the catabolic effect of a hard workout on the muscles.

A ratio of 4:1 carbohydrates to protein is an ideal ratio for the peri-workout shake. So, if you consume 25g of protein, you'll consume 100g of carbohydrates. Not only will this drink help with muscle repair, insulin spike and GH release, it will also increase your work capacity during the training session.*

*Ivy, J. and R. Portman, The future of sports nutrition: Nutrient timing. North Bergen, NJ: Basic Health; 2004

Stress management is a component of recovery that nobody talks about. Life

will always be there - it will have ups and downs and being able to manage that will help performance improve tremendously. Ways of coping with stress will be different for everyone, but some recommended ways to deal with it are meditation, reading, breathing, massage, exercise and writing.

Stress is simply the body's response to changes that create taxing demands.

There are two types of stress: eustress, which is positive and distress which is negative. Distress is always going to be around and learning to cope with it will allow you to keep moving forward in training and in life. Stress prevention is basically about cultivating a balanced perspective towards one's life and one's place within the world. Generally speaking, the following steps will allow people to reduce stress:

- becoming aware of what true needs are and are not
- understanding how to meet true needs (rejecting mere wishes masquerading as true needs)
- becoming able to resist being exploited or manipulated by other people
- making efforts to clarify values, ambitions and social boundaries
- becoming aware of physical limitations and meeting basic needs
- recognizing and fending off interpersonal exploitation and invasion
- cultivating a positive, optimistic and emotionally resilient attitude towards life

These are all important aspects of developing this perspective.*

*Harry Mills, Ph.D., Natalie Reiss, Ph.D. and Mark Dombeck, Ph.D. seven-counties.org

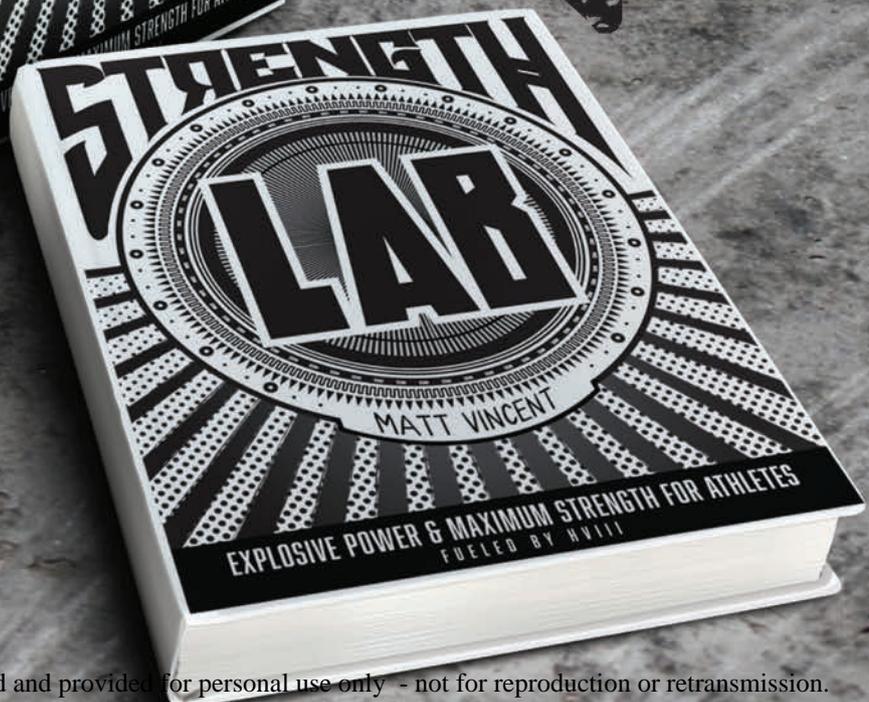
Taking your recovery to the next step will help take your performance to the next level. **PM**



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CORY ALLEN

POWERLIFTER/CANCER SURVIVOR

BY MICHAEL OCHNICKI



Cory, you recently broke the APF [American Powerlifting Federation] national record for the deadlift with a 710.99 pound pull in the 198 weight class. You also squatted 556.67 pounds and set a new Michigan state record there and benched 363.76 pounds. It was your first meet, and your 1631.42 pound total qualified you for RUM [Raw Unity Meet], tying the national overall record. What people might not have realized though, is that you did all of this while missing one of your quad muscles on one leg. A

few years ago, you survived Ewings sarcoma, a rare type of bone cancer, and have raised \$6,125 for a children's cancer charity. Give us the timeline for all of these huge events in your life.

I was diagnosed with Ewings sarcoma on March 25, 2009. I had a tumor the size of a pop can in my right inner quad. They had to remove that quad muscle and they had to put in part of a cadaver bone to replace part of my femur, which they removed, as well. I also needed a titanium rod installed, along with 8 screws.

After all of my chemotherapy and radiation, I got back into training. I've been doing it my whole life, but it's definitely an adjustment. When I squat and deadlift – or carry out anything that I do with my legs – I have to be extra cautious. I noticed that when I squat, I have to go out wide. You do have to adjust a few things because obviously, there's no muscle or power there when you don't have an inner quad. If you catch that part of the muscle, it'll just give out.

So you've had to make some considerations for the leg that you



had the quad removal surgery on in order to keep your form in check. What kinds of changes have you had to make in your training?

On my leg days, I would do some extra work with machines on my right side. I tried to make up for it by filling in the outer side of the leg muscles, the glutes and hamstrings. I also did leg extensions, leg presses and single leg hack squats to activate the glutes and the hamstrings. I really just focused on building the glutes and the hamstrings, knowing that my quads would not be my strong point. Obviously, this turned me into a better deadlifter, having better glutes and hamstrings.

You recently posted video of all your lifts from your first meet on the YouTubes. Your squats and deadlifts

“AFTER YOU GO THROUGH CHEMO AND RADIATION, IT’S ONE OF THOSE THINGS WHERE YOU KNOW YOU JUST NEVER WANT TO BE UNHEALTHY AGAIN”

looked completely symmetrical and smooth. It seems like all of that work you put in to balance things out has definitely paid off.

It didn’t take a huge adjustment, but when I got back into training, I was doing minimal weights for over a year. My meet was 6 years to the day from

my diagnosis, so I had had some years to train around it. The way I go into the gym every day, I work on all of my body parts and I work on form. If my form wasn’t right, I’d probably blow my knee or my leg out.

Did you train through your cancer treatment? If you did, do you feel that it helped you through the process either mentally or physically?

I tried to train through cancer, but about halfway through, I decided that the goal was to stop training, beat cancer, and then get back into it. 6 months after being officially declared cancer-free, I already looked pretty good again.

