

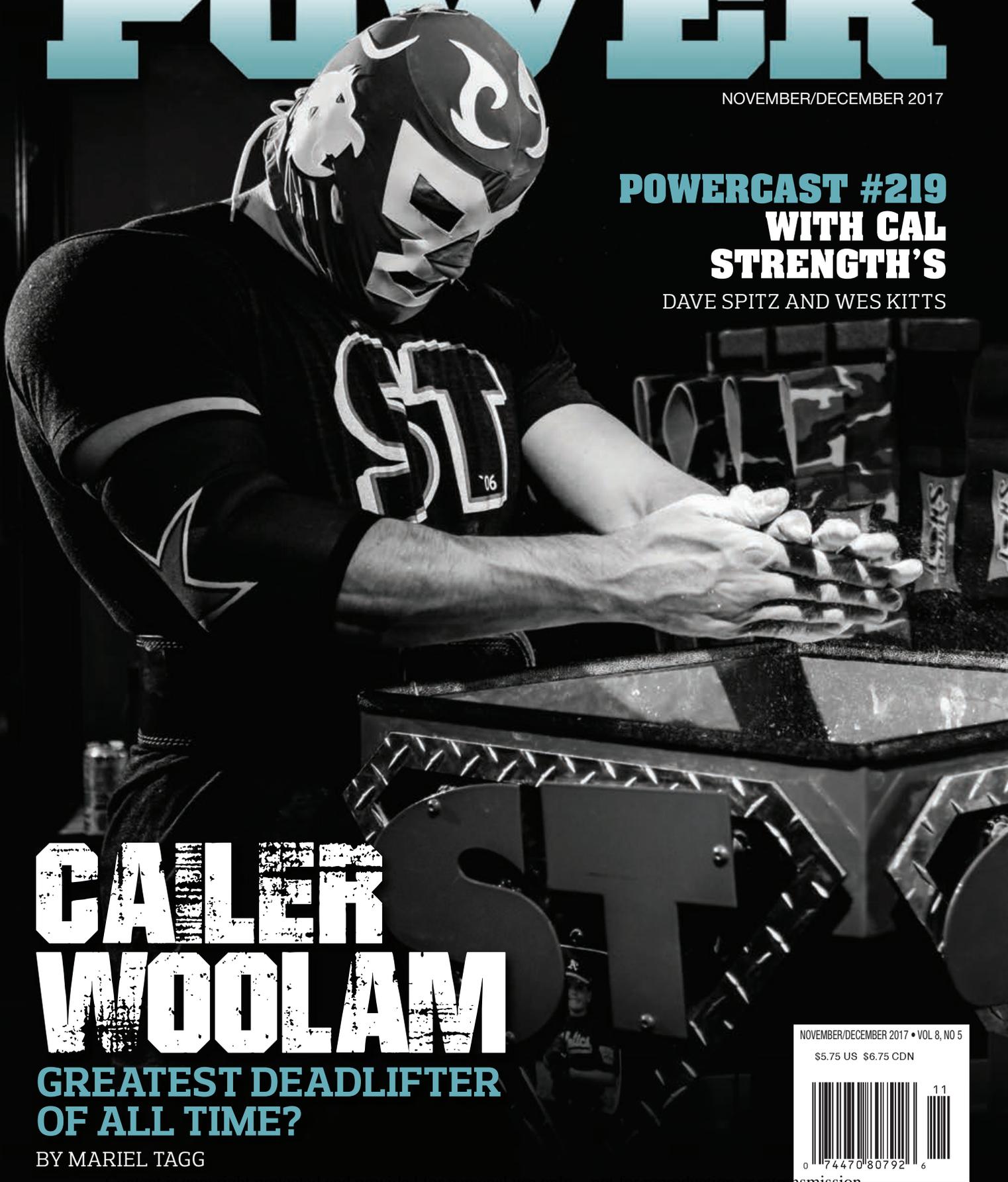
**HELP! I'M BROKEN. NOW WHAT?** BY MATT VINCENT

# POWER

NOVEMBER/DECEMBER 2017

**POWERCAST #219**  
**WITH CAL**  
**STRENGTH'S**

DAVE SPITZ AND WES KITTS



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**WOOLAM**

**GREATEST DEADLIFTER**  
**OF ALL TIME?**

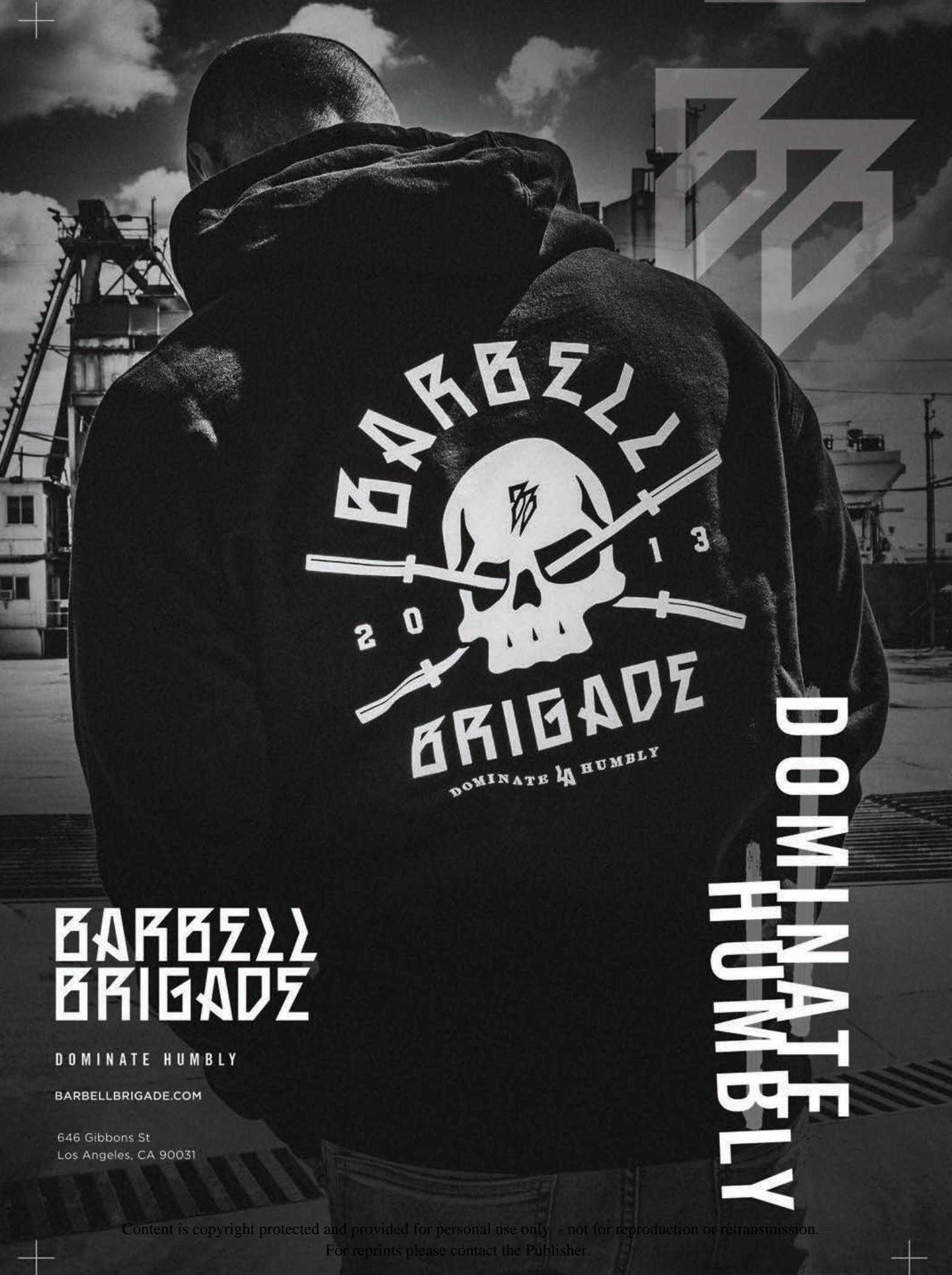
BY MARIEL TAGG

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# POWER

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A large, stylized graphic for POWER Magazine. The word "POWER" is written in large, bold, white letters with a red outline, set against a dark red background. The text "WANT MORE POWER MAGAZINE" is written in white, slanted letters above the main "POWER" text. Below the main text, several magazine covers are displayed, featuring various bodybuilders and fitness-related headlines. At the bottom, the text "GO TO WWW.THEPOWERMAGAZINE.COM" is written in white, slanted letters. The background also features a repeating pattern of the word "POWER" in a lighter shade of red.

# FIRST WORD



**Z**ach Even - Esh has been part of the POWER Mag family for a very long time. Zach's niche is to motivate and inspire people to kick ass in training and in life. On top of being a great strength coach, I really admire that he's inspiring our youth. He works with a lot of high school wrestlers, and he's able to teach getting better in life through fitness. It was great to have him contribute another fantastic article to this issue of POWER.

Terron Beckham, AKA @fbaftermath on Instagram, represents now-times' athleticism and strength. The modern strength athlete is after more than just having a big bench press and a big gut. Many people would kill to look like this guy. He's able to do backflips, power cleans, dunks, and looks stage-ready at all times.

The Fat Owl Matt Vincent was stopped dead in his tracks with some very serious knee injuries. Matt found himself in a position that many athletes find themselves in as we get defined by our sport. Matt is a two-times highland games champion and he had to figure out how to get past the physical and mental anguish of a severe injury.

We've been in search of more great information on Olympic lifting, and fortunately for us we were able to go just up the street in Northern California and had an opportunity to talk to the notorious Cal Strength.

