

BECOMING SUPER HUMAN: THE FASTING SECRET BY CHRIS HINTZ

POWER

MAY/JUNE 2017

**THE CHAMPION
OF CHAMPIONS:**

**BLAINE
"THE VANILLA GORILLA"
SUMNER**

**A CHAMPIONSHIP ROAD TO
RECOVERY WITH MATT VINCENT**

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FIRST WORD



On the cover of this issue, we have the Vanilla Gorilla Blaine Sumner. Blaine Sumner has hit huge weights in both raw and single-ply. And he has the largest single-ply total in history. He was the first man to squat over 1,100 lbs. in single-ply gear. He's a great all-around athlete, and one of the only people in all of powerlifting that can rival Big Ray Williams. Not to mention anyone who has the dedication to take whatever is in their refrigerator and throw it in their blender to turn it into a shake is probably dedicated enough to become a world champion.

Cailer Woolam has proved to be a force to be reckoned with, pulling an 841 [lb.] deadlift at 198 lbs. The question now is: can he break Ed Coan's all-time record of 901 in the deadlift at 220 lbs.? Cailer recently hit a 915 lb. deadlift in training, and now he has to do it on the platform. Make sure you check out his article so you're aware of the next big thing in powerlifting.

Everyone is always trying to figure out how to make money. It's a really popular thing to be an entrepreneur. Everyone's talking about it. Everyone wants to do it. Everyone's trying to figure out how to make it work for themselves. And the entrepreneur that everyone looks to is thee Gary V. When you figure out what makes someone successful, a lot of times it's something much different than you may have originally thought. Gary V. isn't just all plans. He's someone that's going to go and put things into action and figure out things as he goes. He's the kind of person who's going to jump off the side of a building and grow wings on the way down. But he didn't do it without help. He's got a great family and great employees that work for him, and it's help him get to where he is today.

Matt Vincent – you don't become a two-time Highland Games Champion and an overall badass and get the nickname the Fat Owl without taking care of your body. Fatty Matty takes you through his ways to recover. I wish I could still call him Fatty Matty but he's lost about 50 lbs. recently and I'll have to come up with a different name for him.

The topic of fasting is hot, everyone's talking about it, and we got someone to write an article about it. Make sure you check out Chris Hintz's article about fasting.

Mark Bell

Sent from my iPhone 8 and Sling Shot HQ

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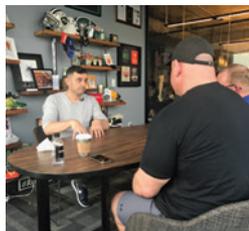
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"AT ONE TIME I STOOD ALONE..."

I was almost the only believer in weight training for athletes. Now there are thousands of coaches who are teaching weight training to their teams, and hundreds of thousands of athletes, improving their athletic ability through weight training" – Bob Hoffman

...Still standing ALONE



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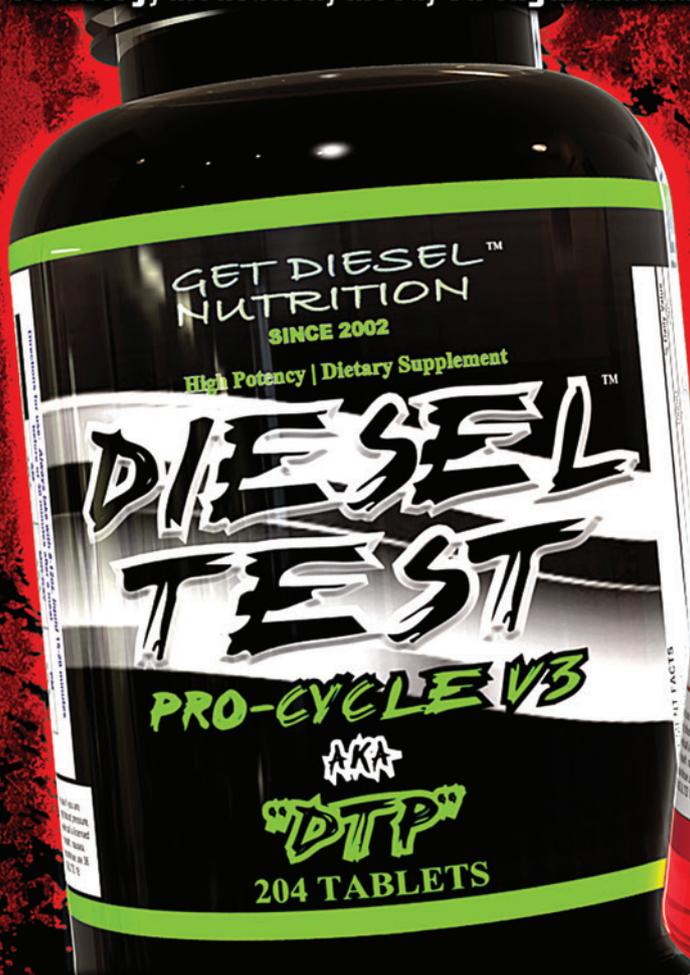
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CHRIS ROBINSON GARCIA



Age: 29
Height: 5'8"
Weight: 200 lbs.
Hometown: San Diego
Gym: California Elite Training Center
Max Squat: 633.9 lbs.
Max Bench: 424 lbs.
Max Deadlift: 727.5 lbs.
Best Total: 1780.2 lbs.
Athletic Background: High School Wrestling and Powerlifting
Instagram: @chrisrobinsin

You're an all-around great powerlifter. How are you able to keep all three lifts so competitive in the 181 lb weight class?

I stay competitive because I'm a consistent lifter. I rarely miss a training session, and I'm essentially obsessed with lifting. I also have a physical labor job, which keeps me limber for lifts, but it also adds to the challenge. Above all, there is no magic pill—consistency trumps all.

What are your biggest powerlifting accomplishments?

Some of the biggest powerlifting accomplishments for me are making the top 10 list for the all-time world record total in the 181 class. Also, pulling a 4x bodyweight deadlift and being invited to the U.S. Open.

How many years did it take you to find the right rhythm and training program that best suits you?

I started my powerlifting journey in 2013, and I didn't really find my rhythm until I started working with Lawrence

Barcello, aka Larry Lurker, in early 2016. He [completed my] program and focused on strengthening my weaknesses.

You have a relatively unconventional foot placement while bench pressing. Is that something that just happened over time, or is it something that you had to get used to?

When I used to train at SoCal Barbell, Coach Quinn would mention that my feet were always uneven when I benched. The best way I could think of fixing it was to put my heels together. It's not the best way to bench, but it's something I got used to overtime.

You appear to train alone most of the time. Do you prefer to stay away from large crowds while training?

As a blue-collar worker, my work schedule starts from 6 am to 2:30 pm or even later. I don't schedule to train with anyone—I just usually come in [to the gym] when I get off of work.

You handle a ton of volume, back down sets, multiple movement variations, and reps. How do you find that

this helps you during your training? Does your training protocol change as you get closer to a meet?

Off-season work [consists of] a lot of volume with variations of the big three lifts. During meet prep, it's more specified training for [the] competition. It is basic progressive resistance while keeping volume high in the off-season—intensity is lower as to not wipe out the CNS [Central Nervous System]. Come meet prep time, it's the opposite—less volume and more intensity.

Give us a peek as to what your training split looks like.

I train four times a week:

Monday: Bench

Tuesday: Rest

Wednesday: Deadlift

Thursday: Rest

Friday: "Fluff 'n Buff" day

Saturday: Squats

Sunday: Rest

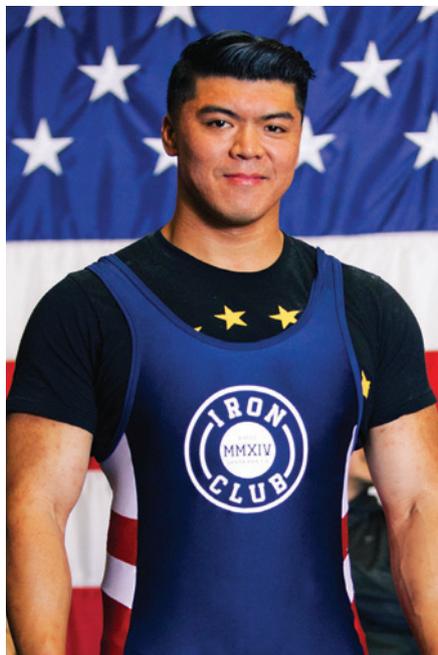
There's a divide in regards to the importance of diet and powerlifting. What does your food intake look like?

I don't follow a strict diet or count macros, but I do prep meals for the workweek. I eat a lot of ground chicken, ground turkey, rice or pasta, and veggies. It's boring, but it's cheap and simple. On training days, I allow myself more carbs than I do on non-training days. Somedays, I'm lazy and grab a California burrito or some Popeye's chicken. To help with recovery, I use Scivation BCAAs and protein powder.

You're a very explosive squatter—your bench is next level, and your deadlift is unmatched. Which of the three lifts is your favorite?

My favorite lift would have to be the deadlift because it's one of my best lifts, and it's something I'm constantly working on perfecting.

Do you find it difficult to stay within



weight cutting distance from 181 lbs. when [you're] training to increase strength?

I don't find it difficult to stay within weight cutting distance because I know exactly where my weight needs to be during meet prep. I can easily get up to 210 lbs. during my off-season training, but I prefer training around 195-200 lbs. during meet prep. Over the past few meets, I've learned that cutting weight last minute was the best way to ensure that I'm strong on meet day.

What are your lifting goals for 2017-2018?

My goals for 2017-2018 are to move up the all-time world record list for the 181 lbs. weight class. I want to start transitioning into using knee wraps in order to be more competitive. **PM**

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**THIS CHICK CAN KICK YOUR ASS....
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CHRISTINA BLAIR SIMMONS

Age: 27

Height: 5'6"

Weight: 130 lbs.

Hometown: Chicago

Gym: Hybrid Fitness Pasadena

Current Maxes:

Squat: 225 lbs.

Bench: 155 lbs.

Deadlift: 255 lbs.

Athletic Background: I was an athlete all throughout high school—I played shortstop in softball, and I was the number one singles tennis player. I loved competition from a very young age! Just ask my family and friends!

What are you currently training for?

I am currently training for my second season as a nationally qualified figure competitor. This will be my second season ever—I'm going after my pro card. I'm determined to walk away from the season with a pro card in my hand. My first show of the season will be on May 27th, and then I'll carry that all the way through junior nationals in Chicago come July.

What does the training split look like?

I am just now going back on prep for my first show [of the season] that will be in May. My training split is six days on, one day off, and I do cardio four times a week for about 45 minutes [per session]. I try to keep my training simple but effective during prep. I'll have two full shoulder days with one [session] that incorporates back accessory [work]. [I will also include] a full leg day with heavy squats, which will be followed by never ending amounts of accessory work. Well, at least it feels like it's never ending—not being able to walk the next day says it all! I do also incorporate a full chest day—I know a lot of competitors do not do this, but I actually really enjoy chest day and seeing the definition pop in my chest. Then, of course, [I'll incorporate] a full back day that always starts with lat pulldowns—I have to get my back as wide as possible for the stage. I believe the biggest part of training is the rest—you have to allow your body to rest and recover, so I have a full day of recovery. On this day, I might go sit in the sauna or hot tub. I might also do foam rolling and stretching throughout the day just to stay loose.

You're shredded, athletic, and strong. How is this possible?





It's funny because I get asked this a lot, but it's pretty simple. [It takes] years, years, and years of hard work and never quitting. I didn't wake up like this one morning. It was day in and day out of watching what I ate, never missing a training day, and never letting anything get in my way. I can probably count the amount of times I've missed the gym in the last seven years with my fingers. I believe anything is possible if you set your mind to it. If you set out with a goal and go after it full force, then you'll get there—no matter what it is that you're trying to achieve.

You are surrounded by meatheads from time to time. What is your favorite powerlifting movement?

[That's a] very funny way of putting it—I guess you could call me somewhat of a meathead in the sense that the gym is where I live most of my life. Having a very well-known powerlifting boyfriend, I have definitely played around in the sport of powerlifting. Hands-down, I would say that my favorite movement would be the bench press. I think it's mostly because I'm built with the right mechanics for it. Being able to bench, squat, and deadlift well over what you weigh is an indescribable feeling. With that being said, I did want to make it clear that I am not a powerlifter (right now)—I'm a figure competitor in the bodybuilding world. After achieving everything I want to do in the bodybuilding world, I have expressed wanting to do a full powerlifting meet.

What is a sample of your day-to-day diet in order to help you maintain your

physique? Flexible dieting? Portion control?

I'm always someone who keeps her diet very clean—I just like the way I feel when I'm eating the right things. Now, with that being said, I am definitely human, and I have my cheat meals. I am a flexible dieter while not on prep. During prep, I am very strict with what I eat—I weigh my food, and I prep it every Sunday. I set myself up to achieve what I set out to do by being 100% prepared. Diet is the biggest factor when you're on contest prep—getting to the gym is the easy part during this time.

Is there a huge difference between your on and off season training?

This last off-season, I would absolutely say that there's a big difference. This off-season, I did a full powerlifting training cycle. I got a lot stronger, and I put on a good amount of muscle mass. It was exciting and motivating. I got to try something new with my diet while I was on the powerlifting segment—I wasn't afraid to put on a little weight, and I had so much support. Now, going back into prep and being on a strict training cycle that incorporates a lot of volume work and hypertrophy, I would say on and off-season is very different. The biggest difference would be my speed during a workout—off-season training was very slow, and it was all about taking my time between sets, while prep is a very high pace training cycle for me.

Favorite cheat meal?

This is probably the hardest question

you have asked me so far. Though I might be a strict dieter, I have a very big sweet tooth. I would say my absolute favorite cheat meal would be anything [that has] peanut butter [in it]. [I'm a] big fan of peanut butter Cap'n Crunch!

What is your favorite type of cardio?

I absolutely love HIIT cardio because there are one million ways to get it done. It makes doing cardio not as bad, and it almost makes it fun (almost). I'm known for coming up with new ideas for circuits and HIIT.

What advice would you give to someone who is just starting his or her fitness journey?

The best advice I ever got when I first started [training] was to never quit. Never give up just because you're not seeing results right away. This is a marathon, not a sprint—it's working for it [your fitness] goals every day.

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BLAINE

'The Vanilla Gorilla'

SUMNER

BY HANI JAZAYRLI

Weight Class 120 kg+ | 264 lb+

Current Open Superheavy (120Kg+) IPF World Champion

Current IPF Open World Record in Squat – 505 Kg | 1,113 lb

Current IPF Open World Record in Bench Press – 410 kg | 904 lb

Current IPF Open World Record in Total – 1272.5 kg | 2,805lb

Highest Wilks in IPF History with 692 points

HANI: What a resume, Blaine. In addition to your current records you have set 14 different world records and 28 American records and in 2016 you were deemed USA Powerlifting's Champion of Champions. I don't think you need an introduction beyond that! I know you're a busy guy due to the nature of your work so thank you for taking the time to talk with me for POWER.

BLAINE: Thanks Hani, it's a pleasure to be talking to you and being part of POWER magazine again.

HANI: When did it all begin for you? Powerlifting seems to be something that probably came naturally you after playing football but I don't think it's possible to imagine the amount of work it has taken for you to get to the level you're at.

BLAINE: All through 2011, football was my main physical pursuit. I knew what powerlifting was, and squatted and bench pressed heavy for football, but football was always the goal. In the off season I was always addicted to lifting weights though and did a local meet here and there with no prep.





HANI: By the looks of it you have a pretty illustrious athletic history. You previously set school records in in four sports! Is it safe to assume that football was the favorite for you since you continued it into your college years?