I wasn’t in the form that I am in now, but I was definitely in a healthy state. After you go through chemo and radiation, it’s one of those things where

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you know you just never want to be unhealthy again. I loved the gym before, but I love it even more now because I know it can help me better myself.

Ewings sarcoma is a bone cancer. How did your inner quad muscle get involved?

Yes, Ewings sarcoma is a bone cancer that only about 650 people per year get diagnosed with nationwide, so it's on the more rare side. Mine actually wasn't on the bone side - it was in the muscle. It grew in the muscle and started transforming. It was trying to get into the bone. It was super deep in the leg. When I first went to the doctor, he didn't necessarily feel it, but obviously you know your own body, and I knew there was something there. On further inspection of some scans, he turned around and said, "Oh crap, we've got to get you into an MRI." That's never a good thing.

What stage did your cancer reach? What was your prognosis before recovery?

I was stage 3B, which is the stage right before stage 4. The only reason it didn't become stage 4 was that it didn't

" I RUN A CANCER T-SHIRT COMPANY, WWW.CANCERTEES.COM, THAT RAISES MONEY FOR CANCER PATIENTS. I ALSO REACHED OUT TO A FEW COMPANIES AND ASKED THEM TO CONTRIBUTE SO THAT I COULD ADD TO THE WEEKLY GIVEAWAYS THAT I STARTED FOR PEOPLE WHO DONATED"

metastasize into the rest of my body. I was lucky to say that I had a tumor the size of a pop can and it stayed there. They caught it just in time.

Which cancer charity did you donate the \$6,125 to? How did you raise the money?

I raised the money for the Aflac Can-

cer Center in Atlanta, Georgia. There was an article in the local paper that solidified the story and the fact that the donations were all real. On top of that, I started a Facebook page. I reached out to family and friends and I also did weekly giveaways. My cousin and previous workout partner, Brett Johnston, was actually the inspiration behind all of it. He was diagnosed with the same type of cancer, rhabdomyosarcoma, just over a month before me on February 6, 2009. He passed away on March 5th of that same year.

I run a cancer T-shirt company, www.CancerTees.com, that raises money for cancer patients. I also reached out to a few companies and asked them to contribute so that I could add to the weekly giveaways that I started for people who donated. KT Tape responded and sent out some rolls of KT Tape. So, I would draw names of donors randomly each week and give away shirts and KT Tape.

Why did you choose the Aflac Cancer Center?

My wife is an Aflac agent, and I go to their conference every year. They

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Carbohydrate	2g	1%
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show a video and some lady talks, but the stuff that they do when they take in kids is actually very inspiring. They take in lost hope kids who don't have a chance and they save their lives. I figured that was the best-case scenario.

Are you planning on doing any other fundraisers in the future?

I actually just did this deadlift party at Detroit Barbell for a little girl with brain cancer, and I asked people to donate money for every rep of 600 pounds that I did. I did 6 reps, and with over \$450 pledged for each rep, I earned over \$2700 for her.

That's great. So, we know what you've been through and where you are now. When did you first start lifting, though? Did you play any other sports when you were younger?

I was about 15 when I first started lifting, and I'm 26 now, so I've been lifting for about 11 years. I played soccer in high school, which isn't normal for someone who's into powerlifting or getting big.

Unless you're Stan Efferding.

Hah, yeah. I found the gym and it was just kind of my sanctuary. I started in either sophomore or junior year, and since then, I've never stopped, you know? It was one of those things I just loved to do.

How did you get into powerlifting,

"I TRAIN ABOUT 6 DAYS A WEEK AT BODY ROCK GYM IN LIVONIA, MICHIGAN. I LIKE TO HIT MY DEADLIFTS AND BACK TWICE A WEEK, MY BENCH TWICE A WEEK AND I SQUAT ONE OR TWO TIMES A WEEK DEPENDING ON HOW I FEEL"

specifically? Did you always like lifting heavy or is it more of a recent interest?

I got into powerlifting just recently thanks to my buddies Matt Schmidt and Luigi Fagiani. They got me into it about 8 months ago. I was working with them in order to try to raise money for cancer patients. I always liked lifting heavy, but I was doing more bodybuilding-type movements and whatnot. I just started doing powerlifting training 6 to 8 months ago; I get more of a thrill out of it.

Why did you decide to compete? That's a little more involved than just

deciding that you like to lift heavy.

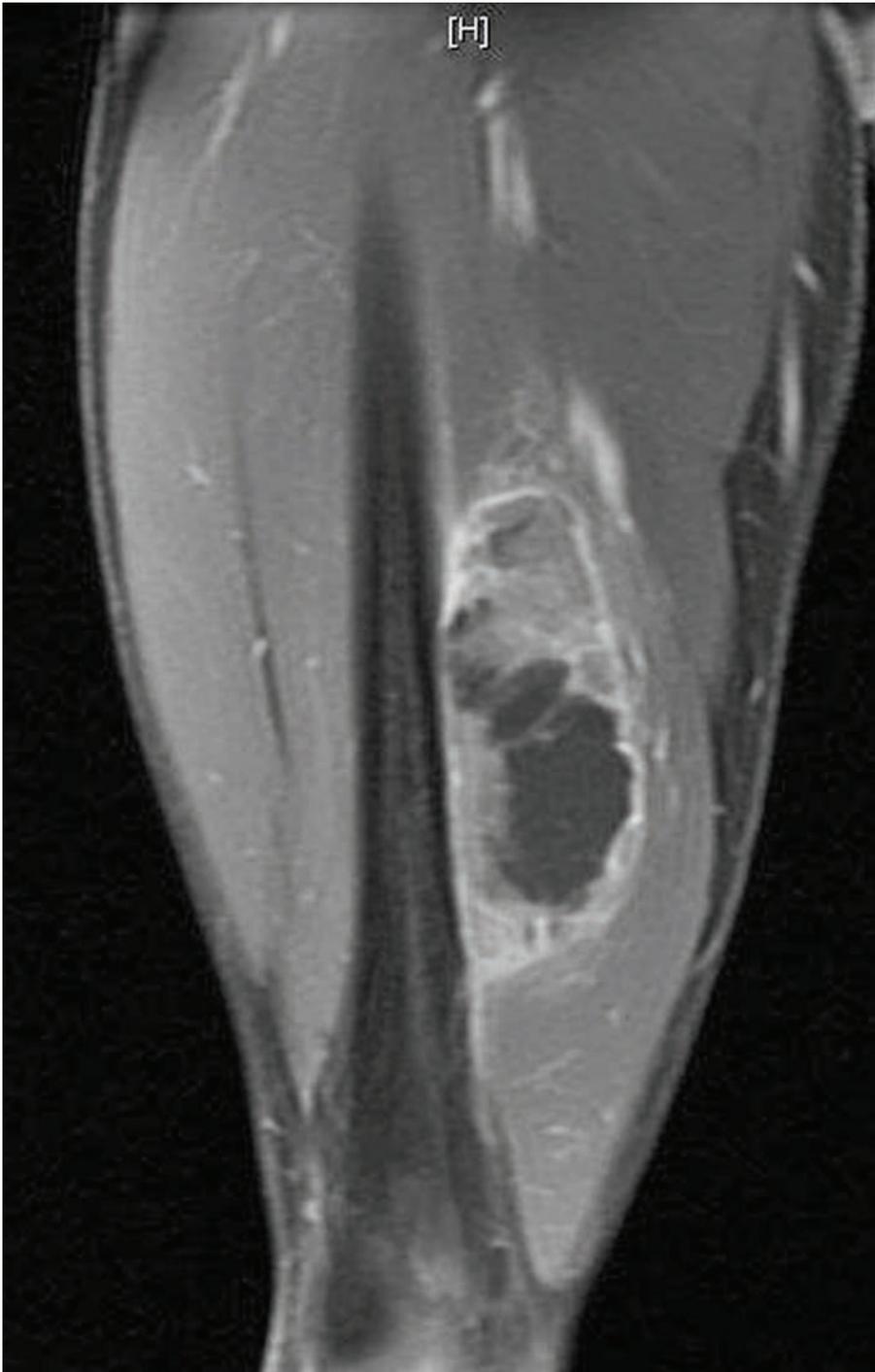
I had some conversations back and forth with Matt and Luigi, and I realized that I'd never stepped on stage for bodybuilding or powerlifting. So, I decided that I wanted to do something for myself. On top of that, my training partners, Nick Gout and Dan Chynoweth, had competed before, so that also made me a little more comfortable going into it. We all motivated each other to train for that last meet. Dan broke a state record in the 198 weight class with a 418 bench, and Nick hit a bunch of PR's [Personal Records], too.