For some damn reason, no one knows who the hell his kid is but he's successfully destroyed the 198 lb. all-time deadlift record and the 220-pound deadlift record with an 881 lbs. deadlift at 198 and 927 lb. deadlift at 220 lbs. Maybe people don't know who he is because he's not flashy. He's not huge. He's just a normal dude who's a grocery store manager in Lubbock, TX. That could be the main reason people don't know who he is, or maybe because when I featured him on my YouTube channel at ST Gym, we stuck him in a luchador mask, not unveiling the face of this superhero deadlifter.

I'm Mark Bell and strength is never a weakness.

## Mark Bell

*Sent from my iPhone 8 and Sling Shot HQ*

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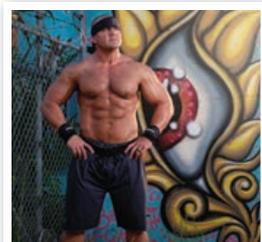
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## JOSH RODDA

BY JOHN GREAVES III



**J**osh Rodda is checking off his powerlifting bucket list: Featured in Apeman videos, meeting Louie Simmons and totaling 2000 to qualify for the 2018 Arnold are all part of living his dream and building a legacy for his son.

### **Tell me about your powerlifting journey.**

**Squat:** I hit 500 for a single one time. It was probably about an inch and a half high; I'm just being honest.

**Bench press:** 425

**Deadlift:** I pulled a 640 with the most ugly form you've ever seen.

### **What about on the platform?**

Now the first meet in May 2015 I did an eight week training block with my coach Dan Arena. I weighed in at 286 or 290 in the 308 class and totaled 575/450/640/1665.

### **How did you go from that to 2000lbs?**

When I decided to set my mind on really being an athlete again, I had to start treating my body that way—learn-

ing how to eat right, take care of myself and train smart. I wanted to dedicate a full year of training with my coach and learning how to eat and how to train right. I came in at 271 and did 678.9/529.1/727.5/1935.5.

### **Describe eating right.**

My wife . . . I'm thanking the Lord for her on a daily basis especially for this; she does all my meals! Eat a decent breakfast, eggs; oatmeal. I try to have at least four meals in before training, all lean protein and some carbs. I've never been super strict post-training because I'm just trying to refuel.

### **Talk about the 2000lb total.**

We hit a 749.5 on our squat. My opener on bench was 501 and got out of the groove, locked out and completed the lift but it kind of scared us a little bit. 523.5 was faster than the 501. We took a third; 545 or 547 kg. I got it about an inch and a half from lockout and just could not lock it out!

My opener of 705 on dead lift qualified me for the Arnold and our second dead

lift, a 727.5 gave us exactly 2068. And we didn't even take a third, because we were happy, we were injury free and just didn't want to take a chance.

### **What's the goal for the Arnold?**

To be as close to 2100 as I can. If we hit that we should we should finish somewhere in the top three and that for me would be amazing.

### **A 2000 total is such a high goal but you had no doubts.**

You know I got a tattoo "I can do all things through Christ who strengthens me". I got 1934.5 at that last meet so I decided that if I added 50 pounds to my total I could reach that goal.

### **What are your favorite assistance exercises?**

Bulgarian split squats with the SSB. Glute ham raises with plate resistance, with band resistance, cable pull-throughs for glutes. I really like SSB Good Mornings for hamstrings and stabilization of the core. Ab rope pull down; ab wheel, I remember the first time there on my knees and it was just like I was sore for the next 45 days!

I changed my breathing techniques. Instead of taking a breath and un-racking; releasing the breath and taking another one, I take a deep breath, brace my core, un-rack and never breathe out till I finish the lift.

### **How did it feel to be in a commercial on the Powercast?**

Literally I yelled in excitement and scared my two year old son, Jericho. I had people DMing me left and right like, "Dude! I just heard you on Mark Bell's Power Cast!"

### **How did you get the Apeman videos in the first place?**

They reposted my 727 because I was in their singlet and then this last meet, they reposted my meet recap video because I wore the same singlet. I'm an Apeman fan; I love what their company stands behind and just the way they

operate. I was private messaging with them the other day about a bag and they were jokingly saying, "Hey man, we featured you in more videos than our athletes!"

**Nice. Talk about meeting Louie Simmons.**

Well, they said on their Instagram that they were going to have open gym. We got in there, I was checking the equipment out, and here comes Louie. He's like, "Hey you guys got any questions?"

So I was like "Hey, I've got this patella issue, old football stuff that flares up."

He shows me how to sled walk and the next day I felt a difference. So through this whole prep, I would do sled walks like he said and I had zero knee issues.

**Do you have anybody you want to thank before we close this up?**



My wife, my son; My coach, my training partners, Justin Jones and Matt Tinsley, these two guys especially on "heavy squat day;" they were there. I'd like to thank the Grit Hous— Nate and Dawnel. East Ridge Fitness, they sponsor me and both those guys are literally my best friends. Nate from Swole and Bearded, he's more than a sponsor, he's a friend. I said, "My son is black— I want some advice on how to how to raise Jericho to appreciate his culture and realize his roots." We had probably one of the best conversations I've ever had with any human being ever.

You can follow Josh Rodda @the\_walls\_of\_jericho\_training.

John Greaves III is the founder of Garage Gym Life, an apparel brand and website that caters to athletes who train at home. **PM**



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## MADDY 'MADDAWG' FORBERG

**You're a 57kg (126lbs) USAPL competitor who is currently ranked #9 in Raw Jr's. How the hell did that happen?**

I have no idea! I started this sport as something fun to do about a year and a half ago and it has quickly become one of the greatest things to ever happen to me. Ever since I was younger I tried a lot of different sports and clubs and facets of music trying to find something that I enjoyed and that I was good at. I was diligent with learning music and practicing soccer and what not but I wasn't passionate about it and I think that makes an incredible difference. Right now, I have nursing school and work and clinicals and sometimes I go into the gym and I don't FEEL like training because I'm so exhausted. It would be so easy to go skip a session, or just half ass the workout. But for me, it's deeper than that. I'm willing to push through. I know that it sounds cheesy but I believe that diligence on its own won't help you succeed in this sport-passion will. I make a lot of sacrifices with my time in order to get training in and I make a lot of choices throughout the day to prepare for lifting. Powerlifting is really demanding but I've made it a huge part of my life- I'll put everything I can AND MORE into making it work and progressing. I have a really awesome coach and I stick to the program and I try not to eat like a garbage person and here we are! I'd like to say I'm really lucky to be in the position I am but none of it has happened by accident. Every lift has been planned. I'm really thankful to be doing this.



**Age:** 20

**Height:** 5'1

**Weight:** 127lbs

**Hometown:** New Lenox

**Occupation:** I am a full time nursing student, and I take care of a woman with severe disabilities as well.

**Gym:** Battlegrounds Strength Training and Golds Gym Express

**Current Max S/B/D:** 300lbs/175lbs/315lbs

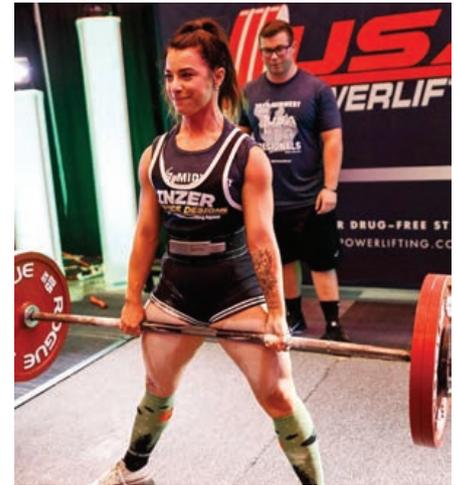
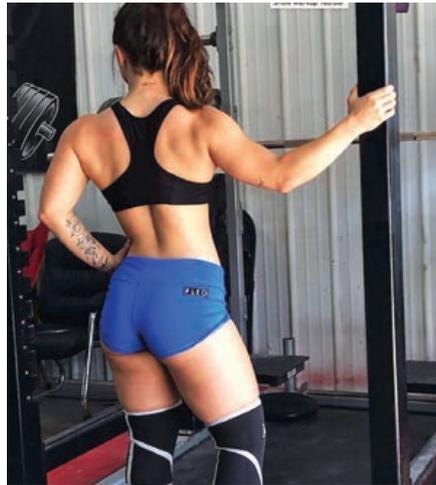
**Athletic Background:** As far as sports go, I've done a little bit of everything and was terrible at it all. I played soccer for 6 years, water polo for a season, and I was in the marching drumline in high school.

**You clearly like to go ass-to-grass on your squats. Have you always found that to be a better way to get momentum out of the hole or has it taken time to figure out what works best for you?**

I actually have always done this! I started lifting after recovering from a pretty severe eating disorder just because it seemed fun and very different. I would workout in the morning before school and I would feel really accomplished squatting 135 (mind you I was a bare-knee'd baby squatting in my cool Spiderman vans). The old meat-heads at the gym who were the classic "400lb benchers back in high school days" would always tell me that I "buried it". I thought it was an insult at the time. However, I had to really learn how to have more control because I would squat so low without any tightness or technique and it would look really sloppy. When I started powerlifting, I worked with my coach a lot on finding an appropriate 'rebound' spot in the hole. It feels stronger to me to get ass to grass like that.