BLAINE: Football was my favorite, but wrestling was the toughest. Wrestling through the end of high school had more of an impact on who I am today than football.

HANI: You were both a nose guard and a short yardage fullback; can you still get moving like back in your college days?

BLAINE: Hahaha man – I would have to say no. For a good bit after I was done playing football I maintained my athleticism and did speed and agility work regularly. But over time, it became less and less and is nearly non-existent now.

HANI: Speaking of your college days; your performance at the NFL combine was very impressive in my opinion. Considering the changes you have made to your training since then; if you were to do that same testing series now how do you think you'd do?

BLAINE: Honestly not nearly as good. My bench reps would be up a bit if I trained for it. But training for a max single is much different than training for 50-60 reps. My speed and jumping abilities would be down even though I'm stronger – just because I don't do them anymore.

HANI: Do you think shifting your focus away from your speed and agility work had a direct carryover into your competition lifts?

BLAINE: That's tough to say. I think if I was still dedicated to speed and

agility drills, that it wouldn't have an impact on my strength. But since that part of my life is behind me, no reason to spend time on it!

HANI: What would you consider to be your proudest athletic moments both in and out of powerlifting?

BLAINE: I can easily answer this question with a simple answer – 2016. I had by far the greatest year of my life in 2016. I started off the year by blowing away every record I could have dreamed about at the Arnold by squatting 1,102 lbs., bench pressing 885 lbs., deadlifting 817 lbs. for a total of 2,803 lbs. and a Wilks of 692. The squat, bench press, total, and Wilks were the biggest in IPF history. In August, I went to St. Croix in the U.S. Virgin Islands for the North American Powerlifting Championships to qualify for the World Games. I won that meet in the most beautiful setting



I have ever been to, and followed it up by proposing to my wife on a private fishing charter in the Caribbean a few days later. In November, I became the IPF Open Superheavyweight World Champion, which had been my lifelong dream as long as I had been involved in the sport. I was also the first American male in 8 years to win an Open World Championship. I got to stand on top of the podium holding the American flag and hear the national anthem with my family and friends watching. In December, I graduated with my Masters in Engineering and Technology Management from the Colorado School of Mines while working full time as a Petroleum Engineer and lifting. I also married my wife just before Christmas and she is more perfect of a woman than I imagined in my wildest dreams. 2016 was an absolute whirlwind and looking back I don't know how I got it all done, but I can't wait to see what 2017 brings!

HANI: It is a little-known fact that you are a petroleum engineer. What does your day to day life look like in terms of work?

BLAINE: I'm not going to lie. It's a big grind. I'm on the operations side of

hydraulic fracturing jobs which occur 24/7/365 so my phone will ring all hours of the day/night/weekend/holiday. I get up at 5:30 AM, leave work at 5:00 PM, head to the gym, train for 3.5 – 4 hours. Get home, get my meals and clothes for the next day, FaceTime my wife, and go to sleep.

HANI: What was it like managing your education while simultaneously pursuing an athletic career?

BLAINE: On the outside it looks much more challenging. Being a full time NCAA athlete while pursuing a tough engineering degree at a very challenging school, but I did better because I was playing football. It forced me to become excellent at time management.

HANI: I guess it's safe to say you're the king of not making excuses based on the hours you work while still making time for a wife, training, fishing, and an avid twerking habit.

BLAINE: Hahaha! Of all those things you mentioned, twerking is for sure the most time consuming.

HANI: Aside from your work as a petroleum engineer I know you have been putting some time into getting a coaching business off the ground.

Your work with Juggernaut Training Systems and BlaineSumner.com seems to be gaining momentum. Is this something you want or see yourself eventually doing full time?

BLAINE: I doubt I will do this full time. In this world, my reputation is based on the athlete I am. The minute that disappears, so does a large portion of the business. That is just the nature of the beast these days with social media. My career gives me some stability and something to always have.

HANI: What does your training look like on a weekly basis? As far as I can tell you do a large majority of your equipped training alone which is a feat in and of itself.

BLAINE: Yes I do almost all my training alone. I have some very dependent guys to come wrap my knees and give me lift offs on the bench, but everything else is solo. My training has changed through time, but right now I squat heavy on Mondays, bench heavy on Wednesdays and Sundays, and pull heavy on Fridays.

HANI: What was the thought process behind choosing your frequency for your lifts? I've listened to some



stuff you've put out and I know you have trained on several different levels of frequency from once per week all the way up to four times on all the lifts.

BLAINE: For all of my athletic years, and the early part of my powerlifting dedicated life, I trained a typical "Western Periodization" style where I only squatted and deadlifted once per week, and bench pressed once or twice. I had success with this for a long time. And had in my head that this was the only proper way to train because it was impossible to recover from squatting or deadlifting more than once per week! After my bench had stagnated for quite some time, I wanted to do more of a high frequency program. I looked at all kinds of methods and eventually settled on being coached by Mike Tuchscherer. This was one of the greatest learning periods of my life. I was now squatting and deadlifting 3 times per week, and benching 4 times. I saw great success

with this, especially on meet day. I felt like I could chew through steel and had no fatigue. After my time with Mike ran out, I kept myself training high frequency and during a period even went up to doing all three competition lifts 5 times per week! Over the past year, I've backed down to squatting and deadlifting once per week because the wear and tear on my elbows and shoulders from squatting made benching impossible and the risk of injury on these joints was not worth the reward. At some point in the future I am sure I will return to another period of high frequency.

HANI: I know that you originally were in love with training and competing raw. How would your training now differ if you were aiming to perform at your best in a raw competition? Would you keep the equipped lifts in rotation?

BLAINE: If I was wanting to focus purely on raw lifting, I would remove the gear from my training altogether.

Maybe some squat briefs when my hips really needed a break. The whole stigma of equipment allowing you to feel supra-max weights making the raw lifts feel lighter I have not found to be true. The equipment also changes the technique enough so that when you go back to raw, your technique feels off. The more and more I have focused on equipped lifting, the more my raw technique feels unnatural and unrefined when I return to training raw. My training would not differ very much except my training sessions would be much shorter. Training for single ply and training for raw are extremely similar. The only difference would be when I am selecting assistance exercises, they would be slightly different because I would be trying to strengthen my raw strength curve instead of my equipped strength curve. The sets, reps, intensities, and periodization would all be nearly unchanged.

HANI: Speaking of raw and



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equipped training; how do you feel about the growth of raw and equipped lifting domestically and internationally? Do you see equipped lifting getting a return-to-popularity surge in the USA in the next few years?

BLAINE: The insane growth of raw lifting has been great for the sport both on the raw and equipped sides. We have more people competing, watching, and following powerlifting than we ever have in history. This brings bigger names and sponsors to the sport; it is good for us all. Equipped lifting is still the style of choice in Eastern European countries and their best lifters are still mostly interested in just gear. In North America and Western Europe, raw is far more popular. When raw first started getting popular, I figured most of the good raw lifters would eventually switch to gear to take their lifting to the

next level, help keep competing through injuries, and want to lift more weight, but I was wrong. From what I have seen the past two years, I don't see equipped lifting getting a popularity surge. I think it is a cultural thing, the barriers of entry to equipped lifting are much higher. You need people around who know and can teach you the gear, and you usually need a crew of spotters and helpers. The training sessions are much more difficult and longer. It takes many many years to become a great equipped lifter even with world class strength. People aren't interested in that. For someone who is a top lifter in the raw division, it would take a special person, a very rare breed, to take the jump and try equipped lifting and to accept not being at the top for a few more years. I think many of the new lifters will also not be in the sport very long. I think we

will see a large majority of lifters be a revolving door of 2 year careers and be done, and new blood will come in for a short period of time. Due to these reasons, I don't believe we will see a spike in popularity of equipped lifting. But I have been wrong before and hope that I am wrong again!

HANI: How do you feel about training variations of the lifts or the use of specialized bars? What about accommodating resistance like bands, chains, etc.?

BLAINE: I love training variations of the lift. 90% of my work is spent doing the competition specific movements or variations. Appropriately chosen variations are the best thing you can do for improving your lifts. Correctly identifying a weak point, and selecting an appropriate exercise and executing it properly is the true bread and butter of getting stronger. Over the years, I have used accommodating resistance and program it into a lot of my athletes' training. I don't use it much anymore, but have really considered bringing it back, especially for my bench press. I think bands and chains are often misused. When I coach my athletes on how I would like them to set up bands, I tell them to not calculate tension or % because it usually just leads to delusions about how much they think they are doing. Just set up a band (reverse or to the floor) with an empty bar (for bands to the floor) or with 135-225 (for reverse bands) and go through the movement. You should feel a very noticeable change in force throughout the movement. So, change the band width, or how it is set up until you feel a very drastic change in force through the whole lift. There should be band tension present at the beginning and end of the lift - so no 100% free weight at any point.

HANI: If you could give one piece of training advice to us all, what would it be?

BLAINE: Find a program you believe in, put your trust in it, and follow it through to completion. Don't get distracted by what others are doing or question the work you are putting in or the path you are on.

HANI: Injuries are always an interesting topic with seasoned veterans of the sport. I know you are constantly dealing with a few but I'm not quite

sure on the specifics of what they all are. Can you tell us what you struggle with and what you've done to train through or around it?

BLAINE: The two most major ones I have are a ruptured L5-S1 disc and two torn hip labrums. I could write a book on the things I do to work around them. And there is a lot of literature on the internet about these things too. Just need to stay positive. Something that isn't talked so much about these days is the lifting equipment. Even light, loose, single ply gear can do a tremendous amount in making aches and pains go away.

HANI: They say hindsight is 20/20. If you could go back and alter anything about your previous training to help you avoid some of these injuries; what would you do differently?

BLAINE: The root of almost all my injuries seems to be never getting out of a massive anterior pelvic tilt. It's allowed me to have a lot of power, but learning about proper bracing and a neutral pelvis could have probably saved me a lot of grief.

HANI: Nutrition has got to be an interesting subject for you. What does it

take to maintain your bodyweight and performance level? Is this something you struggle with?

BLAINE: I don't struggle with nutrition at all anymore. Obviously it takes a massive quantity of calories to maintain this svelte 375 lb. figure so the sheer act of consuming them while being non-stop busy all day is a challenge. That is where my shake diet comes from. 80% of my calories are consumed via blended chicken, egg whites, avocado, spinach, milk, sweet potatoes, and peanut butter.

HANI: Seriously, though, what's the story with the chicken shakes?

BLAINE: It all just comes down to time management. I surprisingly don't have a very big appetite for someone my size. So if I had to sit there and choke down chewing this much food, that is all I would do all day. Fortunately I developed this awesome skill of chugging and can hammer it all home that way.

HANI: What is your favorite food?

BLAINE: Quite a big fan of BBQ. I love chopped brisket.

HANI: What would a perfect Saturday night look like for you?

BLAINE: Fishing on the lake all morning and afternoon. Training for 4 hours in the evening with my wife. Creep on her while she's doing her cardio. Go home, eat some BBQ, and chill.

HANI: Tell us something about you that nobody would know

BLAINE: I like to eat small children and large animals.

HANI: Where can we find you on social media?

BLAINE: I do most of my posting on Instagram as 'TheVanillaGorilla92' and I also have a website: BlaineSumner.com.

HANI: Do you have any sponsors you'd like to thank?

BLAINE: I am fortunate to be taken care of immensely by Con-Cret/Promera Sports and Titan Support Systems. Thanks to them I've been able to travel the world competing in meets and not pay a dime.

HANI: Thanks for taking the time to do this interview, Blaine! Also, thank you for passing along the sweet photos from Robert Crawford and 9for9 Media. I'm looking forward to seeing you kill it again in Columbus this year! PM

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TRAINING WITH ADAM FERCHEN

BY R.L. MURRAY

A little over a year ago, I met Adam Ferchen at a meet in Syracuse, New York. We have kept in touch since. Upon learning Adam was headed to the IPL Worlds in Las Vegas in November, I sat down and began an interview with him, which we concluded after his impressive competition.

Give us a little background information: How old are you, where do you live, and what do you do for a living?

I am 25 years old, and I was born and raised in Niagara Falls, New York. I just opened up my own strength training facility in March of 2016 called Elite Fitness and Personal Training, where I work as a personal trainer and a strength coach.

How long have you been strength training, and how long have you been competing?

I first started working out when I was a freshman in high school – I was 14. I did my first competition at 15 – it was a bench press only competition, and I bombed out. Then, two months later, I competed in my first full power competition.

Give us a little insight as to the progression of your lifts: How much have your lifts gone up over the past few years, and what are your current best lifts in competition?

At my first full power competition, I was 15, and I weighed in at 158 and totaled 805 (315-175-315). I'm currently 25, and I weigh anywhere from 215-225. My best competition lifts include a 700 lbs. squat, a 457 lbs. bench press, and a 740 lbs. deadlift [Editor's note: pre-IPL Worlds].

So far in your career, which lifting accomplishment do you take the most pride in, and why?

I have set and still hold many state records and a couple of national and world records, but there is one meet that I will never forget, and it was an unsanctioned event. I was 18, a

senior in high school and competing in the New York State Powerlifting Championships, which was an event I competed in during all four years of high school. I weighed in at 182 and finished the day off with a 500 lbs. squat (in an old beat up pair of those red and black Inzer knee wraps), a 335 lbs. bench press, and a 600 lbs. beltless deadlift. I broke records that were set 27 years prior to this event, and to this day, my records still hold. This was the meet that made me realize that I could really have some potential in this sport.

What type of a training routine do you follow (Cube, periodization, 5/3/1 or Westside)? Or do you follow something of your own?

For the last 11 years, I pretty much have just done my own thing. I read anything and everything I could and would pick the brains of other lifters who I would see were doing well and see what they do. Over time, I pretty much just tied everything together to figure out what had worked best for me. A lot of it was just listening to my body and realizing when I needed to back off and give my body the rest it needs – a lesson that was learned the hard way. Twelve weeks ago, I made the decision that I have brought myself pretty far on my own, but I feel like I have hit a standstill. After seeing how another local lifter had been making great progress under the coaching of Josh Bryant, I decided to hire Josh myself, and in the past 12 weeks, I have hit numbers in training that I have never hit before.





I find this interesting because I know you are an extremely knowledgeable lifter and a very good coach. Do you think that once you get to an elite level it is a good idea, or maybe a necessity, to get an outside perspective?

Absolutely. I got myself pretty far by doing my own research and asking tons of questions, but I believed I had reached a point where my progress had dramatically slowed down. A lot of this may be due to recently opening my gym this past March. I have taken on a lot of new clients and have been working 75 hours a week and getting minimal sleep. I'm not stressed out, but I do find myself tired at times, and it is much easier to just listen to what Josh wants me to do so that I can put the energy I have into my clients and my business. This leaves me with nothing to think about when it comes to my own training. I just follow the plan.

Without giving away any trade secrets, can you share some things that you have done differently training under Josh's program?

When I train myself, it is very easy to fall away from my "overall plan." For example, if I'm tired or have something else going on that is taking a mental toll on me, it is very easy to back off of my training and fall away from my goals. With Josh, he provides my workouts and tells me exactly how much to lift, how many reps and sets to do and how long of a rest period to take. So there is literally zero thought process on my own, and I can put 100% of my energy into

"I PLAN TO HAVE MY SECOND ATTEMPTS SURPASS THE NUMBER ONE TOTAL. THEN, WE CAN HAVE SOME FUN WITH MY THIRD ATTEMPTS. IDEALLY, I WOULD LIKE TO FINISH THE DAY WITH A 700+ SQUAT, 470 BENCH, AND 750+ DEADLIFT"

my training. I also like the idea of knowing what my numbers will be for the entire week, so I can mentally prepare [for them]. For example, I get my plan on Sunday afternoon, and the following Saturday, I [see that I] have to take a 750 lbs. deadlift. That gives me almost an entire week to mentally prepare for that lift and visualize it over and over again in my head!