So what does your training look like? Where do you train?

I train about 6 days a week at Body Rock Gym in Livonia, Michigan. I like to hit my deadlifts and back twice a week, my bench twice a week and I squat one or two times a week depending on how I feel. I also do an accessory day. It's all heavy; I hit my compound movements every time I'm in there, and I always hit accessories. A lot of reps and a lot of sets—a training session lasts about 2 hours. Well, maybe not a lot of reps at times, but we keep the intensity up!

Did you make any changes to your diet during or after your cancer treatment? What does your diet look like now?

Immediately after my cancer, I con-



“RIGHT NOW, I’M EYEING A 400 POUND BENCH, A 750 POUND DEADLIFT, AND MY GOAL IS TO SQUAT 600 POUNDS. I DIDN’T USE WRAPS FOR MY SQUAT IN THE FIRST MEET, SO I FEEL LIKE I CAN DEFINITELY PUT SOME MORE WEIGHT ON THE BAR AND HIT A 1700 TOTAL”

definitely undershot it, but I attribute that to the Sling Shot; I didn’t realize how much weight I could actually do without the assistance after using it. I also use the Gangsta Wraps - I think they’re the most comfortable in the business. I use the Sling Shot cuffs when I squat, too, because of my elbow pain. So, yeah, I was all Sling Shot-ed out!

What’s next for you? Do you have any meets planned?

I’m really excited to compete again, and I feel like I left a lot of the table at the first one. Going into your first meet and setting a national record, you’re kind of like, “Whoa, I guess I did do something right!” My next meet, the UPA [United Powerlifting Association] Detroit Barbell Summer Bash, is June 27, and I have also been invited to compete at Relentless Detroit in November.

Do you have any numbers in mind for those?

Right now, I’m eyeing a 400 pound bench, a 750 pound deadlift, and my goal is to squat 600 pounds. I didn’t use wraps for my squat in the first meet, so I feel like I can definitely put some more weight on the bar and hit a 1700 total.

I’m looking forward to seeing it! Where can people find you on social media?

My instagram is @hardcorallen, and I have a Facebook page, Powerlifting 4 Kids Cancer Research (<https://www.facebook.com/Powerlifting4KidsCancerResearch>). **PM**

verted to a very clean diet. I wanted to get super healthy, super lean, and to just feel good. As far as powerlifting or competing, I don’t follow a super strict diet. If I need to eat something when I’m out or eating with my wife, I will, but I always try to manage and watch what I put into my body. Two months prior to the meet, I did watch everything I ate, and followed a high-carb, high-test diet (to build my testosterone) and everything was macro’d out and managed. I eat 6 or 7 meals every day, every 2-3 hours, and I take in just over

4000 calories a day. I definitely try to hit my macros between protein, fats, and carbs.

I heard that you like to use the Sling Shot in your training. How do you use it?

I actually just recently started using the Sling Shot about a month ago. Honestly, my bench was kind of crap - my shoulder and elbow were messed up, and then I got introduced to it. I was able to put more weight on the bar and train through my injuries. My 364 bench at the meet was extremely light, and I

Men Super Heavy Weight (SHW)