**You have extreme arching abilities on the bench press. Do you feel you rely more on the limited range of motion or is the arch help you maintain a tight back and shoulders? Would you recommend it for newer lifters?**

I rely more on the arch to keep my back and shoulders tight. I never have any issues with my pecs/shoulders/etc. and I attribute that to always warming up well and actively trying to have the best technique possible. The limited range of motion is definitely



a huge component when lifting heavy. But in training, I can reduce the arch a bit and still lift the same weight as long as I'm keeping my lats tight and my shoulders retracted. One thing I would definitely recommend to new bench pressers is figuring out how to actually use leg drive! I didn't know how to do this until I started benching flat footed and it made an immense difference. As far as the arching goes, the lower back rounding I wouldn't really recommend to newer lifters unless their mobility was really good. I think this is something that should be slowly introduced and eased into. The upper back arching (pulling the shoulders back, and the lats tight) is something I recommend to EVERYONE (!!!!!) bench pressing. The arch gets really misconstrued and Instagram trolls reaaaally love me for it. Even if you aren't a 'powerlifter' having a slight arch is important to protect the shoulders and that's just biomechanics yo.

**Give us a run-down of you training split.**

I'm currently coached by Kyle Pigney. He's a genius! Since I just had a competition in August, I'm currently in a hypertrophy phase. I found that it worked really well for me to compete twice a year, and spend the time I'm not in a strength block building muscle. My coachbae did a great job programming and I added 104lbs to my total from March to August! My split currently is 5 days: 3x a week squatting, 3x a week benching, and 2x a week deadlifting.

**What are you studying at Illinois State University?**

I am a nursing major! It's hell. I relate a lot to Mark Bell when he says he felt dumb in school because I myself am not a

good student or smart and it takes a lot of extra time to understand things.

**What are your long-term goals both in and out of powerlifting.**

There aren't really any "lifetime" numbers that I have in mind and that's just because my goal is to be the strongest I can be. I have a lot of mini goals like benching over 200 and what not. My goal in this sport is longevity. I want to be able to do this for as long as my body allows, and I want to continue to be the strongest my body is capable of being. I'd be lying if I didn't say I want to be the best- I do see myself as being the strongest in the world one day and I want to make a life out of doing that. I've always regarded this sport as a competition against yourself because I think that progress is the only thing that matters. I also really value my education so I'm going to graduate as an RN BSN in 2019 but my goal is to have something else going in the lifting world as a career. I'd really like to open my own gym and work with other strength athletes too. Staying in the Illinois area isn't in my plans either!

**Via Instagram, I see you're always training or in class. Is there any other hobbies outside of those that you try to partake in?**

Not really haha! When I'm not in class, I'm in work, and when I'm not at work I'm training or studying. I take care of a woman with a traumatic brain injury every day besides Tuesdays and that's just because I have class from 8am-7:30pm straight. Other than that, I like going to concerts occasionally, eating pizza, petting dogs, and watching movies. I really like talking to people but I'm not a huge party person which is kind of outside

of the norm being at a state university. Almost all of my favorite people around here are also lifters so it's not uncommon for me to be at the gym for hours. I put as much time as my school/work schedule allows for lifting and recovery.

**Who do you look up to/ who inspires you in the sport?**

WOW! That is a long list. The people who inspire me the most are Ed Coan, Chad Wesley Smith, Stefi Cohen, Marisa Inda, Stan Efferding and one of my greatest friends Bonnie Schroeder. All these people are incredibly strong, intelligent, and have put their heart into this sport. All of these lifters are train smart, and have persevered through really tough times. I admire them for their passion and tenacity.

**Favorite moment in powerlifting?**

My favorite moment that happened to me happened last December when I was doing an AAPF meet in Lombard, Illinois. My family tries to come to my meets whenever they're local. My older sister Tayler has a traumatic brain injury and my mom tries to bring her too. At this meet, I went up to the platform to get my height for the monolift. -Mind you, my sister had to relearn how to walk after her accident a few years ago and her walk is still pretty unsteady.- When I finished giving my height, Tayler came barreling through the crowd, leg braces and all, yelling "Woohoo Moody!! Great job!!!" It was so funny and so sweet that she had genuinely thought I did something good. Sometimes I think about that moment when a training session isn't going great for me- I know Tayler would be congratulating me regardless! **PM**

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**Facebook:** Maddy Forberg



Mark Bell

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ST '06

# CALLER

Woolam prepares to deadlift at Super Training Gym in Sacramento, CA in 2017



**Age:** 22  
**Height:** 6'1"  
**Weight:** 215 lbs.  
**Location:** Lubbock, TX

**Best:**  
**Squat:** 639 lbs.  
**Deadlift:** 927 lbs.  
**Bench:** 430 lbs.

## AN INTERVIEW WITH CAILER WOOLAM

INTERVIEW BY MARIEL TAGG

**POWER:** When did you have the realization that you would one day be in line to have a world record?

**WOOLAM:** Man, almost exactly a year ago from right now. Because I remember in September I deadlifted around 825 lbs. and I was weighing pretty light, so I thought "I think I could potentially, maybe later this year, deadlift over 870" which would have been the 198 lb. record at the time. So that's when I realized it was something that I might realistically be able to do, not just something I wanted.

**POWER:** You currently have 2 All-Time World Records in the deadlift, 881lbs at 198lbs body weight and 927lbs at 220lbs bodyweight. What does a man of this strength do for a living?

**WOOLAM:** I work at a grocery store and do some personal training on the side. Since I was like 15 years old, I've been there. It just fits into my life well and it's a job so it pays the bills. I'm the manager over the non-perishable foods departments, the frozen foods and the dairy departments. I'm in charge of the stockers in those departments, the employees, and the ordering.

# WOOLAM

*Greatest Deadlifter of all time?*



Woolam squares off in a luchador-inspired deadlift competition at Super Training Gym in 2017

**POWER:** What does lifting do for you?

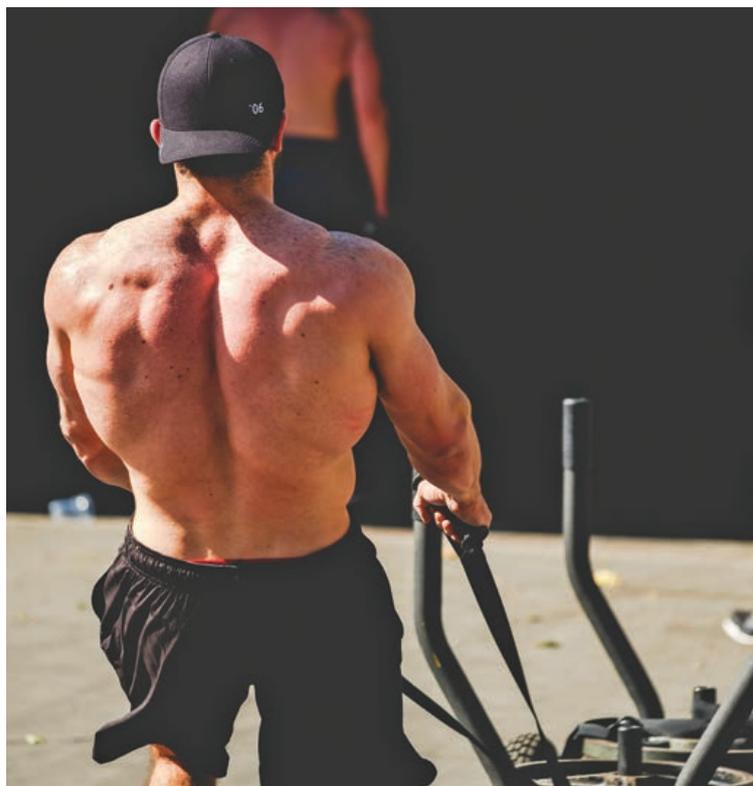
**WOOLAM:** It's fun, it's a hobby, and it makes me feel really good about myself. It's also just something to keep me busy and keep me out of trouble. I just like doing it. It's fun to keep up with. Like football—some people like to keep up with all their teams and keep scores, and I like to keep up with all the powerlifters.

**POWER:** What is your experience in sports and weight training?

**WOOLAM:** I started football and baseball pretty much as early as you can, which is around age 7. And I played both of them all the way through 8th grade, and played football through my junior year in high school. My senior year was the only year I didn't play football. I remember when I was 12 years old, I was in the 6th grade, and this is when I started to lift weights for the first time ever. I was in our athletic program. I remember how much I liked it and that there were kids who were

stronger than me. And I remember thinking "I want to be better than them. I want to lift more weight than all of these other people." And then a little bit after that, I started to put into perspective that I was lifting almost as much weight as these guys who I was heavier than, and I thought I was a stronger person than them. So looking at it in terms of powerlifting, that's when things started with me.

Then I remember shortly thereafter I was watching videos on YouTube of



things like “the heaviest deadlift ever done, or “the heaviest squat ever done,” and I thought “I want to do that one of these days. I want to have the heaviest something.” I just remember sitting in front of my computer thinking how cool it would be to do. But I never expected myself to actually do it, because that’s a lot to expect out of yourself at age 13. You’re 13, you don’t know. And I knew about powerlifting—I knew it was a high school sport and being in 7th and 8th grade I couldn’t wait to get to high

school so I could powerlift and be on the powerlifting team.

Then when I got to high school, I joined the powerlifting team and it went very bad my freshman year. I honestly thought about quitting. And the other thing was that we literally just have a supervisor that helps us wrap our knees, but all the specifics of powerlifting that you need to learn from a coach, that’s not something we had in high school. We didn’t have coaching or training, and we really didn’t have any clue what

we were doing. We didn’t know how to split up our lifts. Nobody was really making a ton of progress or anything, but I still remember loving it.

I bombed out of my first meet ever on my squat. I almost thought about giving up but then I made like top 10 in the region that year. And then I got a varsity letter my freshman year so I thought “Okay, I’ll keep doing this again next year. It’s still fun.” Then I got better at it every year. Then I ended up doing better at it every year. My senior year, I



ended up doing really well and getting second place and I missed my last deadlift and missed the win. That's why I didn't play football--so I could get really good at powerlifting.