Can you tell us about any injuries or setbacks that you have had to overcome in the past few years, and how you dealt with these.

I have been pretty lucky here (knock on wood). I haven't obtained any major injuries, just some minor aches and pains. I see two chiropractors weekly; one who adjusts me and does Graston [instrument-assisted soft tissue mobilization] on multiple body parts, and another who does ART [Active Release Technique] on me. I also do a lot of work with Chris Duffin's Boom Stick and

just basic foam rolling and stretching. I strongly recommend all of these forms of rehab to all!

I see that over the past few years your bench press has been the biggest gainer for you (from 413 in a meet in early 2015 to 457 at a USPA meet last summer). Have you changed anything with your training, or do you attribute this to a natural progression?

Honestly, the only thing I have really changed is my bench setup. Swede Burns taught me a pretty good setup where I'm arched a bit more than I used to be, and rather than being flat footed, I am not up on the balls of my feet. I feel that this allows me to get better leg drive.

Let's talk about this run for the 198 record. Can you tell us some strategies that you are looking at [implementing] to get this total, as well as your goals for each lift?

I compete at the IPL World Championships next Saturday, November 12th. The first part of my plan is to make weight. Then obviously I will rehydrate and get back up to my normal lifting weight. I plan to have my second attempts surpass the number one total. Then, we can have some fun with my third attempts. Ideally, I would like to finish the day with a 700+ squat, 470 bench, and 750+ deadlift. The overall goal is to finish in the 1900s, which would put me pretty high on the All Time 198 list.

Ok, so now it is after IPL Worlds. Let's talk about your travel, weight loss, attempts and results. First off,



congratulations on an outstanding performance and for winning the Best Lifter award. Even though you had an incredible meet, it was not without disappointments. Tell us about your squat and bench attempts.

The highlight of the meet was definitely the deadlifts. Going into deadlifts, I was 2/6 on my lifts, and I needed to pull big to make up for my missed lifts. Going into this meet, my goal was to end up somewhere near a 700 lbs. squat and a 470 lbs. bench press. I got my 633 squat opener; I fell forward with it on the way up, but finished the lift with three white lights. I knew things didn't feel as they normally had throughout my training cycle, but I stuck with my game plan and went to 672 on my second attempt. I also fell forward with this lift causing me to fail the attempt. I took it again on a third attempt and got the lift, but was called on depth. On my bench, I opened up with 425, which broke the current open 90 kg. IPL world record. My second attempt was 462, which I have taken in training multiple times with a pause. For this lift, there was some miscommunication between my handler and I on the platform. I counted off for my handoff and my handler, Patrick Dick, is hard of hearing in one ear. It was very loud in the room that we were in. He did not hear my count, and instead, he started his own count, which threw me off a bit and then all of sudden the weight was in my hands. Long story short, I missed both bench attempts and had a lot of ground to make up for to end up anywhere near the goal total I had in mind.

How did your travel, weight loss and rehydration go? Anything you would change in hindsight?

Traveling wasn't too bad with cutting weight. The next time I decide to travel and cut weight, I need to make sure the hotel that I am in staying at has both a fridge and a microwave. We stayed at the Golden Nugget, where the meet was held, and they had the option to purchase a fridge at a nightly cost, but [they didn't provide] a microwave. I like to eat a lot of white rice and white pasta after I make weight, but I can't stomach white rice cold, hard and dry. I started my weight cut ten days out from weigh-ins at 221, and I weighed in at 198.2, doing nothing other than keeping my diet clean, salting all meals, and loading in two plus gallons of water a day. I had to sweat out the last ten pounds the day before weigh-ins. After weigh-ins, I made rehydrating my main priority. I was at 214 the day of the meet, which I was kind of upset about. I was hoping to be back up to at least 220.

This incredible deadlift of yours deserves some additional attention. Could you give us a specific rundown on your deadlift training over the last ten weeks?

So, I finished the meet with a 760 lbs. deadlift, which was a 49 lbs. PR [Personal Record] in the 198 class for me (I have pulled 740 in a previous meet, but I was competing in the 220 class). When I started training with Josh Bryant three months ago, I told him I was pretty sure that I am strong enough to have a deadlift in the mid-high 700s, but I don't

have the grip strength to hang onto the bar with that kind of weight. So over the last 12 weeks, he had me progressively increasing the deadlift weight, while still deloading every fourth week. He had me add in grip work on my squat and deadlift days. The grip work he had me do on my squat days consisted of plate pinches - two sets with my pinky and thumb with five pounds and two sets with my index finger and thumb with ten pounds - both were static holds for time which was one of the simplest looking things I had done with him. By far, they were the hardest. On my deadlift day, I would do overhand deadlift holds for time with moderately heavy weight. This past Saturday, when I deadlifted 760, I felt like I could hang on to it [the bar/weight] forever, so all of the grip work definitely paid off!

How about your training partners? Do you have a regular crew that you train with or maybe different people for different lifts - squat crew and then a different group for bench?

I am usually on my own for training because of my personal training schedule. I never really have a set training time, so it is hard to lock in with a set crew. Some days I am able to catch one of my "training partners" when I am training. I would rather train with others though, just for the intensity it brings to the session. The guys I train with when I can are Luigi Fagiani, Joey Casero, Patrick Dick and Dan Zahno.

Have you previously followed a fairly traditional weekly schedule of a heavy or max effort day and light or

dynamic day for each lift? Or [do you do] something different, like alternating heavy weeks?

Before I started training with Josh Bryant, I would train six days per week. Usually, [this included] a heavy bench day, a lighter speed bench day, an upper back bodybuilding type day, a heavy squat day, an arm day and then a heavy deadlift day. Obviously, not every week was heavy squats or deadlifts, but it was always pretty much based off of how I felt – it was never really a set plan. Since I started training with Josh, he has me training four days per week with a heavy bench day, a squat day, a light bench accessory day and then a deadlift day.

Tell us about your mental preparation before getting under the bar. What are you thinking when you get ready to lift? [Are you] running cues through your mind or thinking of something to piss yourself off?

Honestly, I don't really follow any cues. I really don't think about much other than to move the weight as effortlessly and as quickly as possible. I think when you start to take all these

cues and different form approaches, you start to compromise the lift, and you start to overthink things. I literally think about nothing. One thing that has helped [me] mentally conquer weights though is through Josh's programming. For example, if he gives me my program on Sunday morning, and it has me working up to a 745 lbs. deadlift the following Saturday, I now have seven days to mentally prepare for this lift. I mentally visualize myself performing that lift over and over again throughout the entire lift (effortlessly every single time). When it comes down to actually lifting the weight, there is no overthinking or second guessing myself – it is just another day of training; nothing more, nothing less.

Alright, so what is next for you? What are some long and short-term goals?

Next up is the US Open in San Diego, next April. Gracie V sent out the invites to the top five lifters, and I am lucky I competed when I did because I cracked top five and got my invite! So I sent my meet entry in as soon as she sent it to

me, and I let Josh know that this is what is next!

As we conclude, is there anyone you would like to mention or thank?

I definitely need to thank my girlfriend, Jackie, for all the support she gives me. She travels with me whenever I have a meet and helps me with anything I need. Especially when I am cutting 20+ plus pounds to make a weight class – I can be a bit edgy and a little bit of a drama queen, but she never complains. I had standby plane tickets this past weekend heading to Vegas, and my flight sold out, so I had to leave a day earlier than planned. She was not able to get out of work early, so she booked her own flight and flew out two days later on her own to make sure she was there for me.

I would like to add that Adam also gives back to his sport. The week before heading to Vegas to compete in Worlds, he was judging a meet in Syracuse. Additionally, Adam serves as the New York State chairman for USPA Powerlifting Federation, and runs several meets a year. **PM**



VBT and Powerlifting

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Percent[age] training is dead. It is a thing of the past—archaic and obsolete. Powerlifting is constantly evolving and becoming more and more “sports science” dominant. Gone are the days of following templates that prescribe such things as 90% for two reps on the box squat, or the three-week pendulum wave at 50, 55, and 60% with 25% accommodating resistance. Strength is not limited to a specific percent[age]—it is not held hostage to a number. Strength is speed and speed is strength. Strength quality, or [the] state

of being strong, is coupled with velocity. Enter Velocity Based Training (VBT).

The Impact of Velocity Based Training

I was first introduced to VBT by Dr. Bryan Mann while presenting on Mike Robertson’s Physical Preparation Podcast in late 2016. To state [it] simply, VBT tracks the speed of the barbell. [This is] probably not an earth-shattering revelation at first glance, as the known “Tendo Unit” was first presented to the United States in the early 2000’s. However, the

feedback and knowledge of the movement speed (or velocity) of the barbell allows the lifter to train exactly as needed for each particular lift for each particular day. That alone is invaluable during the lifter’s periodization and programming. As you realize this, you may just decide to use your percent[age]-based programs as new funnels for your shaker (we have all done this at some point) and come to enjoy the onslaught of PR’s [Personal Records] about to ensue.

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the assumption is that you have heard of the term, “auto regulation”. This refers to a volume management system used in order to regulate individual differences in work capacity, and it allows differences to be self-governed and applied. In other words, the lifter will progress at his [or her] own rate (J.B. Mann, Thyfault, Ivey, & Sayers, 2010). What the heck does this have to do with VBT and powerlifting? The auto regulatory benefits of VBT help the lifter account for all of the other sources of stress in his [or her] day-to-day actions. This is crucial because the body does not differentiate between stressors. Instead, if you will, it all pours from the same cup. Your job, your relationship(s), the choice of pre-workout [you take], etc., all affect you and the effectiveness of your training. Think back—we have all been here—some days 495 lbs. practically jumps off the floor during a max effort deadlift session, while other days, you’re convinced that someone slipped an extra plate on [the bar] while you weren’t paying attention. On these days, your conclusion probably becomes, “Let’s chalk it up”, as your training is sh*tty and pack it in for the day, right? Wrong. Even though you are not feeling “on” that day, VBT enables you to train the specific strength trait that your program calls for, utilizing the velocity profile.

Velocity Profile

In essence, the velocity profile is velocities that you concentrically move for varied percentages of your 1RM [1 Rep Max]. The true fascination of VBT is that while strength may vary like the example above, the corresponding velocities at

percentages of a 1RM do not (J.B. Mann, 2016). This was most evident in a study conducted that found that velocity and corresponding percentages of a 1RM were very strong (no pun intended)—not only for the individual but for the entire group on the barbell bench press (Jidovstev, Quievre, Hanon, & Crielaard, 2009). So, now you are wondering how you find your own velocity profile. As we are all powerlifters, this won’t take long. The next time you work up to a 1RM, be sure to record velocities that were demonstrated at each percentage of the 1RM. Voila—you have now gathered a velocity for each corresponding weight.

Great! You have your velocity profile, but how in the smelly hell does one use it? See what I did there? That was for you, Mark. Follow and trust. Instead of using your Stone Age percentages, assign velocities that you would move at [for] those specific percentages. Still not following? For example, if I move 80 percent at about 0.5 m/s, any time my program called for 80 percent, I would program 0.5 m/s for the intensity of loading rather than the traditional 80 percent. Pretty sick, right?

Velocity Ranges

Far and away, the greatest advantage of VBT is the allowance for the coach—and/or lifter—to be confident that they are building the strength trait they wish to develop. Each strength trait has a corresponding velocity—the point at which strength meets speed. If the lifter is not in the zone of that velocity, he [or she] is not developing the strength trait desired (Roman, 1986). For example, if a lifter has

trouble out of the hole on a squat, odds are that this particular lifter lacks starting strength. Therefore, he needs to move the barbell at least 1.3 m/s or he is just wasting his time since this will not develop the strength trait he desires.

Figure 1. The velocity zones for the squat, bench, and deadlift.

While Dr. Bryan Mann has said that these zones are not perfect, they are pretty damn close. Knowing that he is the pioneer on all things with VBT, [this] seems sufficient for me. The strength traits are as follows: starting strength, speed strength, strength speed, accelerative strength, and absolute strength. I believe that you—as a coach interested enough to be reading and researching this—is aware of the concept of the SAID principle—Specific Adaptations for Imposed Demands. This is important because the only adaptations or gains made will be [those] directly [related] to the training stimulus presented to the individual.

Absolute strength is trained from 0.5 m/s and slower. Notice I stated, “slower”, not heavier. That is because strength is not measured in weight, but by fast and slow velocities. This strength trait can be defined as the maximum of what a lifter can move on any particular day. Absolute strength is what is built when training for a 1RM, which is somewhat important in our sport. Now, before dissecting the strength traits to follow, it should be noted that all strengths are raised through absolute strength. Therefore, it would do one little-to-no-good to focus on other traits if they simply are not strong to be-

gin. With my athletes, it is only after one to three years of raising absolute strength before I even consider prescribing dynamic effort into their program(s). Now, as we are all powerlifters, I will go out on a limb in saying that most of us are pretty fricking strong—meaning we would begin to experience diminishing returns should we focus solely on absolute strength, or maximum effort.

Accelerative strength is developed at 0.5–0.75 m/s. The best way I can describe this strength trait is the example of NFL All-World defensive lineman, JJ Watt. JJ Watt is accelerative strength personified, as we have all witnessed him dominate helpless offensive lines that dare stand in his way. JJ Watt accelerates through “loads” provided by his measly opponents. In powerlifting terms, you are accelerating through a load once you have been given the “Press!” command.

Strength-speed and speed-strength are without a doubt the most confusing of all the strength traits. The distinction between the two is of particular importance when devising a powerlifting program for yourself or your athletes. Strength-speed

(0.75–1.0 m/s) is relevant to training where speed development is vital, but strength is more important. On the other hand, speed-strength (1.0–1.3 m/s) refers to training where the development of speed against resistance is crucial, but strength acquisition is somewhat less important. These two strength traits are typically prescribed for the dynamic effort (DE) method, often with the addition of accommodating resistance (weight releasers, chains, bands, or a combination of both).

The final strength trait to be covered is starting strength. Dr. Bryan Mann explains in *Developing Explosive Athletes: Use of Velocity Based Training in Training Athletes* that starting strength is often misunderstood. Most believe that this strength trait is developed through deadlifts and Anderson Squats. This could not be further from the truth, as those two exercises build absolute strength by focusing solely on the concentric portion of the lift (J.B. Mann, 2016). Starting strength is the ability of the muscles to develop immense force at the beginning of the working contraction before external movement occurs. Remember in

physics class, Newton’s First Law? Think of this strength trait as violently overcoming inertia at rest.

Why Powerlifting Needs VBT

Powerlifting is not what it used to be—few are strong anymore. Gone are the days where greats like Steve Goggins totaled 2039 despite making only five attempts at U.S.P.F. Junior Nationals in 1986...seriously? Even fewer [lifters] use science to break through plateaus and set records. Subjectivity is at the forefront of the sport, while VBT is the polar opposite. It is science, data collection, and most importantly, it is 100% objective. No gimmicks, no BS—just the uncomfortable truth.

One of the little-known facts about VBT is that one can use it to prevent failure while training either max effort (ME) or repetition effort (RE). When developing absolute strength, or ME, once the barbell moves at 0.3 m/s or slower, it has been determined that failure is soon to follow. A productive “rule of thumb” is to train between 0.3–0.45 m/s when developing absolute strength. When training for hypertrophy using RE, if the speed



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of the bar drops below 0.3 m/s, the set should be terminated as the lifter (more often than not) has one or two repetitions left in the tank (J.B. Mann, 2016). The prevention of failure is a critical aspect of any powerlifting program, as it is not only psychologically damaging, but [it is] also too fatiguing to the central nervous system, making recovery a daunting task between training sessions. Powerlifting is neural—not muscular!