SQUAT

Rank	Name	Federation	Date	Division	Weight Class	Squat
1	Dave Hoff	IPA	2014-08-16	Multi-Ply	308	1115
2	Jeff Frank	XPC	2015-03-06	Multi-Ply	SHW	1105
2	Chris Janek	XPC	2015-03-06	Multi-Ply	308	1105
4	Dustin Slepicka	SPF	2014-09-27	Single-Ply	SHW	1102
5	Chad Walker	APF	2014-06-07	Multi-Ply	SHW	1085
6	Paul Childress	IPA	2015-03-14	Multi-Ply	308	1080
7	Shane Hammock	IPA	2014-08-16	Multi-Ply	308	1075
8	Brian Carroll	XPC	2015-03-06	Multi-Ply	242	1065
8	Jayson McNett	XPC	2015-03-06	Multi-Ply	SHW	1065
10	Jim Grandick	SPF	2014-09-27	Multi-Ply	275	1063
11	Marshall Johnson	UPA	2014-11-08	Multi-Ply	308	1060
11	Allan Mehan	XPC	2015-03-06	Multi-Ply	308	1060
13	Justin Graafls	XPC	2015-03-06	Multi-Ply	308	1050
13	Jesse Luczyk	RPS	2014-10-25	Multi-Ply	308	1050
15	Jake Anderson	XPC	2015-03-06	Multi-Ply	308	1030
16	Jimmie Pacifico	SPF	2014-12-06	Multi-Ply	242	1025
16	Eric Lilliebridge	UPA	2015-04-18	Raw with Wraps	308	1025
18	Chuck Vogelpohl	XPC	2015-03-06	Multi-Ply	242	1020
18	Tory Pelzer	XPC	2015-03-06	Multi-Ply	275	1020
18	Barzeen Vaziri	UPA	2014-11-08	Multi-Ply	SHW	1020
21	Pat Warren	UPA	2014-09-27	Multi-Ply	242	1019
21	Greg Theroit	APF	2014-06-07	Multi-Ply	308	1019
23	Jimmie Pacifico	IPA	2015-03-14	Multi-Ply	220	1015
23	Corey Miceli	UPA	2014-11-07	Multi-Ply	308	1015
25	Scott Cartwright	UPA	2015-03-27	Multi-Ply	SHW	1008
26	Derek Wade	XPC	2015-03-06	Multi-Ply	308	1005
27	Bruce Mason	UPA	2015-04-25	Multi-Ply	275	1003
27	Jeff Frank	USPA	2014-10-11	Single-Ply	SHW	1003
27	Tyler Butcher	USPF	2015-03-28	Single-Ply	SHW	1003
27	Jacob Head	UPA	2014-07-20	Multi-Ply	275	1003
27	Henry Thomason	APF	2014-06-14	Single-Ply	308	1003
32	Jo Jordan	UPA	2014-11-08	Multi-Ply	275	1000
32	Titus Russell	RPS	2014-10-25	Multi-Ply	242	1000
32	Matt Minuth	XPC	2015-03-06	Multi-Ply	242	1000
32	Steve Acquaro	IPA	2015-03-14	Multi-Ply	275	1000
32	Levi Niswander	IPA	2014-10-11	Multi-Ply	275	1000
32	Curt Porter	SPF	2015-03-21	Multi-Ply	308	1000
32	Daniel Tinajero	IPA	2014-08-16	Multi-Ply	220	1000
32	Derek Wilcox	SPF	2014-09-06	Multi-Ply	198	1000
40	James Burdette	UPA	2014-11-15	Multi-Ply	220	975
40	Henry Thomason	SPF	2015-01-31	Single-Ply	275	975
40	Christian Mello	IPA	2014-08-16	Multi-Ply	308	975
43	Jose Garcia	WPC	2014-11-15	Multi-Ply	275	970
43	Justin Redding	UPA	2014-07-20	Multi-Ply	275	970
45	Matt Minuth	XPC	2015-03-06	Multi-Ply	220	965
45	Nate Harvey	IPA	2014-08-16	Multi-Ply	308	965
45	Isaac Winkler	USPA	2014-11-22	Multi-Ply	220	965
48	Eric Lilliebridge	UPA	2014-07-20	Raw with Wraps	275	964
49	Tony Chirico	XPC	2015-03-06	Multi-Ply	275	960
50	Chad Smith	GPA	2014-11-23	Raw with Wraps	SHW	959

BENCH PRESS

Rank	Name	Federation	Date	Division	Weight Class	Squat
1	Dave Hoff	IPA	2014-08-16	Multi-Ply	308	1005
2	Jason Coker	IPA	2014-08-16	Multi-Ply	198	900
2	Vincent Dizenzo	RPS	2014-06-28	Multi-Ply	275	900
2	Travis Bell	IPA	2015-03-14	Multi-Ply	275	900
5	Matt Minuth	XPC	2015-03-06	Multi-Ply	220	870
6	Christopher Sutton	WABDL	2014-07-26	Single-Ply	SHW	866
7	Jason Coker	IPA	2015-03-14	Multi-Ply	220	860
8	Clinton Harwood	WPC	2014-07-19	Multi-Ply	SHW	859
9	Matt Houser	SPF	2014-09-27	Single-Ply	SHW	854
9	Jonathan Leo	USAPL	2015-03-08	Single-Ply	SHW	854
11	Matt Minuth	XPC	2015-03-06	Multi-Ply	242	850
12	Shane Hammock	IPA	2014-08-16	Multi-Ply	308	840
13	Glenn Russo	USPA	2014-10-25	Single-Ply	308	832
14	Elliot Baum	IPA	2015-03-14	Multi-Ply	275	830
15	Andy Bosnyak	IPA	2015-03-14	Multi-Ply	SHW	825
16	Jayson McNett	APF	2014-06-07	Multi-Ply	SHW	816
17	Andy Bosnyak	IPA	2014-10-25	Multi-Ply	308	815
18	Paul Childress	IPA	2014-08-16	Multi-Ply	308	810
18	Tim Moon	WUAP	2014-06-28	Single-Ply	275	810
20	Blaine Sumner	USAPL	2014-06-21	Single-Ply	SHW	804
21	Matt Houser	XPC	2015-03-06	Multi-Ply	SHW	800
22	Scott Mecham	USPA	2014-09-19	Single-Ply	242	799
23	Jake Prazak	USPA	2014-09-19	Single-Ply	242	788
24	Barzeen Vaziri	UPA	2014-11-08	Multi-Ply	SHW	780
24	Brian Carroll	RPS	2014-10-25	Multi-Ply	242	780
26	Jim Grandick	SPF	2014-09-27	Multi-Ply	275	777
26	Rich Putnam	USPA	2015-04-18	Multi-Ply	275	777
26	Rick Marrama	WABDL	2015-02-07	Single-Ply	242	777
29	Christian Mello	IPA	2014-08-16	Multi-Ply	308	775
29	James Phraner	RPS	2015-04-25	Single-Ply	275	775
31	David Douglas	USPA	2014-07-19	Single-Ply	308	771
31	Aaron Gonzales	USAPL	2014-06-21	Single-Ply	SHW	771
31	James Burdette	UPA	2014-07-20	Multi-Ply	220	771
34	Jeff Frank	XPC	2015-03-06	Multi-Ply	SHW	770
34	Jake Anderson	XPC	2015-03-06	Multi-Ply	308	770
36	Jimmie Pacifico	IPA	2014-08-16	Multi-Ply	220	765
36	Henry Thomason	SPF	2015-01-31	Single-Ply	275	765
36	Tim Gale	RPS	2014-11-01	Single-Ply	242	765
39	Jim Phraner	USPA	2015-02-21	Single-Ply	275	761
40	Didier Michelon	WPC	2014-07-19	Multi-Ply	275	760
40	Roger Ryan	XPC	2014-09-06	Multi-Ply	SHW	760
40	Chris Stinson	SPF	2015-02-21	Single-Ply	308	760
43	Tyler Butcher	USPF	2015-03-28	Single-Ply	SHW	755
44	Bart Boggia	IPA	2014-08-02	Multi-Ply	SHW	750
44	Rich McDowell	EPF	2015-03-28	Multi-Ply	275	750
44	Daniel Tinajero	IPA	2014-08-16	Multi-Ply	220	750
44	Allan Mehan	XPC	2015-03-06	Multi-Ply	308	750
44	Marshall Johnson	XPC	2015-03-06	Multi-Ply	308	750
49	Doug Smithy	USPA	2014-06-07	Multi-Ply	275	749
49	Chuck Hudson	USPA	2014-09-19	Single-Ply	308	749
49	Tommy Harrison Jr	WABDL	2015-04-11	Single-Ply	275	749
49	Henry Thomason	APF	2014-06-14	Single-Ply	308	749
49	Roger Ryan	USPA	2015-05-03	Single-Ply	308	749
49	Joe Cappellino	USAPL	2014-06-21	Single-Ply	SHW	749
49	Anthony Petrino	WPC	2014-11-15	Multi-Ply	SHW	749
49	Jeff Snyder	USAPL	2015-03-08	Single-Ply	SHW	749