**POWER:** How do you balance squat and the bench press, so it doesn't take away from your most proficient lift, the deadlift?

**WOOLAM:** Well, they don't really seem to get in the way at all. Bench is always something I can do twice a week. And I do squat and deadlift every single week. Sometimes during the end of the week I'll have a light squat and deadlift week, and those are done on the same day. And every other week I'll have a heavy deadlift day or a heavy squat day. So I'll have two heavy deadlift days a month and two heavy squat days.

**POWER:** So what's your method lately, or specifically your method during competition prep?

**WOOLAM:** Recently I've been doing more of a conjugate method. A lot of different types of training, utilizing dif-





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Woolam deadlifts 848 lbs. for his second attempt at USPA meet in June 2017

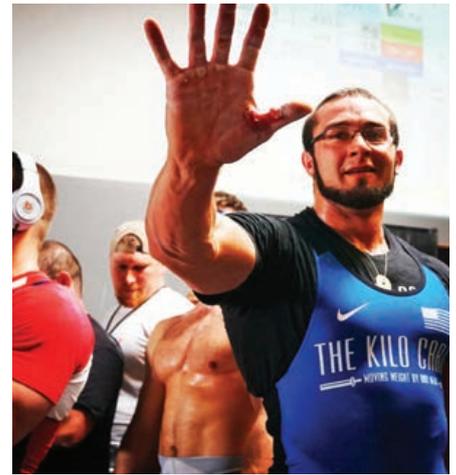
ferent bars and bands and chains and speed work, having max effort days and dynamic effort days.

**POWER: What took you from a 700lbs deadlift to an 800lbs deadlift and now to a 900lbs+ deadlift?**

**WOOLAM:** I actually did that by myself. I've only been lifting with a coach for a few months. But getting up to a 900 lb. deadlift was something I did all by myself. So first I identified all my weak points and things that I could always improve upon. I looked around seemingly endlessly for things I could do to get better, learning from people who are the best. YouTube is great and you can learn all sorts of things, so I searched around and played around with things until I found something that worked. And it worked well for a very long time. So I tried a bunch of different techniques and just tried to make everything as perfect as I could there.

**POWER: Okay, enough about your deadlift. What does a day in the life of an All-Time World Record**





**holder look like?**

**WOOLAM:** It's not really that exciting. Most of the time I'll wake up, go train the one client that I have in the morning, go to work, go to the gym, come home, eat, and go to bed. I try to get enough sleep and take care of

myself and all that good stuff.

**POWER: Do you feel you can obtain a 1,000lbs deadlift? Can you expand on this? What will it take?**

**WOOLAM:** Absolutely. It's kind of a tough thing to think about right now. It's more about how much work I'm willing

to put into just my deadlift will make a difference on how soon I get there. I kind of like to just build every one of my lifts up slowly and together, so I'll probably just keep doing what I'm doing. Keep perfecting my technique and building on my weak points. I just doing what I've done in the past, just with time, and being consistent, and staying healthy, that will get me there. I really honestly think within a year I should be able to do that. **PM**

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# POWERLIFTING MEETS GAMING WITH

# TERRON BECKHAM

INTERVIEW BY MARIEL TAGG

**Age:** 25

**Height:** 6 ft.

**Weight:** 228 lbs.

**Location:** Astoria, New York

**Trains out of:** Wherever is convenient

**Best Squat:** 660 lbs.

**Best Bench:** 520 lbs.

**Best Deadlift:** 730 lbs.

## What is your athletic background?

**BECKHAM:** My athletic background started in peewee league football and basketball. As time went on, when I went to junior high, I was doing football, basketball and track year-round. And that continued until my senior year of high school. I see that as my base of operations for what has become of me right now.

## POWER: How do you incorporate powerlifting into your training?

**BECKHAM:** I didn't really get into the powerlifting aspect of training on my own until I went to college in 2010. It started in football training since we had strength training often, and we would bench and squat. That's the base for where it started. But then when I went on in life to learn fitness on my own, I learned how much powerlifting enhances athletic performance, which is all I really cared about. So when I started studying, I got into reading up on it a lot and taking it into my own account and using it for athletic performance.



Beckham demonstrates proper pulling technique at a seminar earlier this year



**POWER: Being into fitness, what draws you to gaming and anime?**

**BECKHAM:** Gaming and anime is actually one of the reasons I am into fitness. Guys like you see on Dragon Ball Z and shows where these guys show feats of strength, kids have always been motivated by guys like these to workout or look a certain way or be a certain way. Super heroes are my motivation. I was even one of those kids who would go try to find a radioactive place or something to go find some special powers or something. It's hard because just because you're a nerdy person or into gaming that fitness isn't a part of your life. They usually think you're the pizza-eating, Mountain-Dew-drinking couch potato, and that's just not the case. It's helped me to build an active life, along with providing a mental release from stress. And my goal is to get more barbells into gaming and more remote controls into barbells. I took that idea from Meg Squats when she said she's trying to get a barbell in every female's hand. I'd like to do the same thing for gamers.

**POWER: What do you think makes people successful?**

**BECKHAM:** For me, always trying to

find an avenue where I'm accepted for pursuing my dreams. It's always about putting yourself around the right people and cutting out the riff raff. A lot of people say one thing and want to excel in one thing, but they're not putting themselves in that universe. Let's say you go to college and get their degree, but you don't do what you thought you were going to do when you were in college. Along with

being around the right people and putting yourself in the right situations, it's about finding what makes you happy. Because whatever makes you happy, finances are needed but you can't take away happiness and a low-stress life by going for something that you're not really into all the way. So that's my philosophy on how to be successful in what you want to do. The majority of it is just making sure that



Beckham performs explosively training at his gym in New York.





what you're doing is precisely what you want to do and be happy with it.

**POWER: How would you define your training style?**

**BECKHAM:** My training style is a little bit unorthodox. It's a hybrid of training because I can't stick to one thing because I get bored really easily. In my life I've done powerlifting, bodybuilding, and a little bit of everything, but the majority of it boils down to training for athletic performance. So out of all the styles, athletic training is the one that I want to keep forever and just use each style as a tool. Powerlifting to get stronger, bodybuilding to change the look and maintain aesthetics. But to define my training, I would use the word "hybrid training" because I include a lot of different styles.

**POWER: What's next in the cards after trying out for the NFL and WWE?**

**BECKHAM:** I tried out for WWE in 2016, and I haven't heard word back yet. But I'm done training and going out for the NFL. As far as now, I'm looking to develop my acting career. That's one of my main things since my main goal is to be a

Marvel character. Acting and working on my brand is really all I care about now.

**POWER: What are the top three factors that you would attribute to your success in finding these things?**

**BECKHAM:** My mindset is not caring

about what anybody says. I don't care about a lot of stuff. Whatever I want to do is what I want to do and who I want to be is how I want to be. And I think that's important because a lot of people act certain ways to be liked or something that's not them that they think





will be beneficial for them. But in the end it's not. So being 100% me is one of the most important factors. It goes hand in hand with wanting to do too much. Sometimes that's good and bad. It helps me out because I hit certain avenues of a fan base. And there are

certain avenues who really love it because it's a niche, but outside of it there are a lot of people who look a different way. Because if I'm considered a fitness channel but I have a gaming video on my channel, then the fitness guy that lands on that one gaming video might

think "No I'm not into this." So it's a positive and a negative in a way. And the third thing is thinking about the fans--the people who have built me and my brand. Influencers and creators know that we can't survive without the people who support us. **PM**

STRONG HAS MANY FORMS, FIND YOURS.



# Ryan Wereley

## CANADIAN MOUNTAIN MAN

BY KEN WHETHAM

**T**here aren't too many people that you meet that are larger than life. A few people who come to mind are strongmen Brian Shaw, Jon Anderson, and Hafþor "Thor" Björns-son from *The Game of Thrones*. In Canada, we have our own Mountain Man who is a gentle giant—Ryan Wereley, who barely squeezes through doorways and immediately dominates glances when entering a room. Ryan dwarfs the majority of men in his presence and makes regular people look like Hobbits—he is definitely a guy you want on your side when you require a physical presence or intimidation factor. At 6' 5" and 325 lbs., Ryan competes raw in the SHW division and is becoming one of Canada's strongest powerlifters.



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Wereley benching 515 lbs. for a 30 lb. PR at RPS Canadian Conflict in June 2017

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

I am currently residing in Cornwall Ontario, Canada. I am 28 years old, and I am employed at Walmart Logistics in the security/health & safety department.

**What is your educational background?**

I graduated with a diploma from Charlan high school in Williamstown, Ontario, and I also graduated from St. Lawrence College in Cornwall, Ontario with a diploma in Police Foundations.

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

At this time, I am holding records in only RPS (Revolution Powerlifting Syndicate). Currently, my rankings are:

- Top ten in all three lifts (bench, squat and deadlift) in the super heavy weight division.
- Top five in total for RPS holding a total of 1880 raw classic, also in the super heavy weight division.

**“I HAVE ALWAYS BEEN INTERESTED IN ALL DIFFERENT FEATURES OF STRENGTH FROM WATCHING POWERLIFTERS ON YOUTUBE, POWERLIFTING DOCUMENTARIES, AND STRONG MEN COMPETITIONS—THEY PEAKED MY CURIOSITY IN MY OWN STRENGTH ABILITIES”**

**How long have you been powerlifting?**

I have been powerlifting for approximately four years.

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

I have always been interested in all different features of strength from watching powerlifters on YouTube, powerlifting

documentaries, and strong men competitions—they peaked my curiosity in my own strength abilities. This is when I fell in love with the sport and everything that comes with it.