Velocity recovers everything. In fact, this is one of the main benefits of the dynamic effort method. This was made famous by Louie Simmons of Westside Barbell years ago, and he is given credit for it in *Supertraining*—one book every powerlifter should own. Other than recovery, the dynamic effort method is used to increase one's rate of force development (RFD). This is an important aspect of powerlifting, as it enables the lifter to blast through sticking points. When using VBT and the dynamic effort method, ditch the three-week pendulum waves at 50, 55 and 60%. First of all, anyone who tries to emulate Westside will end up bastardizing their methods—believe me, I have done it. Secondly, the percentages could end up leading you into developing the wrong strength trait. Using your velocity profile and the figure above, determine which strength you wish to develop

(speed–strength or strength–speed), add your choice of accommodating resistance, and proceed to kick butt.

The Optimal Velocity

In 2000, Dr. Paavo Komi demonstrated that, for in vivo muscle contractions, the traditional hyperbolic curve showing the relationship between force and velocity actually had a parabolic shape (Dietz, Peterson, 2012). The implications of his findings showed that it is possible to produce high force at high velocity—is this not every powerlifters dream?

At what range does high force/high velocity occur? Moderate loads between 1.0–0.5 m/s is the range for what I have called “The Optimal Velocity”. Personally, I train primarily at 0.5 m/s where force is at it's highest—yet velocity has not completely nosedived. Not so stressed about whether to develop speed–strength or strength–speed anymore? As long as you fall within that velocity range, you are well on your way to becoming one powerful freak!

VBT Options

As stated earlier, the Tendo Unit was the original player introduced many years ago and is still used today. Since then, there have been several other options introduced: GymAware, Bar Sensei,

PUSH, and FORM Lifting. If you have the investment, GymAware is the best option money can buy, as it is the Bentley of VBT with a price tag to match. For those looking for a more economic option, FORM Lifting is used at Freak Faktory. It's an accelerometer collar that works well with an app on your smartphone for tracking the speed of the barbell. If you have chosen [to make a] car payment or to buy some new Slingshot sleeves, then there is no excuse not to make an investment in yourself and your lifting career by purchasing some form of VBT equipment.

Conclusion

After hearing Dave Tate speak at EliteFTS a couple years ago, one message he instilled in me was, “Passion trumps everything.” The more I am educated, the more I come to realize what I don't know. For this reason, I choose to proclaim, “Science trumps everything.” Velocity Based Training has definitely changed my own lifting career, but more importantly, it has solidified my direction of our daily template with our athletes of all sports.

The benefits of VBT far outweigh any of the negatives that are associated with it. Its capabilities in everything it does are simply amazing. A lifter having his own custom velocity profile is what sold me personally. Having the objectivity of knowing precisely which strength you are developing almost resembles actually being at Westside with Louie. Most importantly, VBT has the potential to not only greatly increase the popularity of our sport, but to save it.

It is with understanding that some will be reluctant to change and adopt VBT into their program. You have a program that has worked for you for several years. You know it works, and if it ain't broke, don't fix it. I ask only that you consider this—very seldom is the change as difficult as imagined. Convincing ourselves to get started is the biggest obstacle. Be strong—take the first step.

Best,
HMC

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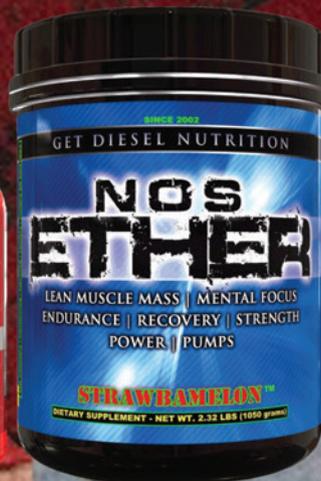
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A CHAMPIONSHIP ROAD TO RECOVERY WITH

MATT VINCENT

INTERVIEW BY MARIEL TAGG

A HIGHLAND GAMES WORLD CHAMPION – RECENTLY PUT ON THE INJURED LIST AFTER THREE KNEE SURGERIES – MATT VINCENT SAT DOWN WITH POWER TO TALK ABOUT HIS ROAD TO RECOVERY AND THE MINDSET HE'S CARRYING ALONG THE WAY.

POWER: Let's start off with your background in the Highland Games, how the last few years have gone for you in the sport, and your hopes and dreams before your injury.

VINCENT: I've been competing in the Highland Games as a professional since 2011, and I've won 2 world titles in 2012 and 2014 and I've taken 3rd in the other three. So, I've either been number one or number two since 2011. It's been really good fun.

I ended up hurting my knee last February while out doing some videoing and filming in California – tore a meniscus. So that was the start of needing to fix my knee. With that said, the ACL in my right knee has been gone since 2005 or 2006. I tore it and fixed it in college, then re-tore it. So, I competed for 8 years with a torn ACL, and a lot of



people compete just fine with a torn ACL as long as you know what you're doing. As long as it seems that you know what direction you're going to be headed for your sport. For instance, if I had to guard someone in a one-on-one basketball situation, I can't do that. I can't quickly react side to side, but if I know I'm going to be going this direction spinning, then

it's fine. It really doesn't compromise it too bad.

I wasn't in pain with the ACL – it would get aggravated now and then or feel loose, but I wasn't in pain. When I tore the meniscus, I was in pain. So, I tore it in February of last year, and then had it cleaned out and scoped in the middle of last March. I did that and then

gutted my way through the season. It did not feel good all season. But I knew what I was in for and I had already made a commitment to compete and be at these certain competitions throughout the year.

So, a little different than powerlifting – I compete about 20 times a year, and last year I did about 23. That's loosely

every weekend from the middle of May to October. I spent 16 days of that in Scotland competing and did 11 competitions in those 16 days. It wore down pretty good by the end of the season but I managed to take 3rd at Worlds.

POWER: What made you finally decide to get the surgery?

VINCENT: The plan was to fix it all along, but my surgeon knew that since I already had these commitments it was just a matter of what we could do to get through the year, and then really try to fix it in the off season. As soon as my season ended in September I had surgery scheduled almost immediately.

POWER: That's a long time to be at the top of any sport though – so, before you had the surgery, did you have goals of wanting to win any certain number of times more, or anything specific that felt unfinished to you?

VINCENT: No. I like competing and I like winning. That's anybody. But it was never set out like that. It was more set out like this: I wanted to keep doing it because I loved competing. I like being able to travel and compete. What I don't like is whether or not I'm in pain, or whether I'm able to train properly, whether I'm able to be what I feel is competent anymore, then it's time to pull back and fix it. Because then it becomes not fun – if I'm out there not at my best.

If I'm out there at my best and felt like I was putting on the best I could do that day in taking 5th, then that's fine. But if I'm out there and I know that I'm not at my best and I can't train the right way – and none of that is going to fix itself – then it's time to fix it. At some point, it's just going to catch up with you. You can't hold onto what was there – you've got to put some more money in the meter.

POWER: I mean it takes a lot of courage, especially with that being such a big part of your life, to go through with the surgery knowing that it would derail you for so long. Talk a little bit about your mindset going into surgery #1.

VINCENT: What's really going through my mind is that I absolutely loved my time in the Highland Games. I love competing in the sport and I love training for it. And I love the opportunities that I've gotten from being good at it. But I want to fix my knee so that

"I LIKE BEING ABLE TO TRAVEL AND COMPETE. WHAT I DON'T LIKE IS WHETHER OR NOT I'M IN PAIN, OR WHETHER I'M ABLE TO TRAIN PROPERLY, WHETHER I'M ABLE TO BE WHAT I FEEL IS COMPETENT ANYMORE, THEN IT'S TIME TO PULL BACK AND FIX IT. BECAUSE THEN IT BECOMES NOT FUN – IF I'M OUT THERE NOT AT MY BEST"

10-20 years down the road I'm not looking at complete knee replacement. I still want to be able to go out for bike rides and be able to train as aggressively as I want to, because that's really what makes me happy.

I can't imagine that being taken from

me. I mean, I'd like to be able to run. I don't do it that often but I'd sure like to be able to run or jump or do any of these things. So, it was about fixing those long-term things so that I've got a proper foundation to start training again if we get to that point. But at this point it's about fixing me and my health and if we get back to the Games, that's fine. If we don't, that's fine, too.

The mentality that I've had with it is this: I've had a lot of miles on my knee that I probably shouldn't have. And in that time span of these nine years, that's me building a relationship with Mark and Kelly Starett and Jesse. And all these other amazing people that I've gotten to meet – all of that has been worth my knee if that's what the cost was.

I've gotten to compete around the world and make amazing friendships and have incredible experiences. All of those are mine. My world championships and how far I've thrown things, none of those are things that are going to make it to my tombstone. It's these life experiences and who I've been able to influence – that's what matters.

POWER: That's right, and at the end of the day life's all about relationships

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and experiences, right? So, a big part of recovery is mental. As much of it is physical, it is also mental. Especially when you make that commitment that you've talked about in "taking a year off." I think a lot of people can relate to the struggle in injury, especially in sports, so what do you do to stay positive? Walk me through any mental struggles right now, or what you're doing to keep yourself in the right headspace.

VINCENT: You know, positivity comes and goes. I would say I'm more positive than I am down. But let's be honest: we're talking about something that's a hobby. Being the best in the world at the Highland Games is still a hobby. I've still got a great job, I've got a career, I've got HVIII Brand that's growing, I've got a fantastic wife, so things are great with or without the highland games in my life. And I think you just have to stay more focused on 'what can I do' instead of 'what can't I do.' And what I can do right now are some really simple leg exercises, and that's no different than focusing on if all I can squat right now is 135 lbs. So I'm going to do that a lot until I can squat more. Right now it's just about rebuilding and being healthier so that whenever the time comes that I'm released, all this back-end work has already been done – that I'm not starting from square one, I'm actually maybe farther ahead than I was when I went in.

The setbacks come. I had the surgery November 28 – fixed an implant, fixed cartilage in my knee, and also fixed the ACL while they were in doing that – so that was the big one with the nine-month recovery. That's when I decided that I'll just take the year off – I'll commit to that. And if I'm healthy at the beginning of the year, I know I'll be invited to those Games and I'll go. But if I'm not healthy, no sweat.

Post-surgery, I went in and both of those things seemed to be healing great, but I noticed that I still had some pain. That was from some floating bits in my knee that were getting caught around the muscle, so they went in again to pull those out.

That wasn't planned. We were hoping they would have gotten those out when they went in the first time, and they tried. They just didn't get all of them. So when they went in there again, they

"I THINK YOU JUST HAVE TO STAY MORE FOCUSED ON 'WHAT CAN I DO' INSTEAD OF 'WHAT CAN'T I DO.' AND WHAT I CAN DO RIGHT NOW ARE SOME REALLY SIMPLE LEG EXERCISES, AND THAT'S NO DIFFERENT THAN FOCUSING ON IF ALL I CAN SQUAT RIGHT NOW IS 135 LBS. SO I'M GOING TO DO THAT A LOT UNTIL I CAN SQUAT MORE. RIGHT NOW IT'S JUST ABOUT REBUILDING AND BEING HEALTHIER SO THAT WHENEVER THE TIME COMES THAT I'M RELEASED, ALL THIS BACK-END WORK HAS ALREADY BEEN DONE"

realized that the ACL was gone and the graph didn't take.

We had to go back in and fix that. And it sucks to do, and it sucks to go in for surgery, and it sucks to rehab, but I figured since we were already in it, might as well.

That's four surgeries in 10 months.

POWER: And that takes a lot of mental strength just to keep going through with it for that long.

VINCENT: Yeah, the first surgery was pretty bad – I was in a straight leg brace and two crutches for five or six weeks and that one took a lot out of me. That was really hard because you just feel so useless. I'm not used to being waited on and everything taking three times as long to do.

With the ACL surgery, I could walk pretty much immediately after surgery. So as long as I can handle being weight bearing – as long as the quad is strong enough to support me then I'm fine. Which, luckily, because I'm strong, surgeries go a lot easier. It's amazing how being strong helps.

POWER: So what are you hoping

for? And if your last competition at the Games was your last competition, period, would that be okay with you? Or just, what if?

VINCENT: Perfect scenario – I go through the rehab and I'll start throwing and training the way that I would normally train for the season as my rehab progresses. Towards the end of the season I should be back to almost 100% near the beginning of September. If that's the case, I hope I can make the National Championship and go and compete.

If I throw well enough there, I should be able to finish in the top 3. And if I can do that, I should get an invite for next year's World Championships. That's the perfect scenario.

If not, if it just never works right and I don't feel it again and I can't quite get confident and I'm not moving, then it's time to be done. If that's the case, then that's the case. I was able to do this for 10 years. I'll still get to train. I still get to be healthy. And I can find another focus that I've never been very good at. Hell, I can still powerlift. You don't have to move around very much for that. And I can stay getting strong and stay getting healthier. And maybe it's time to move into whatever the next chapter is, like training at Supertraining.

POWER: Yeah! I There's definitely something to good people working hard. There's just no two ways around it.

VINCENT: Right, and that's something that people don't really like to hear. That's the trick that no one one's to hear – work really f*cking hard for a really long time. That's it. There's no secret – I've been lifting moderately heavy and focused on a sport for 20 years. I've learned goods and bads and ups and downs and I've learned how to put in hard work when no one's watching. Everyone wants onboard when things are good. And for me, I train in my garage alone so it's not fancy. It's just work. I do it because I love it.

I've seen very few people accidentally become successful. It wasn't just because they were throwing flies at the wall.

POWER: That's absolutely right. On behalf of POWER and our readers, I wish you the best in recovery and can't wait to watch your comeback. PM



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Lance Palmer, MMA fighter,
WSOF Champion.

BECOMING SUPER-HUMAN

THE FASTING SECRET

BY CHRIS HINTZ

For those that don't know what fasting is, it is the abstaining or avoidance from something physical. In this case I am referring to fasting from food. Many of you may have heard or read about the popularity of intermittent fasting, which is abstaining from food for a period of time (I.e. 16 hour fast with an 8 hour eating window). There are numerous ways to implement a strategic fast to obtain desirable physical benefits. Here is why I first began using fasting in my routine:

- 1.** Fasting disciplines the mind and the body to operate in a highly functioning capacity without the need for food. If you've ever meal prepped and eaten 5-6 small meals a day, you know how time consuming and mentally draining that can be. When you don't have to think about eating anything for a full day (24 hour fast) you instantly create so much mental and physical freedom for that day to accomplish other things.



(Lance Palmer, MMA fighter, WSOF Champion. Fivestar #ShredderProgram client uses fasting to get ready for his fights and drop body fat)

edge that and make the best choice for your body. Your health is a gift and your physical well-being is only as good as your next few meals.