For this round of rankings, we're taking the top lifts out of raw, raw with wraps, single-ply, and multi-ply. And since the SHW's weren't exactly carrying their weight in the rankings, for this particular instance of the rankings we're throwing all the weight classes into the mix. It's the ultimate powerlifting free-for-all!

Current Top 50 Rankings

DEADLIFT

Rank	Name	Federation	Date	Division	Weight Class	Squat
1	George Leeman	USPA	2015-03-21	Raw	SHW	909
2	Eric Lilliebridge	UPA	2015-01-31	Raw	308	887
2	Dominick Matrana	USPA	2015-02-07	Raw	SHW	887
4	Dominick Matrana	USPA	2014-09-19	Single-Ply	SHW	881
4	Eric Lilliebridge	UPA	2014-07-20	Raw	275	881
6	Shane Hammock	IPA	2015-03-14	Multi-Ply	308	860
7	Shawn Doyle	USPA	2014-09-19	Single-Ply	SHW	859
7	Jean-Francois Caron	RUPC	2015-02-08	Raw	308	859
7	Nick Weite	USAPL	2015-03-08	Single-Ply	275	859
10	Ian Bell	USAPL	2015-03-08	Single-Ply	220	854
11	Chad Walker	APF	2014-06-07	Multi-Ply	SHW	848
11	Jon McDonald	IPL	2014-11-08	Raw	275	848
13	Nick Weite	RAW	2015-01-17	Single-Ply	SHW	845
14	Jake Johns	USPA	2015-04-18	Raw	SHW	843
14	Tom Emelander	USPA	2015-02-07	Raw	275	843
16	Shawn Doyle	IPL	2014-11-08	Raw	308	837
17	Sean Green	IPA	2015-03-07	Multi-Ply	242	830
18	David Troutt	USPA	2014-07-26	Raw	242	826
18	Gus Munoz	USPA	2015-03-21	Raw	SHW	826
18	Patrick Holloway	WABDL	2014-11-21	Single-Ply	275	826
21	Jesse Norris	USAPL	2014-12-13	Raw	198	825
22	Jesse Norris	USPA	2014-09-19	Single-Ply	198	821
23	Curt Porter	SPF	2015-03-21	Multi-Ply	308	820
23	Corey Miceli	UPA	2014-11-07	Multi-Ply	308	820
25	Dan Green	GPA	2014-11-23	Raw	242	815
25	Russ Petty	USPA	2014-08-16	Raw	308	815
27	Josh Morris	SPF	2014-11-15	Raw	SHW	810
27	Jason Payne	USPA	2014-08-16	Raw	275	810
27	Daniel Bell	RUPC	2015-02-08	Raw	308	810
27	Chad Wesley	USPA	2015-04-18	Raw	SHW	810
31	Gregory Johnson	USAPL	2014-06-21	Single-Ply	242	804
31	Luigi Fagiani	USPA	2015-05-09	Raw	242	804
31	David LaMartina	USPA	2014-10-11	Raw	220	804
31	William LeBlanc	USAPL	2015-03-08	Single-Ply	275	804
31	Justin Graafs	USPA	2014-09-19	Single-Ply	275	804
31	Brian Laudick	USPA	2014-12-06	Raw	275	804
31	Mike White	APF	2014-10-11	Multi-Ply	308	804
31	Jimmy Paquet	RUPC	2015-02-08	Raw	242	804
31	Chad Smith	GPA	2014-11-23	Raw	SHW	804
40	Dave Hoff	IPA	2014-08-16	Multi-Ply	308	800
40	Corey Britton	RAW	2014-12-06	Raw	SHW	800
40	Dave Cooper	WNPF	2014-07-27	Raw	275	800
40	David Jasulewicz	SPF	2014-09-27	Raw	242	800
40	William BJ Barabas	SPF	2015-04-11	Raw	242	800
40	TJ Watkins	RPS	2014-06-14	Multi-Ply	SHW	800
46	Kade Weber	RUPC	2015-02-07	Raw	275	793
46	Mike Hedlesky	USAPL	2015-03-08	Single-Ply	275	793
48	Michael Otero	USPA	2015-02-28	Raw	SHW	788
48	Lance Ross	IPL	2014-11-08	Raw	308	788
48	Mike Tuchscherer	USAPL	2014-07-19	Raw	275	788