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

I have always competed raw. As far as competing in gear, I have never really considered it. A lot of the peers that I train with at my gym do not use gear—therefore, it hasn’t been an interest for me—never say never.

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

I would have to say my most memorable competition would be RPS Brantford [which happened on] June 17th, 2017. I had been training and working hard to conquer one of my biggest goals, which was to bench 500+ lbs. in a meet. It has taken me approximately two years of ups and downs to finally reach this goal, and

"I DON'T KNOW ABOUT CANADIAN BACON, BEER AND MAPLE SYRUP OR EVEN POWERLIFTING SECRETS FOR THAT MATTER. BUT WHAT I CAN SAY IS THAT THIS SPORT DOESN'T TAKE "SECRETS" TO BECOME ALL THAT YOU CAN BE"

I can finally say I have achieved a huge obstacle, and I couldn't be more proud of myself.

**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?**

I don't know about Canadian bacon, beer and maple syrup or even powerlifting secrets for that matter. But what I can say is that this sport doesn't take "secrets" to become all that you can be. I believe it takes not only a physical approach to conquer your goals, but [it also takes] a mental approach. I just set a goal in mind and work my butt off to achieve



Wereley pulling 715 lbs. for a deadlift PR



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which includes and varies from week to week but here is an example:

A max effort upper body day— [a] variation of a bench press would be close grip bench with chains or bands and different boards. This helps keep your muscles guessing as well as keeps your training interesting and challenging. An example would be—350 lbs. bar weight with 160 lbs. in chain weight for x 1 rep max.

A max effort lower body day—this alternates from week to week between a variation of a squat and a variation of a deadlift using specialty bars and cambered bars, chains and different band tensions. An example would be—squat with a cambered bar, 600 lbs. bar weight with reverse bands which takes off approximately 40 lbs. at the bottom for x 1 rep max. An example of a deadlift is basically the same idea with chains, bands and different pull heights—410 lbs. bar weight with 310 lbs. of band tension x 1 rep max.

Dynamic upper and lower body days are working on speed strength and explosiveness which includes a variation of the movements with sub maximal weight and short rest periods (30 secs).

For accessory work, I base it on which part of the lift I am lacking and making it better by strengthening my weaker areas. For example—my weak point in bench is my lock-out so I focus on close grip and heavy tricep extensions like skull crushers (using dumbbells with a weight of 100 lbs. each x 4 sets of 10-12 reps) and JM presses with the same weight, set and rep.

Another accessory workout would be good mornings using a safety squat bar, 180 lbs. bar weight—4 sets of 10-12 reps.

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

it. Whatever you dedicate and commit to your goals in powerlifting will determine what you will ultimately get out of it.

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

I have not suffered any significant injuries \*knock on wood\*. I have suffered some bumps and bruises here and there, and some pulled muscles, but nothing that has kept me from training.

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

I am training at Quest PTS in Cornwall, Ontario. I do not have any coaches, but I

do have a fantastic group of training partners and a great support system that has been by my side since the beginning.

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

Previously, I had been following my own training protocol, which was lifting heavy when I could, but [I was] also being smart and listening to my body when I couldn't. Within the last nine months, I decided that I wanted some variety and change when it came to my training protocol. I began following a collaboration of my own training and Westside conjugate,

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Bench set up with 3 chains so one link will be on the ground at lockout.



I got a little ahead of myself in the previous question. Yes, I use a variation of resistance bands and chains in my everyday training. I try to incorporate this as much as I can and I have noticed a positive outcome with reaching my goals.

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

Does a “seefood” diet count? I see food and eat it? But in all honesty, I try to take in a certain amount of calories (5000–6000 cals) per day and time specific meals (every three hours).

**How do you prepare mentally for an attempt?**

I prepare for an attempt mentally by going into the lift with a positive mindset—no hesitation and not a drop of doubt. I recap the lift over and over in my head, and [then I] go for it. You can’t go into a lift doubting yourself—if you know you worked hard every day, up to this one day, then it will pay off in the final outcome.

**What are your best competition**

**“DOES A “SEEFOD” DIET COUNT? I SEE FOOD AND EAT IT? BUT IN ALL HONESTY, I TRY TO TAKE IN A CERTAIN AMOUNT OF CALORIES (5000–6000 CALS) PER DAY AND TIME SPECIFIC MEALS (EVERY THREE HOURS)”**

**numbers?**

My best competition numbers are:  
650 for squat  
515 for bench  
715 for deadlift

**Best gym numbers?**

My best gym numbers are:  
640 for squat  
500 for bench  
705 for deadlift

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

Some of the changes I’ve made over the years in lifting would be training smarter, such as working on what needs work, not working on what doesn’t need work, and not just lifting what is easier for me. I’ve been really focusing on challenging my weaker points to become stronger overall. I’ve also come to realize that going into the gym or a meet with a more positive outlook has helped me focus on my overall achievements and has made me a better lifter.

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

I admire Stan Efferding because he can obtain a bodybuilding physique and also has the strength to back it up. Ryan Kennelly—his strength in his bench has been nothing short of very impressive, and he is another reason why I do what I do.

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

“Powerlifting is a marathon, not a sprint”. I have heard this quote count-



less times, and I could not agree more. You can never be too educated in this sport. There is always something more to learn. The effort you put in is the results you get back. Always walk into the gym with a plan and a goal and work hard to achieve the. If you're not mentally strong and your head is not in the game, then powerlifting isn't for you.

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

Yes—100%. Every meet I compete in, I still get the same feeling—butterflies in my stomach. In a way, it's like competing for the first time, but also it's not because at every meet, I'm more and more mentally prepared and aware of my surroundings. I know what to expect and I know I have a great support system backing me up. But the feeling of excitement is like no other. It's a great feeling knowing one person, like myself, can actually push and move around that much weight.

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

My favorite lift would have to be deadlift because it is the most primal lift of them all. You can either lift it or you can't. I feel deadlifting is the ultimate test of strength. It's a bar with weights on the ground—it's a basic movement—you either stand up with it, or you don't.

**"EVERY MEET I COMPETE IN, I STILL GET THE SAME FEELING—BUTTERFLIES IN MY STOMACH. IN A WAY, IT'S LIKE COMPETING FOR THE FIRST TIME, BUT ALSO IT'S NOT BECAUSE AT EVERY MEET, I'M MORE AND MORE MENTALLY PREPARED AND AWARE OF MY SURROUNDINGS. I KNOW WHAT TO EXPECT AND I KNOW I HAVE A GREAT SUPPORT SYSTEM BACKING ME UP"**

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

I found for squatting [that] having overall stronger legs has helped with the movement itself. For instance, heavy sled walks and heavy sled pushes [are beneficial]. I found for bench press, very heavy tricep work to help with lock out, such as skull crushers, easy bar extensions, and close grip board presses.

And I found what helped for deadlifts was deadlift stance box squats and deadlift stance safety squat bar goodmornings (posterior chain).

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

In my spare time, I enjoy going for a ride on my motorcycle as well as spending time with close friends and family. Since I'm getting married in October, we have been pretty busy with wedding plans.

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

No. This sport takes a lot of patience and time to meet specific "gains". Since participating in powerlifting for [over] four years, I feel I have acquired a high level of patience, knowing that strength doesn't happen overnight, and all I can do is become better and be the best I can.

**What drives you?**

I have always been a competitive individual—it's just who I am. I feel that self-improvement, becoming a bit stronger every day, and seeing the results has driven me from the beginning and will likely drive me to the end.

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

My superhero of choice would be Wolverine—his ferocity and barbarity have been qualities that I have admired since being a child.

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

First off, I would like to thank, Kristen, my fiancée for being there for me during my good days and even through my bad, and supporting me throughout this journey. I would like to thank my family for all of their support and love.

To my team, which includes: Mat, Jamie, Josh, Kaylee, Yael, Em, Tony, Ryan, Pat, Brandon, Aaron Runnalls, Shane Church, Ken Whetham, Curd Hos, and anyone else I forgot to mention. I would like to thank you for your ongoing encouragement. You guys and girls have helped me overcome many obstacles throughout my short time competing in this sport—you have not only helped me grow, but [you've helped me] become the best I can be. I would like to thank Tom and Jess Irvine from Quest PTS for giving me a superior facility to continually grow and achieve my optimal goals and strength. At last, I would like to thank Gene and Ame Rychlak for hosting such great meets, where I have achieved so many of my accomplishments. **PM**



# HOLIDAY CHEAT GUIDE FOR YOUR DIET

BY CHRIS HINTZ

**W**ithout fail, every year starting around Halloween when the candy comes out, and around Thanksgiving when my wife begins baking all sorts of delicious cookies, my diet unravels at a rapid pace. This usually ends on New Year's Day when I decide to reset those resolutions once again—or more likely, if I'm being honest, after Super Bowl Sunday. I always find myself wondering—how much damage does eating an entire cheesecake in one sitting do to our bodies anyways? Well, a recent Stanford study showed that the average American only gains 1 lb. of actual fat during this time frame. Only one pound of true fat (not counting extra water held)! This can't be true! There is no way those people involved in that study go as ham as I do with my cheat days. In my case—I feel like it's closer to 20 lbs., but taking into account water retention from such a high carb, high sugar, high sodium diet—it's easy to understand the extra weight gain—not fat gain. The truth is that a few really bad days sprinkled in throughout the holidays mixed with mostly good eating days will lead to a pretty nice "maintenance mode". However, maintenance to me feels like death because I always want to be better. But I also always want to eat junk, so therein lies the problem. No, this isn't another article telling you to track every single macro and find ways to eat Pop-Tarts or whatever it is that those zealots preach, but rather, the best tips I've found for not only enjoying the best eating season of the year, but for also coming out the other side looking better in the new year. Here we go!