Here are some of the top proven scientific benefits to fasting:

- 1. Improved self-control:** If you can't control yourself, then what can you control? If you get good at fasting, you can overcome any addiction, no matter how deeply imbedded. Medically, fasting has been found to rapidly dissipate the craving for nicotine, alcohol, caffeine and other drugs.
- 2. Confidence booster:** Neuro-chemically, fasting increases levels of catecholamines—such as dopamine—which elevates your happiness and confidence while reducing your anxiety.
- 3. Increased brain functioning:** Short-term fasting induces profound neuronal autophagy (e.g., "self-eating,"), which is how cells recycle waste material, downregulate wasteful processes, and repair themselves. Brain health is dependent on neuronal autophagy. Another study shows that interference of neuronal autophagy prompts neuro-degeneration. Simply put, without the process of autophagy, brains neither develop properly nor function optimally.
- 4. Lower your risk factors for cancer and the likelihood of having a stroke.** Increase longevity and lifespan and the ability to focus and concentrate.
- 5. Better health:** As a society, our brains have been incorrectly trained about the true nature of hunger, chemically tricking us into feeling hungry every 2–4 hours. But this is actually ludicrous. Naturally, our bodies shouldn't experience hunger for 12–24 hours after eating. Research has shown that obese individuals do not receive correct signals letting them know they are full due to excessive eating patterns. Their neuro-chemicals and hormones are all out of whack due to improper eating. As you fast, your body regulates the release of the correct hormones, so that you can experience what real hunger is. Further, with the proper flow of hormones, you get full quicker.
- 6. Increase HGH levels naturally:** The blood levels of growth hormone may increase as much as 5 times. Higher levels of growth hormone assist fat burning and muscle gain, and have numerous other benefits.
- 7. Better sleep:** If you travel a lot or have a lackluster sleep-

2. When you are able to break from the psychological and physical desire to satisfy every single craving that your body has, you will gain strength. You will become a master over your own body and mind. It'll make eating healthy meals feel like a treat because you will appreciate how nice it is just to be able to eat something to satisfy that hunger in your belly. I learned this lesson through the various diet prep routines I would go through before competitions. Each stage leading up to a show is worse than the phase before it. At the end, as you eat tilapia and asparagus almost at every meal, all you can think of is how much you took that rice for granted that you were eating last week. And then in the final phases of cutting water before a competition you realize how much you've taken drinking water for granted. When you don't have water, nothing else matters to you. You will gladly eat chicken, broccoli and brown rice for the rest of your life if only you could have all the water to drink in the world.

3. Fasting will put everything in perspective for you. You will realize that you are extremely blessed to be able to make the decision to go without food for a day by your own choice. Many people do not have this choice and are forced to go without food or clean water for much longer. You will gain a new appreciation for food and the function it serves to replenish our bodies in a healthy way. You will understand that not everything that is edible or served in a grocery store should qualify as "food". When you are lucky enough to be able to feed yourself at any moment of the day you should acknowl-

ing cycle, research has found that a 16-hour fast can reset your sleep cycle. Other research has found that fasting can improve the overall quality of your sleep.

8. Extreme energy: Fasting gives you a feeling a physical "lightness," which provides a boost of energy. Another reason for this energy-surge is because, in a normal diet, our body generally converts foods through carbs and sugars. But fasting retrains our body to convert energy from fats, thus boosting our natural energy levels.

9. Fat loss accelerates: Fasting decreases insulin levels, while boosting growth hormone levels and increased quantities of nor-epinephrine (noradrenaline)—a hormonal cocktail that breaks down body fat and enables its use for energy. Consequently, fasting actually increases your metabolic rate by 4–14 percent, helping you burn more calories.

There are tons of ways to fast. The purpose of this article is

not to tout any specific type of fasting, but rather, the practice of fasting in general. If fasting is something you want to incorporate into your life, experiment with different approaches. Intermittent fasting is very popular right now. For me, the form

of fasting that works for my body is doing a 24 hour fast from food but not water once per week.

Experiment with it and figure out what works best for you. Lastly, some people physically can't fast for medical reasons, and I'm not a doctor. My advice is to give fasting a try and see how it can improve your life.

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"THERE ARE TONS OF WAYS TO FAST. THE PURPOSE OF THIS ARTICLE IS NOT TO TOUT ANY SPECIFIC TYPE OF FASTING, BUT RATHER, THE PRACTICE OF FASTING IN GENERAL"



MARK BELL'S

POWERCAST #189

WITH

GARY VAYNERCHUK

YOU HAVE TO LOVE THE PROCESS!

Back in the early days of the Sling Shot business, Mark's dad gave him a copy of the audio version of Gary Vaynerchuk's book "Crush It". This book helped Mark and his wife strategize how to promote the business using social media. Obviously, having Gary on

the podcast was a dream come true.

Recorded at Vayner Media in New York City, Gary sat down with Mark, Jim, Mark's wife Andee Bell, Gary's trainer (and powerlifter) Jordan Syatt, and Gary's assistant Tyler Schmidt.

Gary and his family emigrated from

the Soviet Union in the late '70s. Gary took over management of his father's liquor store in 1999, turning it into the online marketing juggernaut, Wine Library. Using video and social media, annual revenue grew from \$3 million to \$60 million in just a few years. He





From left to right: Jordan Syatt, Jim McD, Andee Bell, Gary V., Mark Bell

became an early investor in Facebook, Twitter, Uber, as well as many other successful businesses when they were just startups.

Now, he runs Vayner Media, a social media focused digital media agency, with his brother. A few years ago, Gary started putting an emphasis on fitness amid his crazy busy schedule.

He comments on the current state of social media entrepreneurship, growing up the child of hard working immigrant parents, how he tries to balance work and family, and what it takes to succeed in business in our current environment.

MARK: We're rollin, we're on! We're on with Gary V. This is incredible, this is really awesome to be here today. I've got my man Jim McD, who's been with me since the very beginning and seen all the stuff I've had grow over the years.

"WE'RE ALWAYS ONE PIECE OF CONTENT AWAY FROM EVERYTHING CHANGING. IT'S CRAZY BUT TRUE"

JIM: He was a bouncer driving a beat-up Chrysler 300 when I met him.

GARY: Where was that?

MARK: Davis, back in 2005.

GARY: You read "Crush It"?

MARK: Read a book called "Crush It." You may have heard of it. My dad is a huge mentor to me, much like your dad is to you, and he's the one who told me about it. And I said, "Dad, I'm not really into reading... blahblahblah" – I hate to read. It's a huge challenge for me. So, I get the audiobook and it's you narrating it.

And I thought, "Oh my God, this guy's annoying as hell!"

GARY: And you were able to get through that, right? Because some people don't.

MARK: I was able to get through that very quickly because I realized that's who you are. When someone's trying to be amplified for B.S. reasons I'm like, "Screw this guy."

GARY: Yeah, I'll take anybody in their pure form. Anybody.

MARK: Well I enjoyed it a lot and some of the principles you shared in that book helped me and my wife tremendously. And I mentioned to your team that before we read the book, we were bums and we had nothing. And now we're doing really well. So, thank you so much.

GARY: And you can't even imagine what that feels like. That is actually

something I've been telling people – which is that feeling of impacting people in its purest form – I just wish everybody could feel it. Because it feels really good. So, thank you for that.

MARK: It feels great! And that's what I was sharing with Jordan, your trainer here, earlier today. You might make a video – no one's going to watch it. You might make a book – no one's going to read it. And so on. But you've got to keep going, and you've got to keep putting that information out there.

GARY: Well we're always one piece of content away from everything changing. It's crazy but true.

MARK: I love the quote that you have out there – "It's not about how many people like you, it's about how many people show up to your funeral." And my grandfather had probably about 800 people at his funeral.

GARY: How old were you?

MARK: I was probably about 20 or 25 or so when he passed away.

GARY: But it hit you, because you didn't know how many people were going to show up. And you know what's funny? Is that a lot of the old-timers, unlike me who tells everybody what he's doing and how it's going to happen, a lot of those guys and gals keep their mouths shut about it. And then all of a sudden all of these people showed up. And I get it, because I talk a lot about having a lot of people come to my funeral, I get emails of really interesting stories. Like, "500 people showed up and I thought 8 were going to show up and they told me my grandpa loaned them money or mowed his lawn." It's cool.

JIM: I had the same experience when my best friend passed away. He was a colonel at the Pentagon, and there were a ton of people at his funeral, and everybody was saying these fantastic things about him. Like, I knew he was a great guy, but there were people saying that he changed the course of their lives, and it made me wonder, "Have I done that for anybody?" Like, how many pallbearers can I pull together?

MARK: Jordan here told me that fitness has changed your life and it's put a lot of money in your bank account.

JORDAN: *laughs* I did not say that.

GARY: It's actually put a lot of money

in [Jordan's] bank account.

Mark: He actually said almost kind of the exact opposite.

GARY: It's funny – a lot of people ask me about getting into better shape over the last couple years, and it's the same way I think about business and life. It's unbelievable to me that I don't necessarily feel so much better. And you guys are probably much more grounded in this, but it's been fun to realize I keep finding new spots – like now I realize my shoulder, and this is literally the last week. I knew I wasn't doing anything that was smart with my eating or physical fitness

"IT'S UNBELIEVABLE TO ME THAT I DON'T NECESSARILY FEEL SO MUCH BETTER. AND YOU GUYS ARE PROBABLY MUCH MORE GROUNDED IN THIS, BUT IT'S BEEN FUN TO REALIZE I KEEP FINDING NEW SPOTS – LIKE NOW I REALIZE MY SHOULDER, AND THIS IS LITERALLY THE LAST WEEK. I KNEW I WASN'T DOING ANYTHING THAT WAS SMART WITH MY EATING OR PHYSICAL FITNESS 3 YEARS AGO WHICH IS WHY I STARTED DOING IT"

3 years ago which is why I started doing it. But to say I feel "so different..." Like there are a few little things. For instance, I know that when I carry Zander down the street with one arm and don't get tired after 4 steps, that makes sense. Maybe grabbing my luggage. But energy-wise I don't feel that much different, because I have so much natural energy. But, even though I don't feel these remarkable, short-term results, I know how this plays out. I know what my life looks like at 74 because I know that if I'm going to work out every day between 38 and 74, I'm going to be in

good shape.

MARK: Just like someone famous in the powerlifting community once said, strength is never a weakness. That's something I share with people all the time. No one's ever said, "I want to have less money." No one's ever said "I wish I got my ass kicked more." Nobody wants to be weaker. Everyone wants to try to find a way to get better.

GARY: That's right. Most people just aren't will to pay the price. Most people aren't willing to pay the price for what their mouth outs out there.

JIM: But that's sort of true of everything.

GARY: Yes! You know it's been sort of interesting getting my act together health-wise, and the emergence of Instagram and having these very fit people show up in your feeds. You see these people who really understand how to treat their body – eating, physical therapy, etc. And all their friends who don't, they are always looking for short cuts from their fit friends. "What can I do that's quick?" And anybody who's real and doesn't have bullshit to sell knows that there's no shortcut. Yet all these same trainers then go try to build their business – go try to sell t-shirts, supplements, courses – and all they want is shortcuts. And I'm fascinated by people who, in either direction, know exactly what they want in one part of their lives, but then in the part that doesn't come as naturally, they default to the short and quick and fake.

JIM: I think they see their physical condition as their leverage and they think that everything else should just turn on that.

GARY: That's right. What they also don't understand is supply and demand. Like, I never knew there was so many attractive people on earth since Instagram came along. You have to understand supply and demand. There's a lot of people with a good booty. All of a sudden you're not the best in shape and cutest at just your gym – you've got to compete against the world. And so maybe you can't command that. You may have been the cutest guy at your high school but then you went to college and there's another 14,000 guys... You've got to understand supply and demand.

JIM: The pond got bigger.

MARK: What we've seen in our community is people's lifts getting a lot better. I'm watching this guy and watching that guy, and because the lifts have gotten so much bigger... A 700 lb. deadlift used to be kind of the norm. Now we're seeing 800, 900, 1,000 lb. deadlifts. What do you think Instagram has done for business? Has it done something similar? Where people have seen somebody like you, and it's driving them to push themselves.

GARY: That's a really good observation. I think that what that does, when you have more awareness of everything, is it exposes people. I don't think there is a general answer for that. Winners say, "F*ck. 750? I'm going 760." And then some people go the other way and get discouraged and bow out. It's the way I think about rich kids. I'm aware that my children are going to grow up extremely well-off. They're going to do one of two things when they realize what I'm up to: they're going to look at that and they're going to say what I said with my dad, which was "I'm going to climb that mountain,

"I THINK THAT WHAT THAT DOES, WHEN YOU HAVE MORE AWARENESS OF EVERYTHING, IS IT EXPOSES PEOPLE. I DON'T THINK THERE IS A GENERAL ANSWER FOR THAT. WINNERS SAY, "F*CK. 750? I'M GOING 760."

I'm going to do so much more than you that you're not even going to say my name because it's going to be disrespectful to even compare the two of us!" And he would get mad at that, too. We were really competitive. But now I have fancy friends, well-off friends, third-generation-wealth friends, and a lot of kids go completely the other way. They think, "Well, I'm not going to climb that.

And, actually, I kind of feel guilty that I fly in private jets and have a Hamptons home, so I'm going to take mommy and daddy's money and I'm going to give it away. I'm going to be a non-profit, or I'm going to build homes." And I'm comfortable either way. I'm comfortable with whatever [my kids] decide to do. But that's what happens when you get exposed to big things. And the reason you see 800 [lbs.] and more now, the small percentage of the great winners put in the triple work because they're aware and push it forward. One of the biggest reasons the athletes are better in this world is that Larry Bird didn't know that Magic Johnson was taking 5,000 free throws. They just found each other in college and were like, "Wow. What's up?" Now, when you're 6-12 years old, you know where you sit and it's pushing you harder if you're really that star. So maybe Larry Bird would have taken 3,000 shots if he knew Magic was taking 1,200.

To hear the rest of POWERCAST #189, visit the SuperTraining06 YouTube Channel at www.YouTube.com/Super-Training06 **PM**

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BARRY ANTONIOW

Competitor and Coach

BY KEN WHETHAM

Barry Antonow is one of the leading bench pressers in North America and was ranked ninth in the world in 2015. He is now the ten-time undefeated Canadian Bench Press Champion in both raw/classic and single-ply equipped. He has accumulated two world records (AWPC, IPL), four Commonwealth records, four North American records, more than 25 national records, and 30 provincial records. In addition to competing, Barry has coached over 2,000 athletes in his career, including many top lifters in Canada. Barry has also served on the Canadian Powerlifting Union Executive Board for the last eight years and was the head coach and director of the Para Powerlifting National Program.

What got you interested in the sport?

Growing up, I was just a gym rat and always wanted to incline press the 120 dumbbells. I worked my way up [to them] and then one day, a local body-builder suggested I get into powerlifting. I won my first competition in Toronto, and in my first year of competing, I did 14 competitions across North Eastern Canada and the USA. No one told me that was too much. I cut back to five [competitions] a year until a famous Canadian benchman by the name of Robert O. Smith ("Robo") did 26 meets in one year, all over the age of 50.





After my first win, the iron bug bit me. Powerlifting is the first sport that I am a natural at. I played junior hockey, and a lot of kids had natural talent while I had to work my butt off. In powerlifting, it came naturally. The harder I worked, the better I became - even small gains keep me training hard.

After I won my third nationals, I got my first major sponsor, Fusion Supplements, and I have been with them ever since. In 2013, I became a proud full member of Team Titan Support Systems. I am honored to be with a very selective elite group of lifters.

You always compete raw or single-ply. What is the main difference in your training when you are preparing for a raw or single-ply meet?

I love single-ply, but with the popularity in raw lifting, I compete raw a couple of times a year in order to keep my strength up. To be honest, my equipped training and my raw [training] don't change much. I may put a couple more equipped days in closer to competition. However, my raw training only helps my equipped and vice versa. The one thing I did notice is that the more raw, heavy training I did, the more my shoulders started to get banged up.

What is your most memorable competition and why?

As a lifter, I won the North American Powerlifting Championship with a North American, Commonwealth, and National record bench press of 253kg in the 83kg

weight class. [This was all in addition to having] an IPF World Ranking of the ninth best bench. This was a special event in my heart, as I broke Wade Hooper's NAPF bench record.

Canadian bacon, beer and maple syrup are some of the best kept training secrets that Canadian lifters don't want anyone to find out about. What are some of your powerlifting secrets?

To be honest, having positive and dedicated training partners [is my best secret]. I have always had a crew to train with. Lifting heavy and getting cues, feedback, and support during training is priceless. Always be open to feedback - take that feedback and apply it in order to become a better lifter. Trust the training and stick to the plan. At competition, if you are not lifting, SIT!