TOTAL

Rank	Name	Federation	Date	Division	Weight Class	Squat
1	Dave Hoff	IPA	2014-08-16	Multi-Ply	308	2920
2	Shane Hammock	IPA	2014-08-16	Multi-Ply	308	2740
3	Chad Walker	APF	2014-06-07	Multi-Ply	SHW	2645
4	Paul Childress	IPA	2015-03-14	Multi-Ply	308	2625
5	Brian Carroll	XPC	2015-03-06	Multi-Ply	242	2610
6	Matt Minuth	XPC	2015-03-06	Multi-Ply	242	2585
7	Matt Minuth	APFF	2014-12-06	Multi-Ply	220	2557
8	Jimmie Pacifico	IPA	2015-03-14	Multi-Ply	220	2550
8	Marshall Johnson	UPA	2014-11-08	Multi-Ply	308	2550
8	Jeff Frank	XPC	2015-03-06	Multi-Ply	SHW	2550
8	Barzeen Vaziri	UPA	2014-11-08	Multi-Ply	SHW	2550
8	Jake Anderson	XPC	2015-03-06	Multi-Ply	308	2550
13	Jim Grandick	SPF	2014-09-27	Multi-Ply	275	2546
14	Allan Mehan	XPC	2015-03-06	Multi-Ply	308	2545
15	Jimmie Pacifico	SPF	2014-12-06	Multi-Ply	242	2520
16	Jayson Mcnett	XPC	2015-03-06	Multi-Ply	SHW	2510
17	Tyler Butcher	USPF	2015-03-28	Single-Ply	SHW	2502
18	Curt Porter	SPF	2015-03-21	Multi-Ply	308	2500
18	Daniel Tinajero	IPA	2014-08-16	Multi-Ply	220	2500
18	Derek Wade	XPC	2015-03-06	Multi-Ply	308	2500
18	Christian Mello	IPA	2014-08-16	Multi-Ply	308	2500
22	Joe Cappellino	USAPL	2014-06-21	Single-Ply	SHW	2485
23	Dustin Slepicka	SPF	2014-09-27	Single-Ply	SHW	2480
24	TJ Watkins	RPS	2014-06-14	Multi-Ply	SHW	2470
25	Justin Graafs	XPC	2015-03-06	Multi-Ply	308	2465
26	Nate Harvey	IPA	2014-08-16	Multi-Ply	308	2450
27	Henry Thomason	SPF	2015-01-31	Single-Ply	275	2440
28	Corey Miceli	UPA	2014-11-07	Multi-Ply	308	2435
29	Eric Lilliebridge	UPA	2015-04-18	Raw with Wraps	308	2425
30	Jason Coker	IPA	2015-03-14	Multi-Ply	220	2420
31	Jeff Frank	USPA	2014-10-11	Single-Ply	SHW	2419
32	Anthony Carlquist	UPA	2014-06-14	Multi-Ply	275	2415
33	Henry Thomason	APF	2014-06-14	Single-Ply	308	2413
34	Jason Coker	IPA	2014-08-16	Multi-Ply	198	2405
35	Steve Acquaro	IPA	2015-03-14	Multi-Ply	275	2400
35	Dale Stiefel	RPS	2014-12-13	Multi-Ply	SHW	2400
35	Jesse Luczyk	XPC	2015-03-06	Multi-Ply	308	2400
38	Kalle Rasanen	IPA	2015-03-14	Multi-Ply	198	2385
39	Eric Lilliebridge	UPA	2014-07-20	Raw with Wraps	275	2380
40	Chris Dellafave	WPC	2014-11-15	Multi-Ply	242	2375
41	Pat Warren	UPA	2014-09-27	Multi-Ply	242	2369
42	Jonathan Byrd	XPC	2015-03-06	Multi-Ply	275	2365
43	James Burdette	UPA	2014-07-20	Multi-Ply	220	2353
43	Eric Lilliebridge	UPA	2015-01-31	Raw	308	2353
45	Erik Nyki	IPA	2015-03-14	Multi-Ply	SHW	2350
46	Jose Garcia	WPC	2014-11-15	Multi-Ply	275	2336
47	Levi Niswander	IPA	2014-10-11	Multi-Ply	275	2325
48	Chad Smith	GPA	2014-11-23	Raw with Wraps	SHW	2314
49	Bruce Mason	UPA	2015-04-25	Multi-Ply	275	2309
50	Chuck Vogelpohl	XPC	2015-03-06	Multi-Ply	242	2305

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Women Heavy Weight (SHW)

SQUAT

Rank	Name	Federation	Date	Division	Weight Class	Bench
1	Rheta West	IPA	2014-08-16	Multi-Ply	148	675
2	Shawna Mendelson	IPA	2014-08-16	Multi-Ply	165	670
3	Rheta West	SPF	2015-04-11	Multi-Ply	165	650
3	Ambre Tarpley	IPA	2014-08-16	Multi-Ply	SHW	650
5	Tara Green	XPC	2015-03-06	Multi-Ply	181	640
6	Laura Phelps-Sweatt	IPA	2014-08-16	Multi-Ply	148	635
7	Anna McCloskey	IPA	2015-03-14	Multi-Ply	181	630
8	Brooke Fineis	RPS	2014-08-09	Multi-Ply	181	615
9	Mary Grandick	IPA	2015-03-14	Multi-Ply	SHW	575
10	Krista Ford	WPC	2014-11-15	Multi-Ply	181	573
11	Bonica Lough	USAPL	2015-03-06	Raw	SHW	567
12	Samantha Coleman	APC	2015-03-28	Raw with Wraps	SHW	551
13	Nina Kondrasheva	XPC	2015-03-06	Multi-Ply	165	550
13	Jeanine Whittaker	XPC	2015-03-06	Raw with Wraps	198	550
15	Katey Brent	SPF	2015-04-11	Multi-Ply	181	545
16	Tracey Patrick	SPF	2015-04-11	Multi-Ply	148	540
16	Tara Green	USPA	2014-09-19	Single-Ply	181	540
16	Jeanine Whittaker	SPF	2015-04-11	Raw with Wraps	181	540
19	Allison Lockhart	XPC	2015-03-06	Multi-Ply	181	535
20	Diane Gmitter	APF	2014-06-08	Multi-Ply	181	534
21	Liane Blyn	USAPL	2015-03-07	Single-Ply	181	523
22	Debbie Damminga	SPF	2015-04-11	Multi-Ply	165	515
22	Dana Rygwelski	SPF	2015-04-11	Multi-Ply	181	515
22	Kathy Johnson	UPA	2014-06-21	Multi-Ply	181	515
25	Tracy Patrick	UPA	2014-11-08	Multi-Ply	148	505
25	Marissa Nallie	RPS	2015-02-07	Multi-Ply	165	505
27	Lexi Harris	USPA	2014-10-11	Single-Ply	SHW	501
28	Kelli Allen	SPF	2015-04-11	Raw with Wraps	SHW	500
28	Leslie Bunch	RPS	2014-10-25	Multi-Ply	198	500
28	Mindy Underwood	UPA	2014-11-08	Multi-Ply	198	500
28	Jasmine Jenkins	USPA	2014-11-22	Multi-Ply	165	500