### Strategic Fasting

I've discussed the importance of fasting in a previous issue, but it bears repeating here. On the major holidays, as well as any day that you have a pre-planned holiday party, eat absolutely whatever you want! Your calories will likely be 2-4x higher on these days. Now listen carefully—follow that day with an immediate 24 hr water only fast as well as your choice between regular weight training or some form of cardio activity. The following day after that, eat a normal high protein, high healthy fat, high fiber (ketogenic style) diet, and you will feel absolutely great by the fourth day. Return to normal healthy eating activity and rinse and repeat as necessary. It is important, however, not to let consecutive cheat days occur if

your goal is to avoid fat gain and actually get leaner during this process.

### Booze Control

If you plan on drinking a lot of alcohol during the holidays, I would advise again to pick and choose your moments. Thanksgiving and Christmas Eve are always a must, especially when seeing family, but outside of that, try and keep

the alcohol to a minimum if your goal is to avoid subcutaneous fat gain. Alcoholic calories and liquid calories in general will do the most damage to your mid-section in terms of storing body fat. Also, keep in mind that your chances of storing excess calories as body fat will greatly increase when food is eaten with a high amount of alcoholic calories. So either drink and don't eat or eat but don't drink if you

want to keep the body fat in check. Also, try and use your excess calories to indulge in food (which is more thermogenic in digestion) and not liquid beverages like juices, ciders, or whatever, and instead, drink a ton of water throughout.

### Get More Zzzzs

[It's] hard to understate the importance of getting more sleep during periods of intense overeating, but



the fact remains that lack of sleep when paired with a [bad] diet will destroy your physique in more ways than one. Make it a point to hit a minimum of seven hours a night, and keep your cortisol levels in check with proper R.E.M. sleep. If you have trouble sleeping, look into taking ZMA, melatonin, or something stronger like Somatomax. Either way, the investment will pay huge dividends in keeping your testosterone elevated, cortisol suppressed, and energy levels optimal for the next day.

### Primetime Protein

Everybody has probably experienced the effect that greatly increasing your carbohydrates has on muscular strength following a cheat meal or day, but using a technique called 'protein priming' will lead to even more muscle gained and increased fat burned. The key is to eat between 75-120 grams worth of protein before your biggest cheat meal whether it be cheesecake, cookies, pies, etc. This load of protein will greatly increase your body's thermogenic temperature for upwards of 3-5 hours, and in the process, [it will] allow you to squeeze a great deal of carbs, sugars, and fats into your body with little to no effect in terms of long term fat storage.

### Have a plan

If you truly want to employ this strategy throughout the holiday season, it is important you pick and choose your moments ahead of time that you're going to cheat hard. You have to be willing to commit to that next day of pure water only fasting and the third day of keto-genic style diet to reap the benefits of this plan. Maybe you're thinking—why don't I just do this all year around? It's possible, although I personally find myself feeling better when I don't engage in such hedonistic bingeing pleasures as frequently as I do during the holidays. Therefore, I revert back to a "five days clean, one day not so clean" (not a total binge), and "one day fast" during most weeks. This works for [allowing me to keep] seeing progress in the fat loss department.

*(Note: This strategy is not recommended for people with diabetes or pre-diabetes or anybody who is extremely obese. Also, I'm not a doctor so if you have health problems,*



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# MARK BELL'S POWERCAST #219

## CAL STRENGTH WEIGHTLIFTING WITH DAVE SPITZ AND WES KITTS

**D**ave Spitz, owner of California Strength, a well-known weightlifting gym in the Bay Area, and his top lifter Wes Kitts joined us recently. Wes is the owner of the American record for the snatch with 175kg (385.8 lbs). Part 1 largely

focuses on Dave's foray into weightlifting and how it led to the formation of California Strength, and Part 2 is also available online.

**MARK:** How did all this stuff come to be? How did Cal Strength come to

be and how did you become involved in Olympic lifting?

**DAVE:** So the origin story is that I graduated from SC and a sucked at track and field. I was great as a freshman and then I went to the world Juniors and did all kinds of cool stuff.



The Cal Strength Team posing for a photo after a conditioning session with Mark Bell



Coach Dave Spitz with Olympic Weightlifter Wes Kitts at Super Training Gym

**MARK:** What were your events?

**DAVE:** The hammer and the shot-put. But I was better at the hammer. So I basically squandered my athletic career at SC with distractions in southern California. I went to work, I started a company, and then 4 years after I graduated, the Olympic Games were in Athens, Greece, and I watched Adam Nelson throw the shotput, and I watched all these guys I had competed with. So Adam and all these Olympians inspired me and made me realize that I was a piece of sh\*t and I squandered my opportunity to be an athlete. And we say this all the time at Cal Strength, "regret lingers, disappointment fades." And I was riddled with regret. I was always a good weightlifter since we trained that sport for the throws, and I thought maybe I could be a great weightlifter. So I picked this sport up and my journey began with that. It went so far down the rabbit hole because I was so afraid of having that regret again that I went to Bulgaria and sought out Ivan Abadjiev and eventually brought him back with me. I set up a nonprofit, spent hundreds of thousands of dollars bringing him

and a few other Bulgarian weightlifters and recruiting American athlete to come train alongside us to breath life into this sport and see if I could make a go of it. From an athletic standpoint, my career ended much the same way my track and field career ended, in disappointment. I

**"WE SAY THIS ALL THE TIME AT CAL STRENGTH, "REGRET LINGERS, DISAPPOINTMENT FADES." AND I WAS RIDDLED WITH REGARET"**

went to the Olympic Trials and bombed out. But the lesson is that I sleep well at night because I put everything I had in through the process. I never dreamed that I would get into coaching but through this athletic journey of mine, Cal Strength was born.

**MARK:** So you bringing the coach from Bulgaria... You went to Bulgaria

**more than once. Were you married at the time?**

**DAVE:** Nope. I was lean and mean and my now-wife was my girlfriend at the time was like "Yeah honey, go and do weightlifting." She probably thought I was going to come back looking like a Jason Khalipa or something ultimately more attractive.

**MARK:** Was she thinking some of this was weird? Did you have a regular job at the time?

**DAVE:** Yeah! I was working on Wall Street for Merrill Lynch driving a Porsche Cayenne Turbo.

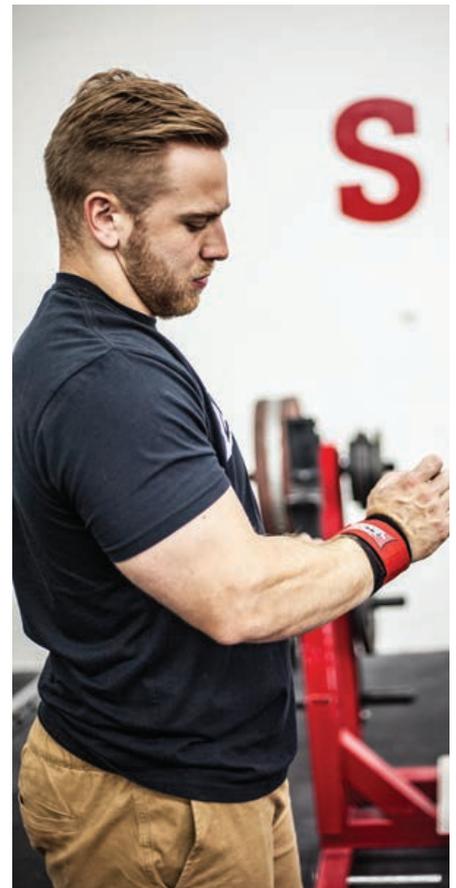
**MARK:** So she didn't really care that you had a side thing of weightlifting.

**DAVE:** No. She didn't really know what she was getting into. John Well-born makes fun of me all the time: my 401k was full, my Porsche was a turbo, my Rolex was a Daytona, and then I just pissed it all away..

**MARK:** To have a gym that has a bathroom that smells like ass all day long.

**DAVE:** Yeah! And that's the origin story.

**MARK:** So what was the conversa-



tion to get the coach from Bulgaria.

**DAVE:** Well, have you been to Bulgaria?

**MARK:** No.

**DAVE:** It's a very, very sad place. You talk about a region that's been conquered from time eternal and put under the yolk time after another, any opportunity to come over here and get paid to coach and bring weightlifting, he was all about it. It was a little bit of a struggle because I had to write Visas and start the whole process to bring these guys over and then figure out a way to fund it. And then once he got here it was a total shit show. You bring a 70 year old Bulgarian dude to the states to teach weightlifting and hilarity ensues.

**MARK:** So you were just that passionate about it and that driven by your failed track and field career that

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**you wanted to provide something that allowed other athletes to at least have the opportunity to train as hard as they needed to so they could try to get the next level even if they weren't genetically there.**

**DAVE:** Yeah, it didn't that altruistic. It started with me trying to put myself in the best position to be successful. But

as it morphed I realized that I'm strong but I'm not Wes Kitts and I never will be. I'm not a genetic one-percenter. And that's what this sport is reserved for. So watching these guys, and it started with Donny Shankle, watching how much more capable he was at competing and being successful in the sport than I was, I came to the realization that my efforts were misguided and I needed to be helping these guys be successful. That's really where it came from.

**JIM:** But you built a place for that to happen in your own pursuit, which sounds more familiar to us.

**DAVE:** That's exactly it. I built it for myself and then it became this. And growing up I was always in search of the meaning of life, which is bullshit. You realize at some point that you don't look for the meaning of life, you look for meaning in your life. And I think meaning just boils down to whether you have a belief and a value and an understanding of what you do well, and you can share that with the world, that's what gives you purpose and gives your life meaning. And that's what I stumbled across.