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

I have had a couple of small injuries and strains, but nothing that has made me think twice about training. I think that my warm-up and therapeutic rehab background has made me very aware of my body and the condition I am in.

You trained with Canada's number one powerlifter, Al Mehan, for several years. What are some of the things that you learned while training with somebody like Al?

Training, intensity, work ethic, and

adversity were the biggest lessons [I learned from] training with Al. Al would wrap my knees so tightly that I could not feel my legs or feet. I would get set-up to squat, and then he would say, "Misload, go sit for a minute." When you compete in the IPF, there is no time to take the wraps off and on again. As I sat there in excruciating pain, he gave me his first speech about adversity and being prepared for the inevitable. He would even do this when I was in the last couple of weeks of peaking for a competition, and he would purposely misload the bench and make me refocus, regroup, and get psyched again. Adversity was a key word, but it also gave me an excuse when I accidentally misloaded the bar on him.

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

I train in Courtice, Ontario with my training partners Ken Whetham, Clint Harwood, and the rest of the crew at Outlaw Barbell. I also train with the team I coach which is Peak Powerlifting Club out of Platinum Fitness.

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

This is a great question because I have tried almost every protocol, system, and template that is out there. When I first started [lifting], there were only a couple of powerlifters that shared their information includ-



ing Westside, Dave Tate (Elitefts), and Metal Militia. I got a copy of the Scheiko program as well as Wade Hooper's modified version. With all due respect, they all have their pros and cons. More recently, [I also tried] 5/3/1, Juggernaut, and RTS (Mike Tuschcher's program), but it wasn't until I hired Michael Souster of Peak Power Sport Development that I truly understood a periodization model, whether it is a classic linear, conjugate, undulating or any other variation. [Michael Souster helped me understand] the actual planning and scientific background of a true peaking program. The other programs also gave me some gains, but I soon plateaued. I made such positive gains and believed in the Peak Power model so much that I moved to Calgary and worked with Michael in order to bring my experience and knowledge to team up with his scientific and academic background. Not to say that we have a perfect program, but we have developed hundreds of top powerlifters in Canada, including IPF world record holders. I would go out on a limb and say that we have more provincial and national records than any other gym, coach, or trainer.

Do you utilize any accommodating resistance, like bands or chains in your training?

Throughout the training year, I will use heavy chains in order to help with

neuromuscular transition from the pecs to the triceps. This type of chain training helps with raw lockout, as well as rushing the sticky point for equipped lifters. In a bench shirt, your pecs and delts start the bench. I also use hanging chains for stability. I will put bands into training a couple of times a year to work on my CNS [Central Nervous System] overload, as well as my speed and lockout. I will place the bands at different angles that force me to control the bar more.

Do you follow any specific nutrition plan in order to keep strong for powerlifting?

After reading Dr. Mauro DiPasquale's book, many articles written by Anthony Ricciuto, and both of John Keifer's books (Carb Nite and Carb Backloading), I have come up with an off-season and a sixteen-week prep. It depends on whether I need to drop weight or if I'm preparing for a competition.

How do you mentally prepare for an attempt?

I try to eliminate as many small details that I may think about and focus on my attempts. I have competed so many times that I do not get too nervous at big competitions. I use my mental drive and determination to make me a "game day lifter" – I love to compete.

What are your best competition numbers?

Bench Press:

83kg – 253kg (557 lbs.) single-ply Titan Super Katana (IPF)
 90kg – 255kg (562 lbs.) single-ply Titan Super Katana (IPL)

Squat:

250kg (551 lbs.)

Deadlift:

245kg (540 lbs.)

Best gym numbers?

Bench Press:

88kg body weight – 280kg (617 lbs.) bench

Squat:

585 lbs.

Deadlift:

550 lbs.

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

The biggest change I have made would probably be going from benching in a straight line (Westside) to a Metal Militia Style with elbows tucked and flared – more of a "J" stroke.

I started out in powerlifting as strictly a bench specialist but have since taken on the three lifts. I am still more serious about the bench but have recently started to have a deadlift focus. So, like any powerlifter, I have read and researched everything I can get my hands on in order to learn more. I trained and worked in a facility, Peak Power Sport Development, which allowed me to see literally thousands of squats, deadlifts, and benches everyday. On a busy day, we would have twelve teams, fourteen people per team, 4 sets and 10 reps, which comes out to over 7620 quality squats from elite athletes.

I had the luxury of being able to coach with Henrik Grigoryan, a former head coach for the Armenian Olympic weightlifting team. I got to see firsthand how he analyzed bar path and bar speed in order to determine progress and strength. So, I really pay attention to my bar speed and pathway, regardless of the lift I am doing.

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

Tiny Meeker (he started out as a single-ply guy), Bill Crawford, Jeremy Hoornsta, Ed Coan, Wade Hooper, and Shawn Frankl.

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

I always have advice to offer, but for

new lifters, your first couple of competitions are about getting comfortable with the commands, the environment, and the refs. Don't think you are going to break world records at the first meet. Be humble -there is always someone stronger than you...always!

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

I am very competitive, and I have been all of my life. I love the energy when I first walk into a warm-up room. Like a gladiator waiting to go into the stadium, my stadium is the platform. I do love a good hit of ammonia and a slap on the back to fire me up a little, but it is all internalized and controlled intensity.

What is your favorite lift and why?

The bench press - I excel far more in the bench than the other lifts. I squat, and I deadlift for fun, which helps to give me a bigger bench.

Which assistance exercises helped each of your lifts the most?

The JM Press and variations of the Kelso Shrug. The JM Press hits my triceps like no other exercise, and it

humbles me. The Kelso Shrug helped me stay tight in the squat and bench. Having the best position and technique makes the weight move easily and effortlessly. Having a strong upper back has made a significant impact. The BV Press has also helped with the explosiveness off of my chest. You put a band around your back, and you do a push-up off of the bar. The band slings you back down so that you can push all the way through the bench movement.

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

I am a powerlifting coach and a meet director. So my spare time is spent helping new lifters. I also have a company called ZONE, which is competition to Nose Tork. It helps to sponsor the costs of my powerlifting addiction. I also spend my spare time travelling with my wife.

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

The first time I hit a plateau, I almost quit powerlifting. I have since learned

to be patient and to take the small victories, even if it is a 2.5kg gain in a lift. I keep looking for the next hurdle. The first was 500 lbs., then 550 lbs., and now it is a 600 lbs. bench in competition.

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

Wolverine: unmatched intensity and jacked!

Is there anyone you would like to thank?

I would like to thank my dad, John Antoniow, for buying my first set of weights. Jerry Steiert, my highschool Phys Ed teacher that always pushed me to be competitive and supported my training in the weight room. Of course, [I'd like to thank] my training partners starting with Art Chan, Jason Platts, Chris Yantha, Tony Tomra, and Allan Mehan.

I would like to thank Louie Simmons and Dave Tate for always sharing their training and coaching knowledge since I started lifting. [I'd also like to thank] POWER Mag for their contribution to the powerlifting community. **PM**



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ATHLETES TO WATCH

CAILER WOOLAM

BY HANI JAZAYRLI

22-Year-Old Cailer Woolam
90 kg. | 198 lbs. Bodyweight
198 lbs. All-Time World Record Holder in Deadlift – 400 kg. | 881 lbs.

HANI: Cailer— thank you for taking the time to talk with me for POWER Magazine. I have been following your lifting since I saw you at the 2016 IPL worlds, and honestly, I am blown away by how fast you're progressing. It looks like you're on track to break some seriously long-standing records!

CAILER: I've been a fan of this magazine ever since I discovered it about two years ago. It's truly an honor to be interviewed for it!

HANI: I saw you recently break Belyaev's 198 class deadlift record with 400 kg./881 lbs.—that must have been an exceptional feeling. It would be interesting to see what you could pull at 220. Ed Coan's record has sat untouched for nearly 15 years now.

CAILER: That particular record has been a goal of mine since I got back into competing. At first, it was really more of a fantasy, but now I do believe that I am capable of it in the upcoming years.

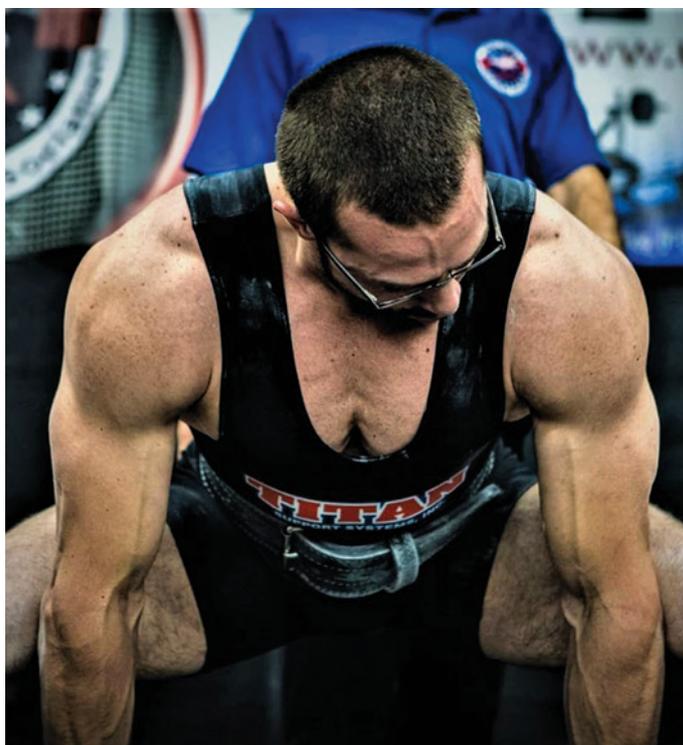
HANI: You mentioned that you have been pursuing maximal strength since you were 12. Where did you begin your athletic career? Did your school have a powerlifting team?

CAILER: Like most American kids, I started playing baseball and football when I was about seven years old. I started powerlifting in high school at the age of 14. The school's program wasn't a huge priority—it was really just something for a few of the football players to do in their off-season.

HANI: What motivates you to keep training?

CAILER: Honestly, staying motivated hasn't really been an issue. There are so many goals that you can achieve in this sport. My main motivation at the moment is to set all-time deadlift world records. Even without that particular goal, getting stronger is motivation enough for me.

HANI: Is there any reason why you didn't pursue collegiate level powerlifting?



CAILER: Mostly because there were no scholarship opportunities for powerlifting. It was just one of those things I enjoyed doing at the gym alone. I could achieve the same goals solo as I could with a college team.

HANI: You took some time off prior to returning to the platform in September of 2015. What was the reasoning behind that?

CAILER: After high school, my main focus was to just get as big as possible. I grew up always being the skinny dude, which would really get to my self-esteem. So the bigger I could get—the better I would feel about myself.

HANI: Has the deadlift always just come naturally to you? Do you train it any

differently than the other lifts?

CAILER: Since I began powerlifting, I have been proficient in the deadlift. In high school, I always had the best deadlift in the state for my weight class. As far as how I train it, my back and posterior chain recover very quickly compared to other muscle groups. This allows me to handle heavy weight a lot more often and with more frequency than my other lifts.

HANI: Aside from the deadlift, what does your training look like on a weekly basis? How heavily are you training? How many days per week do you train each of the lifts?

CAILER: I like to work each lift at least twice a week. I won't go into too much detail, but I follow a pattern tapering up to a week of singles every six weeks. For example, on my main days for training, each lift would be something like this:

Week 1: hypertrophy/high rep work

Week 2: Work up to sets of 5

Week 3: Work up to triples

Week 4: Work up to doubles

Week 5: Deload and endurance work

Then, week six, I'll hit heavy singles on each lift. Following this pattern helps me maintain strength year round while still keeping up with my conditioning on my accessory days.



There's a lot more to it than that, but I'll just leave it as simple as I can without writing a whole book about my routine.

HANI: Do you have a coach to assist you with your training? Why, or why not?

CAILER: I've never had the help of a coach. I have become knowledgeable enough to make myself stronger. I have yet to hit any significant plateaus. At the end of the day, no one knows my body and what works better [for it] than I do. This is something I preach to other lifters. It's very important to learn what works for you and your own individual weaknesses and build off of them.

HANI: Do you frequently use bands, chains, or other kinds of accommodating resistance?

CAILER: Until recently, using bands and chains haven't been an option, since my old gym did not have them. So, no—I never really use them. My current gym had a variety of bands that I do occasionally use for speed work for my deadlift. But for the most part, I find that bands and chains don't really help me with the sticking points in my lifts.

HANI: What has been the most difficult lift for you to make progress on? What do you do to push yourself further on that front?

CAILER: I would have to say my squat is where I struggle the most. This is mainly because of worn down cartilage in my knee caps and chronic tendinitis in my quadricep tendons. I have to focus a lot of time on isolating my quads to make the afflicted area stronger. [I also need to work on] learning to sit back more in my squat, and minimizing knee travel allows me to train more frequently with less pain. For now, that is all I've been able to do.

HANI: Have you dealt with any major injuries during your years of training? What did you do to overcome them?

CAILER: [I haven't had to deal with] anything necessarily major. It's just the bad cartilage in my knees that heavily affect my squats. I've also had a few pec strains that held my bench back for a month or two at a time. But other than that, nothing has majorly affected my training.

HANI: You are impressively lean. Do you follow any particular dietary structure?

CAILER: I've always been a hard gainer so being lean comes pretty easily for me. That being said, I'm knowledgeable about what a good diet consists of. I eat a pretty clean diet the majority of the time. I have about two to three cheat

meals a week. After dinner, I'll usually have some candy or ice cream for extra calories. But that's only if I have eaten all of my good food for the day—just like a little kid—no desserts until you finish your dinner. It's important to eat clean and stay lean to maximize your relative strength.

HANI: What are your short and long-term goals in powerlifting?

CAILER: I would like to have at least two all-time deadlift world records and perhaps an all-time total one of these days.

HANI: Tell us something that nobody would know or guess about you.

CAILER: Before I got really into just lifting specifically, I was quite the cardio dude. I only weighed 165 lbs. I was an avid cyclist and runner. I'd ride my bike anywhere from 20–50 miles in a day. Several days out of the week, I'd run five miles at a time. I even did some training for a triathlon. Before I ever got to the point of actually competing in one, I finally gave up on the cardio life and dedicated myself to getting big and strong. Haven't looked back ever since.

HANI: Where can we find you on social media?

CAILER: I am on Instagram as @cailerc40, and you can find me on Facebook at facebook.com/cailer.woolam.

HANI: Is there anyone you'd like to thank?

CAILER: I'd like to give my home gym, "Lonestar Strength", a shout out for providing me with a great facility to do my training. I'd also like to thank my other sponsor, "The Kilo Cartel", for welcoming me as one of their sponsored athletes. [I'd also like to thank] everyone in my family, as well as my social media followers for their constant support of my journey thus far. I couldn't do what I do without the encouragement from everyone! **PM**

Super Training Corner

A big back means BIG skwaat, BIG bench and BIG deadlift. Lucky for us, there are a million ways to get a bigger and STronger back. Adding a handful of rowing and pull-down movements to your upper or lower body day is a great way to do it. Some people prefer to train back on their own day. Pick your poison. Either way, training your back over several days or only one can be effective and a great way to add some mass. Below are two split variations between training your back two days a week and training your back on its own day.