BENCH PRESS

Rank	Name	Federation	Date	Division	Weight Class	Bench
1	Rachel Nutter	UPA	2014-11-08	Multi-Ply	SHW	500
2	Laura Phelps-Sweatt	IPA	2014-08-16	Multi-Ply	148	440
3	Emma James	WPC	2014-07-19	Single-Ply	198	429
4	Karen Campbell	WABDL	2014-11-21	Single-Ply	198	424
5	Brooke Fineis	RPS	2014-08-09	Multi-Ply	181	420
6	Liane Blyn	USAPL	2015-03-08	Single-Ply	181	413
6	Bonica Lough	USAPL	2015-03-08	Single-Ply	SHW	413
6	April Mathis	APF	2014-10-18	Raw	SHW	413
9	Rheta West	XPC	2015-03-06	Multi-Ply	165	405
9	Shawna Mendelson	IPA	2014-08-16	Multi-Ply	165	405
11	Rae-Ann Miller	USPA	2014-09-19	Single-Ply	SHW	402
12	Kathy Johnson	UPA	2014-06-21	Multi-Ply	181	400
13	Darilyn Doddy	APF	2015-01-10	Multi-Ply	165	385
14	Rheta West	IPA	2014-08-16	Multi-Ply	148	375
15	Anna McCloskey	SPF	2015-04-11	Multi-Ply	181	365
15	Tara Green	XPC	2015-03-06	Multi-Ply	181	365
17	Tracey Patrick	SPF	2015-04-11	Multi-Ply	148	355
18	Kathy Johnson	USPA	2014-09-19	Single-Ply	181	352
19	Ambre Tarpley	IPA	2014-08-16	Multi-Ply	SHW	350
20	Cindy Shockman	WABDL	2014-11-21	Single-Ply	165	343
21	Natalie Hanson	USAPL	2015-03-08	Single-Ply	181	341
22	Vikki Traugot	SPF	2015-04-11	Multi-Ply	148	340
23	Shanrekia Bower	USPA	2015-01-10	Single-Ply	SHW	336
23	Virpi Pukkila	WABDL	2014-11-22	Single-Ply	165	336
23	Tara Green	USPA	2014-09-19	Single-Ply	181	336
26	Angela Adams	SPF	2015-04-11	Multi-Ply	198	335
26	Marissa Nallie	RPS	2015-02-07	Multi-Ply	165	335
26	Nina Kondrasheva	XPC	2015-03-06	Multi-Ply	165	335
26	Allison Lockhart	XPC	2015-03-06	Multi-Ply	181	335
30	Tracy Patrick	UPA	2014-11-08	Multi-Ply	148	330
30	Monique Jackson	USPA	2014-09-19	Single-Ply	165	330
30	Tammy B Howard	RPS	2014-10-18	Multi-Ply	148	330

Top 30 Rankings

DEADLIFT

Rank	Name	Federation	Date	Division	Weight Class	Bench
1	April Mathis	APF	2014-10-18	Raw	SHW	589
2	Kristy Scott	USPA	2015-02-14	Raw	198	567
3	Kimberly Walford	NAPF	2015-03-09	Single-Ply	148	562
3	Kimberly Walford	USAPL	2015-03-08	Single-Ply	165	562
5	Kristy Scott	USPA	2014-06-14	Raw	181	556
6	Brittany Pryor	USPA	2014-09-19	Single-Ply	SHW	551
7	Jill Mills	USPA	2015-01-31	Raw	165	535
8	Alyssa Hitchcock	USAPL	2015-03-08	Single-Ply	165	534
9	Kimberly Walford	IPF	2014-10-18	Raw	148	529
9	Crystal Tate	UPA	2015-05-04	Raw	198	529
11	Samantha Coleman	APC	2015-03-28	Raw	SHW	527
12	Leonetta Richardson	USPA	2014-10-04	Multi-Ply	181	523
13	Jeanine Whittaker	SPF	2015-04-11	Raw	181	520
14	Monique Jackson	USPA	2014-09-19	Single-Ply	165	518
15	Rheta West	IPA	2014-08-16	Multi-Ply	148	515
16	Molly O'Rourke	USPA	2015-02-07	Raw	SHW	507
16	Becci Holcomb	USAPL	2014-10-25	Raw	SHW	507
18	Jeanine Whittaker	XPC	2015-03-06	Raw	198	505
18	Kelli Allen	SPF	2015-04-11	Raw	SHW	505
18	Anna McCloskey	IPA	2015-03-14	Multi-Ply	181	505
21	Stephanie Powell	USPA	2014-09-19	Single-Ply	148	501
21	Nancy Sarieh	USAPL	2014-11-22	Raw	165	501
21	Rebecca Holcomb	USAPL	2014-07-19	Raw	SHW	501
21	Bonica Lough	USAPL	2014-07-19	Raw	SHW	501
25	Debbie Damminga	SPF	2015-04-11	Multi-Ply	165	500
26	Laura Phelps-Sweatt	IPA	2014-08-16	Multi-Ply	148	490
26	Stephanie Walker	SPF	2015-04-11	Raw	165	490
28	Ansley Huffman	RUPC	2015-02-08	Raw	SHW	485
28	Tarra Oravec	SPF	2015-04-11	Raw	181	485
28	Anna McCloskey	WPC	2014-11-15	Raw	181	485
28	Rheta West	XPC	2015-03-06	Multi-Ply	165	485
28	Macy Armstrong	XPC	2015-03-06	Raw	198	485
28	Melody Melo	USPA	2014-07-26	Single-Ply	165	485

TOTAL

Rank	Name	Federation	Date	Division	Weight Class	Bench
1	Laura Phelps-Sweatt	IPA	2014-08-16	Multi-Ply	148	1565
2	Shawna Mendelson	IPA	2014-08-16	Multi-Ply	165	1525
2	Rheta West	IPA	2014-08-16	Multi-Ply	148	1525
4	Rheta West	XPC	2015-03-06	Multi-Ply	165	1505
5	Anna McCloskey	IPA	2015-03-14	Multi-Ply	181	1485
6	Ambre Tarpley	IPA	2014-08-16	Multi-Ply	SHW	1470
7	Brooke Fineis	RPS	2014-08-09	Multi-Ply	181	1445
8	Tara Green	XPC	2015-03-06	Multi-Ply	181	1430
9	Samantha Coleman	APC	2015-03-28	Raw with Wraps	SHW	1403
10	Liane Blyn	USAPL	2015-03-07	Single-Ply	181	1388
11	Allison Lockhart	XPC	2015-03-06	Multi-Ply	181	1345
12	Bonica Lough	USAPL	2014-07-19	Raw	SHW	1344
13	Jeanine Whittaker	SPF	2015-04-11	Raw with Wraps	181	1335
13	Jeanine Whittaker	XPC	2015-03-06	Raw with Wraps	198	1335
15	Tara Green	USPA	2014-09-19	Single-Ply	181	1333
16	Tracey Patrick	SPF	2015-04-11	Multi-Ply	148	1325
17	Katey Brent	SPF	2015-04-11	Multi-Ply	181	1315
18	Nina Kondrasheva	XPC	2015-03-06	Multi-Ply	165	1310
18	Mary Grandick	IPA	2015-03-14	Multi-Ply	SHW	1310
20	Kathy Johnson	UPA	2014-06-21	Multi-Ply	181	1300
21	Kristy Scott	USPA	2014-06-14	Raw with Wraps	181	1289
22	Krista Ford	WPC	2014-11-15	Multi-Ply	181	1284
23	Vikki Traugot	SPF	2015-04-11	Multi-Ply	148	1275
24	Jill Mills	USPA	2015-01-31	Raw	165	1264
25	Debbie Damminga	SPF	2015-04-11	Multi-Ply	165	1250
25	Marissa Nallie	RPS	2015-02-07	Multi-Ply	165	1250
27	Crystal Tate	UPA	2015-05-04	Raw with Wraps	198	1245
28	Jasmine Jenkins	USPA	2014-11-22	Multi-Ply	165	1240
29	Gracie Vanasse	IPA	2015-03-14	Multi-Ply	148	1235
30	Diane Gmitter	APF	2014-06-08	Multi-Ply	181	1229

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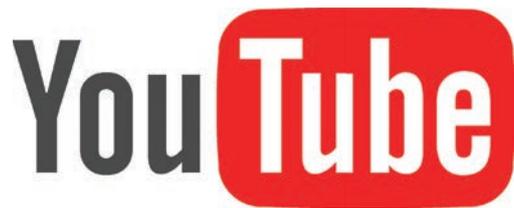
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ALRIGHT, KEVIN OAK, IF THAT IS YOUR REAL NAME...TELL US ABOUT YOURSELF.