**JIM:** And if you build it they will come.



**DAVE:** Yeah. First of all, when I got into weightlifting, it was dark days. It predated Crossfit so there was very limited participation and the coaches that were involved were cultish and weird. There were some good ones but for the most part they hoarded the information.

**MARK:** Olympic lifting still seems a little bit that way.

**DAVE:** We're trying to democratize the information and make it accessible and try to make it cool. With my YouTube channel, that's the first thing we tried to really do. We thought, "Let's pull back the layers and be normal human beings. We're not these elitist, information-hoarding assholes. We want to put this out here because the only way we're going to be successful in the sport is if we release this information."

**MARK:** And that's a lot of what you see on your YouTube channel that dates back to, I don't know when, but it's pretty old. Sometimes there's motivational stuff that gets people

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fired up with some of the original Cal Strength Crew, but then there's other content that's just people laughing and missing lifts. Maybe they're mad or something and the next clip is someone lifting and they're just mess-

ing around and trying to show that you're not always taking yourselves too seriously.

**WES:** We have a great time and our videos will be either really popular because something really funny and stupid happened or because someone did a huge lift and that was the cool part. So it's kind of cool to let everyone know that we're just people hanging out and trying to get big. Just bros really.

**DAVE:** I think that what people don't realize, too, is that the YouTube channel has been playing the long con. Like, I was never of the belief that a Jon North or a Donny Shankle could win an Olympic gold medal. These guys were inspirational athletes that were out there, like you said, having fun, lifting weights, and out there trying to drive participation and it's worked.

To hear the rest of this POWERCAST, visit the SuperTraining06 YouTube Channel at [www.YouTube.com/Super-Training06](http://www.YouTube.com/Super-Training06)

# HELP! I'M BROKEN. NOW WHAT?

## OVERCOMING INJURIES

BY MATT VINCENT

If you are planning on being a lifer in the strength game then get ready—injuries come with the territory. [This is] no different than any other hobby—if you're going to push performance to the limit, the machine is going to break. This is the sacrifice we are all making. We love this. We love being strong and getting stronger. [We love] trying to solve the puzzle of what works best in order to accomplish a goal. However, setbacks and injuries can be will-breaking. This is what separates the casual lifters from the lifers.

I have been lifting and training for performance for 20 years. [I've competed] in a variety of sports such as collegiate track and field, strongman, weightlifting, powerlifting with raw and geared, and [I've participated in] the Highland Games. This has brought me through five different countries and given me the greatest experiences of my life so far. But it has [also] come with a toll. This past year has been challenging—I'm five knee surgeries in to trying to sort out my right knee. ACL x three (tore two and one didn't take—OATS procedure, High Tibial Osteotomy, Meniscectomy, and Stem cells. The likelihood of me returning to my sport at the level I was at is slim to none. It has been a weird thought knowing that my throwing career is done. In 18 months, I went from being top two in the world—a position I have held for nine years of competing in Highland Games with claiming world championships in 2014 and 2012—to that now being something I've only done in the past.

Matt Vincent remains focused on training after fifth knee surgery



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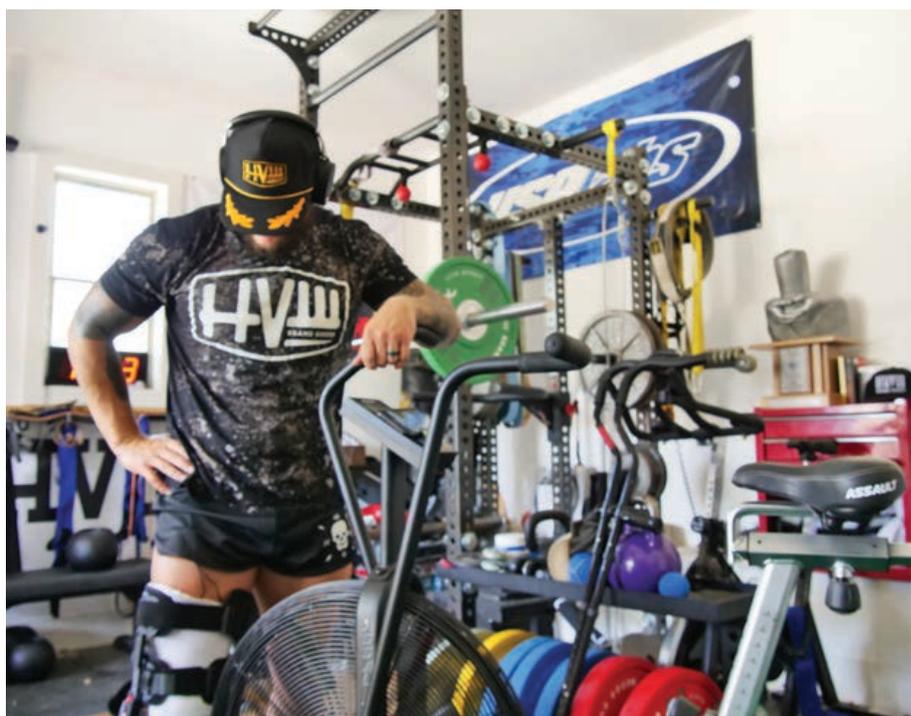
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How do I deal with it? I move on to the next thing. Accept the reality. Grasp and make good with the idea that that chapter of my life is closed. For those of you who will wonder—could I throw again? Maybe not at the same level that I used to, but could I still throw? Yes. But the idea of it does nothing for me. I may still train some throws because I love it, but as far as competing, I am done. I don't have any interest in that side of things. I did it to push myself to be the best that I could be. The cost is too high now with no reward. [The] Highland Games don't have any new lessons to teach me about being a better human. So, now what?

Now I deal with where I am going. Find a new plan and a new path. Find new goals that throwing might have held me back from.

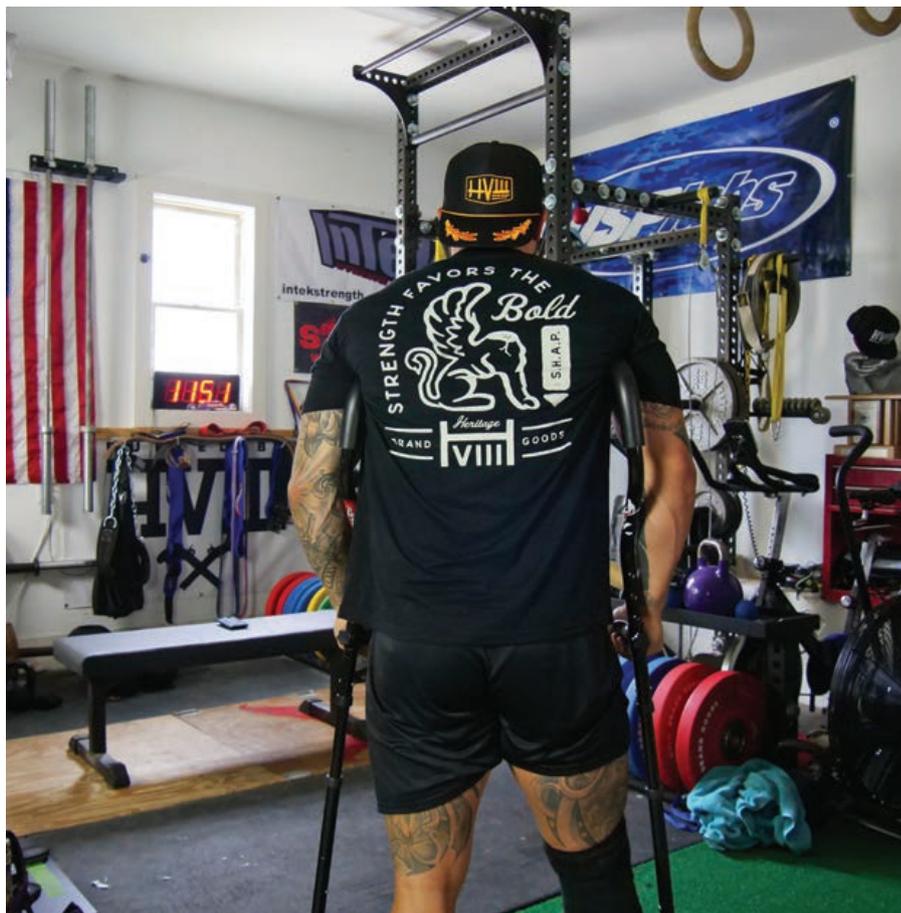


### AM I MAD?

Nope. It was great, and I am thankful that my body let me push it as hard as I did for as long as I did. My knee was the cost I had to pay for those amazing years and experiences—so be it. Stuff happens. The sport doesn't owe me anything. The Universe doesn't owe me anything. This is my journey and my path. It has been awesome all the way through.

### SHORT TERM INJURIES

Mentally, I know it can be hard for athletes to be patient when recovering. There is the mindset that you're losing everything you built. But here is [some] advice that is true—make your goal of rehab [in order] to sustain. No setbacks. Do the work. Understand that you do not heal quickly. In the long game, an extra week of rehab and backing off isn't going to make you as a lifter or athlete. But avoiding it can cause a setback that does make things a lot worse. We all want to push and find that line to ride between healthy and pushing too hard. But slow down and play the long game. Find



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ways during the down time to get better.

Take this time to build your base back. Address the foundation. Give your body the best chance it can to be its best when you get to return to play. Get control of your weaknesses—[work on areas such as your] diet, mobility, and your recovery. Create a better plan [moving] forward and [also work on] your mental game. This will set you up for more success and less hurdles to overcome. [This

will allow you to say] “screw it” and overcome all the BS you added to the already daunting task of coming back from injury or surgery. Remember to stay in the fight with the things you can do. Forget the things that you can’t do—they don’t matter right now.