2 DAY SPLIT

Day 1

Barbell Row - 3x8
Pull ups - 3x10
Chest Supported Row - 3x15
Wide-Grip Pull Downs - 3x15
Back Extensions - 3x20

Day 2

DB Row - 3x10
Chin Ups - 3x10
Cable Row - 3x15
Close-Grip Pull Downs - 3x15
GHR - 3x15

1 DAY SPLIT

Barbell Row - 5x8
Pull Ups - 5x Failure
DB Row - 3x8
Wide-Grip Pull Downs - 4x10
Close-Grip Pull Downs - 3x15
Cable Row - 3x20
GHR - 4x10
Back Extension - 3x15

Ensuring your back is STrong can be the difference between a 400 lb bench and a 450 lb bench. So stop neglecting one of the largest areas of your body and focus on growing and strengthening it. Simply adding more volume to your back training can increase your main movements without taxing other parts of your body. More training methods in the next issue from Super Training Gym – “The Strongest Gym in the West!”



Current Top 50 Rankings: Men

SQUAT

Rank	Name	Federation	Date	Squat
1	Nam Shartzter	IPA	2017-03-05	910
2	David Braaten	UPA	2017-03-11	881
3	Robert Rivera	RPS	2016-07-24	880
4	Cyprian Thompson	XPC	2017-03-04	875
5	Aaron Walsler	SPF	2016-11-19	865
6	Josh Spaeth	USPA	2016-08-13	854
7	Christopher Wichtl	XPC	2017-03-04	820
8	Russell Hutchins	365 Strong	2017-01-21	815
8	Joseph Sauble	SPF	2016-12-03	815
8	David Keilman	RPS	2016-12-10	815
11	Evan Mensing	RPS	2016-10-22	805
12	Steve Johnson	WRPF	2016-08-19	804
12	Jordan Lupul	RPS	2016-04-23	804
12	Kirk Sabalka	WRPF	2016-08-19	804
12	Jim Benson	SPF	2016-12-03	804
16	Phil Maranto	USPA	2016-08-06	800
17	David Zyski	WRPF	2016-08-20	788
18	Chris Bridgeford	USPA	2016-05-07	782
18	Michael Francis	RPS	2016-09-03	782
20	Mike Lackey	RPS	2016-04-23	780
20	Jason Weaver	XPC	2017-03-04	780
22	Matthew Barnette	UPA	2016-04-16	777
23	Nicholas McCoy	USPA	2017-01-14	771
24	Tyler Cummings	SPF	2017-03-11	761
25	Roberto Villalta	APA	2016-10-08	760
26	Roberto Perez	RPS	2016-05-28	755
27	Aaron White	RPS	2016-10-22	750
28	Rodney Wasche	APF	2016-09-16	749
28	Steven Johnson	USPA	2017-01-07	749
30	Lee Kelley	USPA	2017-02-25	744
30	Lazaro Rodriguez	USPA	2016-04-16	744
30	Brandon Martin	RPS	2016-04-23	744
33	Kevin Anderson	XPC	2017-03-04	740
33	Anthony Echols	XPC	2017-03-04	740
35	Bradley Davis	UPA	2016-04-16	738
35	Kevin Smith	RPS	2016-04-23	738
35	Nicholas Edmondson	RPS	2016-06-11	738
35	Nate McLaughlin	UPA	2016-07-08	738
39	Tom Davis	RPS	2016-11-13	735
40	Steve Gentili	USPA	2017-01-07	733
40	Drew Sweany	RPS	2016-06-11	733
42	Adam Rodriguez	SPF	2016-11-05	727
42	David Elmore	RPS	2016-05-14	727
42	Josh Ruppert	UPA	2017-01-21	727
45	Luke Dreier	XPC	2017-03-04	725
46	Matthew Pack	RPS	2016-07-16	722
46	Dante Mccoy	USPA	2016-10-08	722
46	Lexington Plummer	USPA	2016-04-30	722
46	Kevin Nason	IPL	2016-11-12	722
50	Nathan Kennedy	RPS	2016-06-12	720

BENCH PRESS

Rank	Name	Federation	Date	Bench
1	James Strickland	IPL	2016-11-13	612
2	Bill Fritz	IPA	2016-11-19	610
3	David St.Romain	SPF	2017-01-28	600
4	Kyle Stewart	IPA	2016-07-16	585
5	Vadym Dovhanyuk	APF	2016-05-06	584
5	Phillip Mardis	USPA	2016-08-06	584
7	Nam Shartzter	IPA	2017-03-05	580
8	Tim Evans	USPA	2016-05-21	578
8	Oran Smith	RPS	2017-01-21	578
10	Christopher Wichtl	XPC	2017-03-04	575
11	Dennis Cornelius	AAU	2016-12-10	570
12	Carlos Rojas	USPA	2016-08-20	567
12	Steve Gentili	USPA	2017-01-07	567
14	Robert Taylor	USPA	2016-10-08	556
15	Ryan Barletto	RPS	2016-08-13	555
16	John Draher	WPC	2016-11-10	551
17	Sid Gottschalk	USPA	2016-10-15	545
18	Zach Meyers	USPA	2016-10-22	540
19	Greg Panora	RPS	2016-11-19	535
20	Alex Lyons	MSA	2016-04-30	534
20	Joe Ladnier	SPF	2016-11-05	534
22	Tom Davis	RPS	2016-12-10	530
22	Russell Hutchins	365 Strong	2017-01-21	530
22	Mike Lackey	RPS	2016-12-10	530
25	David Zyski	WRPF	2016-08-20	529
25	Josh Rodda	SPF	2016-12-03	529
25	Chris Jones	USAPL	2016-10-13	529
25	Mark Hauschildt	UPA	2016-07-08	529
25	Tee Popoola	USPA	2016-06-18	529
30	Matthew Claussen	USPA	2016-06-25	523
30	Anthony Echols	UPA	2016-08-06	523
30	Jarrett Speenburgh	USPA	2016-04-16	523
33	Shawndell Boyd	RPS	2016-06-25	520
33	Evan Mensing	RPS	2016-10-22	520
35	Rene Garganta	USPA	2016-12-10	518
35	Michael Armour	USPA	2016-11-19	518
35	Lee Kelley	MSA	2016-04-30	518
35	Konrad Dahl	USPA	2017-02-05	518
39	Jesse Burdick	RPS	2016-04-23	512
39	Ryan Sams	RPS	2016-11-12	512
41	Doug Cassel	RPS	2016-06-11	510
41	David Jasiulewicz	IPA	2017-03-25	510
41	Howard Tomlin	RPS	2016-09-18	510
44	Kevin Nason	IPL	2016-11-12	507
44	Johnny Mazza	IPL	2016-11-10	507
44	Cody Courter	USPA	2016-06-25	507
44	Andy Huang	USPA	2017-01-07	507
48	Tyler Cummings	SPF	2017-03-11	502
49	Jim Benson	SPF	2016-12-03	501
49	Andrew Pavlik	USPA	2016-06-18	501
49	Steven Vinet	USPA	2017-01-14	501

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275 lbs. - Raw with Wraps

DEADLIFT

Rank	Name	Federation	Date	Deadlift
1	Aria Attia	WRPF	2016-08-20	881
2	Evan Mensing	RPS	2016-10-22	855
3	Dane Dillon	IPL	2016-04-30	854
4	Andy Huang	USPA	2017-01-07	843
5	Steven Johnson	USPA	2017-01-07	837
6	David Jasiulewicz	IPA	2017-03-25	830
7	Steve Johnson	WRPF	2016-08-19	826
7	Steve Gentili	USPA	2017-01-07	826
9	Chris Bridgeford	SPF	2016-11-05	821
10	Perry Ellis Jr	WRPF	2016-08-20	810
11	Matt Sohmer	USAPL	2017-01-29	805
12	Michael Eaton	RAW	2016-07-16	804
13	Ryan Bracewell	USPA	2017-02-25	799
14	Robert Rivera	RPS	2016-07-24	795
15	Dennis Cornelius	AAU	2016-12-10	790
16	Christopher Wichtl	RPS	2016-10-29	775
16	Mike Lackey	RPS	2016-12-10	775
18	Jake Rammell	USPA	2016-06-25	771
18	David Zyski	WRPF	2016-08-20	771
18	Kirk Sabalka	USPA	2016-04-09	771
21	Ed Knoblock	UPA	2016-11-05	766
21	Matt Mills	MSA	2016-04-30	766
23	Nathan Alexander	USAPL	2016-10-13	760
23	Luke Dreier	XPC	2017-03-04	760
25	Nsima Inyang	SPF	2016-11-05	755
25	Anthony Harris	USAPL	2016-10-13	755
25	Tom Davis	RPS	2016-11-13	755
28	Tyler Cotton	USPA	2016-07-09	749
28	Kevin Smith	RPS	2016-04-23	749
28	Lazaro Rodriguez	USPA	2016-04-16	749
28	Zach Meyers	USPA	2016-10-22	749
28	Adam Pine	MSA	2016-04-30	749
33	Mark Kimener	USPA	2017-01-07	744
33	Derrick Martin	USPA	2016-06-25	744
33	Nicholas Rowland	USPA	2016-07-09	744
33	Ryan Sams	RPS	2016-11-12	744
33	Kyle Stewart	WRPF	2016-08-20	744
33	Tyler Cummings	SPF	2017-03-11	744
33	Mason Cervantes	USPA	2016-07-09	744
33	Edwin Knoblock	USPA	2016-06-25	744
33	James Sweeney	USPA	2017-02-25	744
42	Tyler Brooks	USPA	2016-11-19	738
42	Phil Maranto	USPA	2016-08-06	738
42	Joe Ladnier	SPF	2016-11-05	738
42	Justin Clifford	USPA	2017-01-14	738
46	Robert Washburn	RPS	2016-10-22	735
47	Andrew Heckman	USPA	2016-05-05	733
47	Tee Popoola	USPA	2016-06-18	733
47	John Mazza	USPA	2017-02-04	733
47	Adam Rodriguez	SPF	2016-11-05	733

TOTAL

Rank	Name	Federation	Date	Total
1	Nam Shartzter	IPA	2017-03-05	2205
2	Evan Mensing	RPS	2016-10-22	2180
3	Christopher Wichtl	XPC	2017-03-04	2155
4	Steve Johnson	WRPF	2016-08-19	2133
5	Steve Gentili	USPA	2017-01-07	2127
6	Robert Rivera	RPS	2016-07-24	2100
7	David Zyski	WRPF	2016-08-20	2088
8	Chris Bridgeford	SPF	2016-11-05	2083
9	Steven Johnson	USPA	2017-01-07	2066
10	David Jasiulewicz	IPA	2017-03-25	2040
11	Mike Lackey	RPS	2016-04-23	2025
12	Russell Hutchins	365 Strong	2017-01-21	2015
13	Tyler Cummings	SPF	2017-03-11	2007
14	Josh Spaeth	USPA	2016-08-13	2006
14	David Braaten	UPA	2017-03-11	2006
16	Tom Davis	RPS	2016-11-13	2005
17	Phil Maranto	USPA	2016-08-06	2001
18	Aaron Walser	SPF	2016-11-19	2000
19	Kevin Smith	RPS	2016-04-23	1989
20	Jordan Lupul	RPS	2016-04-23	1984
20	Anthony Echols	UPA	2016-08-06	1984
22	Joe Ladnier	SPF	2016-11-05	1977
23	Kyle Stewart	WRPF	2016-08-20	1973
24	Jim Benson	SPF	2016-12-03	1966
25	Kirk Sabalka	USPA	2016-04-09	1962
26	Luke Dreier	XPC	2017-03-04	1950
27	Josh Rodda	SPF	2016-12-03	1935
27	Jason Weaver	XPC	2017-03-04	1935
29	Adam Rodriguez	SPF	2016-11-05	1933
30	Ed Knoblock	UPA	2016-11-05	1924
31	Lazaro Rodriguez	USPA	2016-04-16	1923
32	Cyprian Thompson	XPC	2017-03-04	1915
33	Michael Francis	RPS	2016-09-03	1906
34	Jake Rammell	USPA	2016-06-25	1901
34	Lee Kelley	USPA	2017-02-25	1901
34	Roberto Perez	RPS	2016-05-28	1901
37	Roberto Villalta	APA	2016-10-08	1890
38	Oran Smith	RPS	2017-01-21	1884
39	Kevin Nason	IPL	2016-11-12	1879
40	David Keilman	RPS	2016-12-10	1875
41	Edwin Knoblock	USPA	2016-06-25	1873
42	Robert Washburn	RPS	2016-10-22	1870
43	Joe Coursey	USPA	2016-11-20	1868
43	David Elmore	RPS	2016-05-14	1868
43	Drew Sweany	RPS	2016-06-11	1868
46	Matthew Pack	RPS	2016-07-16	1862
46	Tyler Cotton	USPA	2016-07-09	1862
48	Bradley Davis	UPA	2016-04-16	1857
49	Trey Manning	RPS	2016-06-04	1855
49	Joseph Sauble	SPF	2016-12-03	1855

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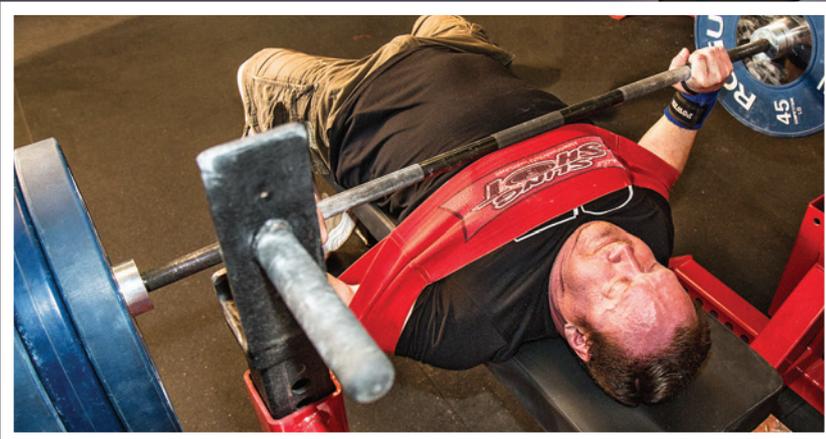


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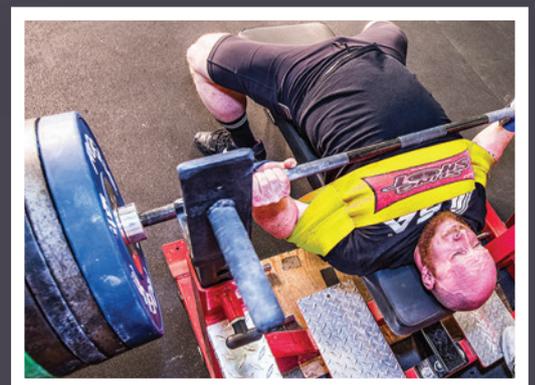
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Current Top 30 Rankings: Women....