My real name is Kevin Okolie. The way OAK came about was that one of my ex-girlfriends would always tell me that everyone is named Kevin in TV commercials, movies, etc. but I'm One of A Kind. I just turned 29 on May 9th, so I'm basically in the masters division. I'm 5'11" and I compete in both the 220 and 242 lbs weight divisions. My first powerlifting competition was the RPS [Revolution Powerlifting Syndicate] Heatwave back in July 2013 where I totaled a whopping 1600 lbs in the 242s (575/450/575). Currently, my best competition lifts are an 815 squat, 512 bench press, 755 deadlift, and 2,050 lb total.

YOU THREW OUT A BUNCH OF NUMBERS – NOW, I'LL THROW ONE OUT MYSELF: 783. THAT'S THE WORLD RECORD RAW SQUAT WITHOUT WRAPS AT 220, HELD BY DAN GREEN. ANY PLANS TO MAKE A RUN AT THAT?

I'm competing at the RPS Heatwave again this July in the 220 lbs division with no knee wraps. At this point, my training numbers certainly indicate that I can beat that number. I just need to stay the course, stay healthy, and get it done on the platform. (Editor's note: Jordan Wong recently upped the 220 squat world record to 785.)

AFTER HOPEFULLY BREAKING DAN'S RECORD, YOU'RE GOING TO COME TO HIS MEET AND GO HEAD-TO-HEAD WITH THE BOSS HIMSELF, AS WELL AS SOME OTHER TOP 220S. WHAT NUMBERS ARE YOU LOOKING TO HIT THERE?

It's hard to say at this point. I will be competing in the 220s again at that competition but with knee wraps. I do know that not only Dan Green, but also Chris Duffin and Tee Cummins, will be competing in that division and are all potentially capable of totaling around or even possibly above the current world record total. Dan Green is the current record holder and it's in his backyard so he certainly isn't going down without a fight. I'm predicting some very historical numbers.

HEELS OR FLATS? I'M TALKING ABOUT YOUR SQUAT SHOES, NOT YOUR SATURDAY NIGHT FOOTWEAR!

I recently switched to flat shoes from a heeled shoe after realizing

that I was using the heeled shoes as a crutch. The problem I would have wearing flat shoes was my heel would come up and I would kind of get up on my toes towards the bottom of my squat. With a heeled shoe, that wouldn't happen, so I would just wear heeled shoes. However, I realized that the real issue was my technique and I wasn't sitting back into the squat - I was more so just dropping down in a straight line.

WOULD YOU MIND EXPLAINING WHAT'S GOING ON IN THIS PICTURE OF YOU DEADLIFTING?

Haha I knew it was going to be that picture! I think I was getting ready for a PR [Personal Record] and just got extremely excited.

YOU'VE RECENTLY STARTED OFFERING ONLINE COACHING. WHAT DOES THIS ENCOMPASS AND WHERE CAN PEOPLE GET MORE INFORMATION?

My coaching includes week-by-week custom planning and analysis of my lifters. The main variable that I think is different from most coaches is that I give every one of my lifters a specific plan for them that targets their weaknesses and I re-analyze what they're doing weekly. I don't just send out some template that's supposed to work for everyone. One of the biggest pet peeves I had when I was a young runner was when a coach would just give everyone in a group the same workouts. You can have two people that have the same exact raw total or same exact 100m dash time or the same stats on a football field but have completely different strengths and shortcomings. The way someone is going to get better the quickest is by attacking his or her specific weaknesses. For example, I have two clients that both bench around 450 lbs. One of them is very strong off of his chest but has issues locking the weight out. The other guy, if he can reverse the weight, he'll usually lock it out. So, I have the guy with lockout issues doing more board work, using the Sling Shot, and doing heavy triceps volume. The guy with trouble getting the weight moving, I have doing heavy volume on paused half reps to train his chest to be more explosive. For more info on my coaching you can email me at GrowOakStrong@gmail.com. Also, if you're on Instagram, I post a lot of my training there, @OakStrong.

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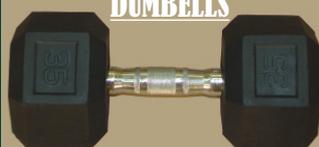
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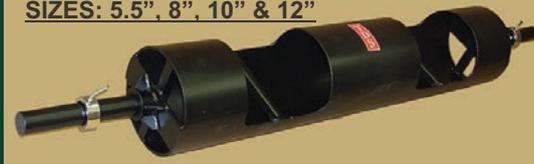


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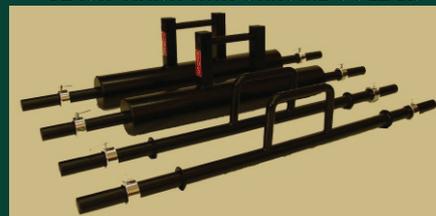


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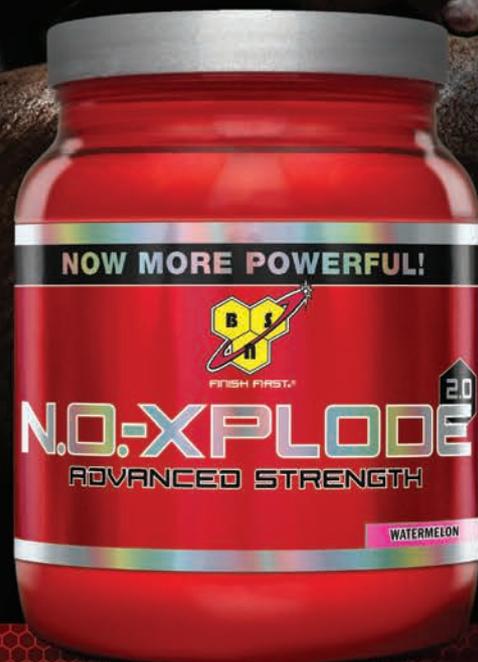
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