SQUAT

Rank	Name	Federation	Date	Squat
1	Jeanine Whittaker	XPC	2017-03-04	605
2	Anna Khudayarov	RPS	2016-04-23	534
3	KATRINA BIELOMYZA	RPS	2016-12-03	475
4	Sarah Lewis	SPF	2016-09-03	473
4	Sarah Huggins	USPA	2016-12-10	473
6	Carrie Grissinger	USPA	2017-01-14	457
7	Kayla Heal	UPA	2016-07-08	429
7	Angel Compton	USPA	2016-08-27	429
9	Kristen Torres	USPA	2016-07-02	424
9	Ashley Crutcher	RPS	2016-05-14	424
11	Shannon Handlon	RPS	2016-07-30	420
11	Ogechi Akalegbere	IPA	2016-06-25	420
13	Tarra Oravec	RPS	2016-04-23	418
14	Jeni Creary	USPA	2016-08-06	413
15	Breanne Gomez	USPA	2016-09-03	407
15	Tazzie Colomb	USPA	2017-01-14	407
17	Natasha Minor	XPC	2017-03-04	400
18	Cassandra Pinto	RPS	2016-11-12	396
19	Elizabeth Hughes	UPA	2016-07-08	391
20	Skyler Doss	RPS	2016-12-03	385
20	Nicki Ianson	USPA	2016-07-09	385
20	Felicia Rojas	USPA	2016-12-03	385
23	Sandy Jiries	APF	2016-07-31	375
24	Roselyn Tirrito	USPA	2016-08-06	374
24	Emma Jarman	USPA	2016-10-22	374
26	Jessica Maloy	XPC	2016-09-17	370
27	Isela Alcantara	USPA	2016-07-09	363
28	Jill Colpitts	RPS	2016-12-04	360
29	Jenae Pavlak	SPF	2016-04-16	355
30	Tyi Richards	APF	2017-01-07	352
30	Lillian Danzer	APA	2016-10-08	352

BENCH PRESS

Rank	Name	Federation	Date	Bench
1	Jeanine Whittaker	XPC	2017-03-04	305
2	Katrina Bielomyza	RPS	2016-12-11	285
3	Anna Khudayarov	RPS	2016-04-23	275
4	Tarra Oravec	WRPF	2016-08-20	264
5	Katrina Karwoski	RPS	2016-07-23	260
6	Sarah Lewis	SPF	2016-09-03	259
7	Molly Headley	RPS	2016-12-04	255
8	Roselyn Tirrito	USPA	2016-08-06	253
8	Tracy Draher	APF	2016-05-06	253
10	Natalie Hanson	USAPL	2016-10-13	248
10	Lindsey Cardinal	USAPL	2016-10-13	248
10	Angel Compton	USPA	2016-08-27	248
13	Sarah Huggins	USPA	2016-12-10	242
13	Breanne Gomez	USPA	2016-09-03	242
15	Alicia Webb	USAPL	2016-10-13	236
15	Elizabeth Hughes	UPA	2016-07-08	236
17	Natasha Minor	XPC	2017-03-04	235
18	Tanya Reed	IPL	2016-11-12	231
18	Carrie Grissinger	USPA	2017-01-14	231
18	Lanae Shockley	USPA	2017-02-11	231
21	Sarah Bell	USPA	2017-02-11	225
21	Missy Gentry	RAW	2016-08-20	225
21	Ashley Lepcin	WPC	2016-11-09	225
21	Tazzie Colomb	USPA	2017-01-14	225
21	Ashley Everette	USPA	2017-02-25	225
26	Shelby Miles	USAPL	2016-10-13	220
26	Rashonda Obryant	USPA	2016-09-10	220
26	Ogechi Akalegbere	USPA	2016-07-16	220
29	Jenae Pavlak	SPF	2016-04-16	215
30	Brigette Killion	USAPL	2016-10-13	214
30	Gina Aversa	IPL	2016-11-12	214

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181 lbs. - Raw with Wraps

DEADLIFT

Rank	Name	Federation	Date	Deadlift
1	Jeanine Whittaker	SPF	2016-08-20	562
2	Gina Aversa	IPL	2016-11-12	518
3	Anna Khudayarov	RPS	2016-04-23	507
4	Carrie Grissinger	USPA	2017-01-14	501
5	Sarah Lewis	SPF	2016-09-03	473
6	Roselyn Tirrito	USPA	2016-08-06	462
6	Tarra Oravec	RPS	2016-04-23	462
8	Tracy Draher	APF	2016-05-06	457
9	Cierra Laxton	USPA	2016-05-28	451
9	Carlita Farmer	RAW	2016-10-10	451
11	KATRINA BIELOMYZA	RPS	2016-12-03	450
12	Ashley Lepcin	WPC	2016-11-09	446
12	Kimberly Brooks	USPA	2016-10-15	446
12	Kimmy Brooks	USPA	2016-10-15	446
12	Nicki Ianson	USPA	2016-07-09	446
12	Tiffiny Wohlers	USAPL	2016-10-13	446
12	Bronwen Blunt	USPA	2016-07-09	446
18	Lindsey Cardinal	USAPL	2016-10-13	440
18	Molly Headley	RPS	2016-12-04	440
18	Melanie Douglas	USPA	2016-10-08	440
18	Angel Compton	USPA	2016-08-27	440
18	Natasha Minor	XPC	2017-03-04	440
18	Katrina Karwoski	RPS	2016-07-23	440
18	Sarah Huggins	USPA	2016-12-10	440
25	Mikelina Belaine	USAPL	2016-10-13	435
25	Tazzie Colomb	USPA	2017-01-14	435
25	Sammi Johnson	USAPL	2016-10-13	435
28	Ashley Newman	RAW	2016-05-21	429
29	Emma Jarman	USPA	2016-10-22	424
29	Natalie Davis	IPL	2016-11-12	424
29	Ashley Crutcher	RPS	2016-05-14	424

TOTAL

Rank	Name	Federation	Date	Total
1	Jeanine Whittaker	SPF	2016-08-20	1460
2	Anna Khudayarov	RPS	2016-04-23	1317
3	Sarah Lewis	SPF	2016-09-03	1207
4	KATRINA BIELOMYZA	RPS	2016-12-03	1205
5	Carrie Grissinger	USPA	2017-01-14	1190
6	Sarah Huggins	USPA	2016-12-10	1157
7	Tarra Oravec	RPS	2016-04-23	1140
8	Angel Compton	USPA	2016-08-27	1118
9	Roselyn Tirrito	USPA	2016-08-06	1091
10	Natasha Minor	XPC	2017-03-04	1075
11	Tazzie Colomb	USPA	2017-01-14	1069
12	Ashley Crutcher	RPS	2016-05-14	1058
13	Kayla Heal	UPA	2016-07-08	1047
14	Breanne Gomez	USPA	2016-09-03	1041
15	Shannon Handlon	RPS	2016-07-30	1015
16	Nicki Ianson	USPA	2016-07-09	1014
16	Elizabeth Hughes	UPA	2016-07-08	1014
18	Ogechi Akalegbere	IPA	2016-06-25	1010
19	Emma Jarman	USPA	2016-10-22	1003
19	Sandy Jiries	APF	2016-07-31	1003
21	Cassandra Pinto	RPS	2016-11-12	997
22	Lillian Danzer	APA	2016-10-08	992
23	Jeni Creary	USPA	2016-08-06	970
24	Alexis Goldstein	APA	2016-10-08	942
24	Sophia Hussary	USPA	2016-07-09	942
26	Kora Whitaker	SPF	2016-04-16	940
27	Kristen Torres	USPA	2016-07-02	936
27	Felicia Rojas	USPA	2016-12-03	936
29	Skyler Doss	RPS	2016-12-03	935
29	Jessica Maloy	XPC	2017-03-04	935



POWER

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Sling Shot POWER T-Shirt

Bold white letters to make sure everyone that looks at you sees the POWER. POWER can come from within, but it also can be from your surroundings. Hang around like minded people and you will accomplish more than you could ever imagine. If someone understands the meaning of POWER, then join forces. Check them out at HowMuchYaBench.net. IG @MBSlingshot



Nsima Inyang



Age: 24
Height: 6'2"
Weight: 265 lbs.
Hometown: Sacramento, CA
Gym: The Supertraining Gym
Max Squat: 640 lbs.

Max Bench: 390 lbs.
Max Deadlift: 755 lbs.
Athletic Background: Pro Natural Bodybuilder, Elite Level Powerlifter, Martial Artist

You call yourself "The Natty Professor", is this really true?

Haha, yeah it's true. It's funny, actually, I came up with the name while sitting on the couch one day with my girlfriend. It was a play on words from the movie "The Nutty Professor" and it just so happened it wasn't taken, so I went with it! I'm a proponent of drug free athletics. I don't take PED's and I believe a vast majority of athletes, if given the right direction, structure, and plan, can be successful without them too. By no means do I have anything against people who do, it's just not something I have ever found necessary for my personal progress when it comes to sports, bodybuilding, and powerlifting.

How has your athletic background played a factor in your current training?

I started doing bodybuilding-style training at age 13 mainly to supplement my soccer progress. I wanted to be the biggest, most powerful player on the field. I ended up playing a bit of D1 college soccer at Sacramento State, but in my second year I had a foot injury that ended that career. From that point, bodybuilding became the main activity, but it didn't satisfy my appetite for true athletic competition. After a few bodybuilding seasons, I picked up powerlifting and Brazilian Jiu Jitsu. These two disciplines are heavily based on performance and competition and have filled the void soccer left behind. I still enjoy bodybuilding, but I care much more about being able to perform at a high level beyond being aesthetic and having shredded abs.

Your channel went from mostly nude poses to heavy deadlift triples. How did your channel evolve over the past year?

The roast never ends at the Supertraining Gym...

The first channel I made was in the middle of my bodybuilding competition season of 2015. It wasn't all posing updates (or as

you would call them "nude poses"), but since I was bodybuilding, I shared my progress every 6 - 8 weeks during my cut. When the competition season ended, I made a second channel called TheNattyProfessor. This channel showcased my powerlifting progress, BJJ progress, and it was where I shared a lot of information about strength training, nutrition, and helpful ideas. The goal was to help lifters and athletes progress and improve their overall performance. I guess it shifted into a more performance/athletic based channel as I shifted back to being a performance-based athlete. In January of 2016, I was invited to train at The Supertraining Gym and it's truly helped me grow as a coach, an athlete, and as a contributor to the strength and athletic community.

What do you think separates your YouTube channel from the other fitness channels?

I make videos about topics I enjoy and believe will help athletes become stronger, smarter, and more productive on their fitness journey. I stray away from YouTube fitness fads such as Full Days of Eating, 10,000 Calorie Challenges, and clickbait vlogs filled with useless rubbish. I try my best to balance practical information and entertainment in my videos. At the end of the day, people always want to enjoy what they're watching and that's likely why most fitness YouTubers don't divulge much practical information. It's hard to make textbook ideas "fun." When it comes to fitness, everything can be presented in a simple, digestible fashion, and I believe I excel at taking complex ideas and making them accessible to the every day strength athlete.

What are your long-term Powerlifting goals? Do you plan on going back on the body building stage?

Long term - as in VERY long term - I would like to achieve a 1900 lb+ total. And this next goal will sound batshit crazy, but, in about 7 - 8 years, I want to work up to a 1,000 lb raw pull for my deadlift. I'm currently 250 lbs away. Insane, right? (Let's look back at this article in 7 years and see if it happens.) When it comes to bodybuilding, I'll only step back onto the stage when I have the itch to do it. I've competed at the highest levels of natural bodybuilding and placed as the 5th best heavyweight in the world at that time. I'd obviously like to win one world title before I completely throw in the towel, but currently there's no rush back to the stage. **PM**

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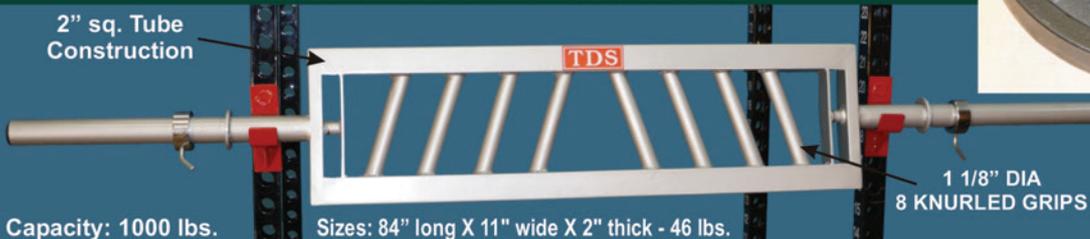
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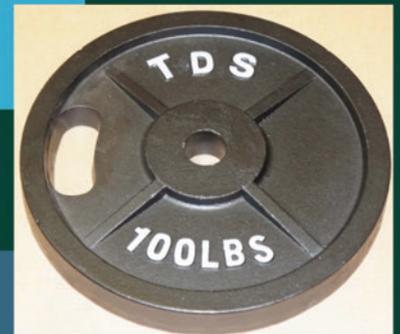
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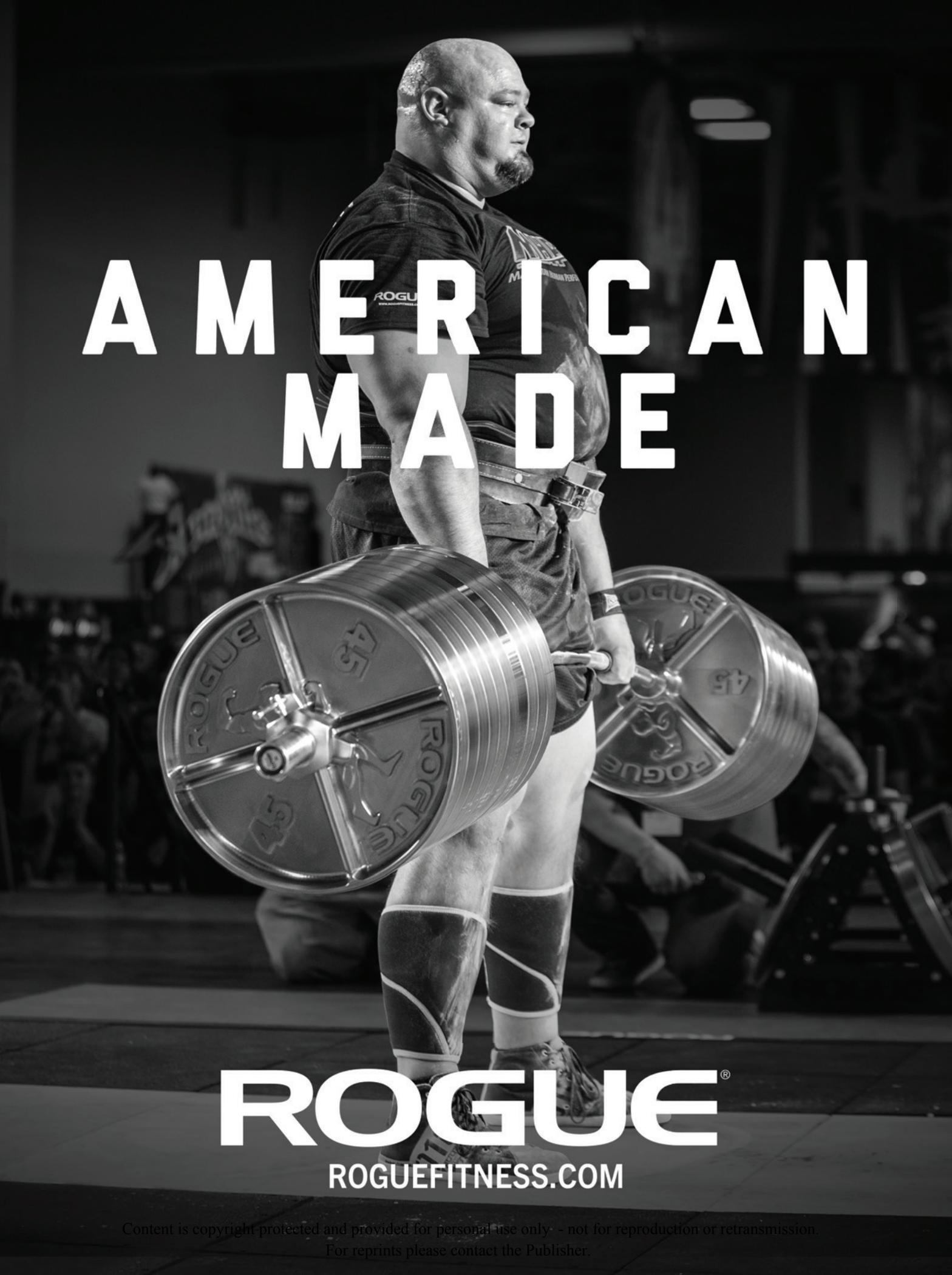
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