#### **LONG TERM INJURIES**

This is a different monster. This is the career-ending one. A lot of stories

of athletes include when doctors said “You’ll never play again” or whatever and people over came. Totally awesome, and I am beyond stoked for those people. For me, the juice has to be worth the squeeze. After 18 months of not being able to walk correctly and dealing with chronic pain, my goal has shifted from [being] better at my sport to getting back to a better life. There are a ton of amazing things to do on this planet and



strength will always be part of my life. But it is realistic to think I will never hit another lifting PR. Sure—we can count all of the body weight or reps or whatever. But for me, I know my best total, and [I know] the strongest I have ever been. Those numbers are going to be safe for a long time. For me, the idea of breaking them and the work and sacrifice [involved] is not worth the risk of more surgery and possibly more permanent damage that I can't unfu\*k.

My totals and PRs will not make it on my tombstone. They are [just] numbers, and they don't define me. They are simply [numbers that I once hit] that got me to where I am now. I am not going to chase ghosts of my past. I am interested in moving forward. Finding new ways to test myself and be the best I can be. How do I take the lessons and perspective I have now and help someone else through a rough patch? How do I motivate someone to take control of their life? How do I continue to share and spread the idea that living a STronger life is a better one? I do it by showing and living that way. I can still be strong.



I can still train my butt off. I can still not eat like an asshole everyday. I can be the best me that I can be today.

### OUTWORK

See—this is where the HVIII comes in (for those who don't know, HVIII or HATE is my personal mantra and now brand). It's about never being satisfied with yesterday's accomplishments. It's about doing and being more. It's about being the best version of you possible. It's about loving the whole journey and

all the struggles in it. HATE what you are today and be willing to do the work to be better tomorrow. You have to stay in the fight. This is about your life. It is about finding what is next on your journey. Use the lessons that the gym and years of competition have taught you. You know how to work hard. Everything you want to accomplish in your life is going to take hard work. You're going to have to overcome setbacks, make sidesteps, and figure out a new plan of attack. But you know how to outwork those around you, and this is the most important lesson you can learn.

### FORWARD

The journey of strength as a whole is what I love. It is the part that we all share. I don't care about what you do or the specifics anymore. [I just care] that you love being strong and getting stronger in anyway possible. Find your path and know who you are. Pursue that full fu\*king speed. WIDE FU\*KING OPEN. No slowing down. Just be willing to change directions and know what always holds true. Get better everyday. **PM**

# WHERE DO YOU STAND AMONGST THE HUMAN FOOD CHAIN?

BY ZACH EVEN - ESH



I've had this internal struggle for a long time now—wondering how and why certain people don't care about losing. How and why are some [people] perfectly happy with [being] average or losing, and of course, why are certain people at the top of the food chain?

Age is irrelevant here. As I write this article, I am almost 42—it's creeping up any minute now. I look around and take note of the other men in their 40s—they often look run down, exhausted, and

frail. Being strong is not "normal". I have no clue how, when, and why this all started, but I don't like it.

On the other side of the physical coin, I wonder why certain people are so sensitive—to words, nonetheless? Why can't people just be tough? We've got too many people complaining over nonsense. Too many people with too much free time—protesting in the streets about stupid things, such as demanding that Trump show his tax statements.

I can safely assume that these protest-

ers never struggled under a heavy squat and felt their life flash before their eyes. You see, that is the difference. Learning to struggle gives you a different view on life. You don't waste time on ridiculous BS—you put your head down and know that doing work is the way of The Warrior.

During a recent video that Mark posted on YouTube, there was a bunch of complainers. They were upset that his video wasn't about lifting. So, they voiced their opinion and complained.

[There are] not enough people saying, “thank you”, and [there are] way too many complaining about the endless free stuff being handed to them.

Comfort is the enemy. Facebook and Instagram are programming people to swipe through information every five seconds. It allows people to feel fulfilled without struggling, without the discipline to watch a full 60 second video and without having to do anything but sit down and push a button.

Getting better and getting ahead comes through struggle and work—not through drama, gossip, and protesting. I always say, “Drama and gossip are the language of the weak”.

Training is much more than the weight on the bar. You need to train yourself in such a way that your strength transcends the gym walls. You want to feel that strength, power, confidence, and toughness in all areas of life—not just under the bar.

If you’re a coach of any type, you likely want everyone to win. Then, reality hits you, and you realize that everyone winning just isn’t realistic. The truth is,



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"everyone wins" is simply not the reality of competition in any sport or any aspect of life. There is only one gold medal. You don't get to share the gold with anyone.

We must learn to take some hits in the gym, pushing yourself so hard [to the point that] you break down. Through this break down process, we begin to break through. We rebuild our mind and body into a STRONGER machine!

As much as I get fired up when coaching athletes and speaking with other coaches about being all in, I also make it clear that before anyone can accept my help, they have to want the help in the first place

I learned this "help yourself" attitude in many areas of life, but a story I share with the athletes I train dates back to my sophomore year in high school, circa 1991. I was leg pressing, and back in those days, I always trained to failure—then I would do forced reps, drop sets, etc.

As I struggled under the leg press, I felt myself getting stuck. My training partner was a guy in his mid 20s, and he had a much different attitude than I

**"WE MUST LEARN TO TAKE SOME HITS IN THE GYM, PUSHING YOURSELF SO HARD [TO THE POINT THAT] YOU BREAK DOWN. THROUGH THIS BREAK DOWN PROCESS, WE BEGIN TO BREAK THROUGH. WE REBUILD OUR MIND AND BODY INTO A STRONGER MACHINE!"**

did. He was tough, mean, and he also didn't spend time reading Muscle & Fitness. He showed up in jeans and work boots, and he lifted.

As I struggled I said, "HELP!"

He sat on the bench and said to me, "Help yourself".

That SOB was right! HELP YOURSELF!

I share this lesson with the athletes I train because they need to learn to fight and to win. When that squat bar starts pushing your chest down, you don't bail and dump the bar. I never saw that garbage until YouTube and CrossFit—seriously.

It's called, "Make The Rep or DIE".

You fight like a MFer and push with everything you've got to make that rep. Don't count on your spotters. Pretend that you don't have any spotters. Effort and work is the gift—don't avoid it—chase it.

I can't help you get bigger, faster, stronger, and tougher until you get obsessed about obtaining these results. The mind must be connected to the muscle. You have to hate losing. You must understand that "training" goes beyond what we do in the weight room and sports practice. It's the movies you watch, the books you read, the social circles you associate with, and everything else in your life. It all counts.

Here's the truth: This world is about survival of the fittest. However, society is scared to admit this. Society and media fear speaking the truth—telling athletes that this is about winning!

Hence, we have schools who advise not keeping score during Physical Education. I don't mind this in the early years, but once kids are eight or nine years old, they must learn that there are

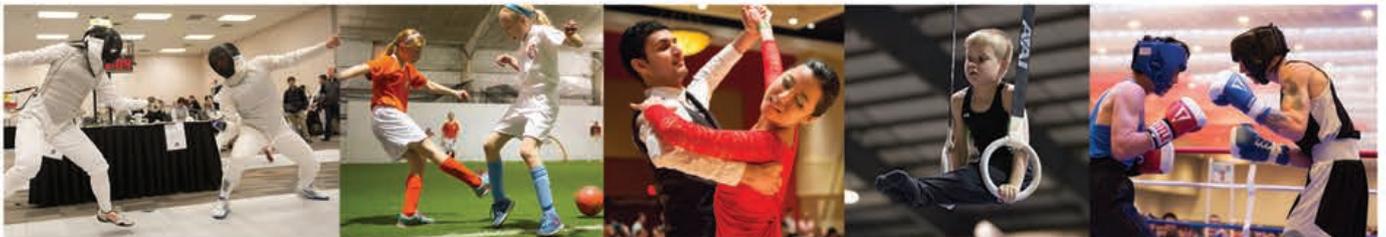
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winners and losers. They must learn that winning is more than the points on the board. If you half assed your efforts and didn't do your best, and [you] still had more points on the board than the opposing team—that is not winning. Winning and losing are more than points. They are internal truths that you know, and it heavily comes down to your efforts.

The way to move forward in life is by constantly removing the comfort in your life. The more comfortable you become, the more you lose your edge.

Is your gym too cozy? Stop training at that gym. Train outdoors when it's 100 degrees or in freezing temps. When I was a teenager, I trained in a warehouse gym with no AC, and no one complained. I see gyms nowadays with the AC pumping in late October. How weak is that? Is sweating a bad thing?

Always wearing support gear? Leave it at home. There are kids playing soccer barefoot in the streets in other countries, so stop relying on shoes, belt, wraps, straps, and every other apparatus that makes you look like Spiderman from the 80s. Whatever happened to shorts and

a t-shirt?

On the flip side, if you're injured from decades of being under the bar and [from playing] sports, then find a way. Use support gear and wear that belt. Whatever it takes to give you the mental boost to make you want to train hard.

Take pride in your gear. People always ask me about inspiration: "Zach, why are you so fired up all the time?" I find the inspiration in everything—that's how! I put on my old school leather belt from Sling Shot, and I pretend I'm in the Golden Era when guys trained with simplic-



ity and intensity. Those old leather belts are even more awesome when they start getting stained from your sweat.

Take a look at Arnold's Encyclopedia of Modern Bodybuilding. Those guys often trained barefoot, heavy, and in shorts. They got strong. They drank milk and followed "The Caveman Diet" from Vince Gironda, and they got jacked.

You need a pre-workout? How about on Saturday you think about Monday's squat session, so that by the time you get to the gym you're ready to destroy your PR by 50 lbs. Plus, it's Monday, aka National Bench Day. That means the squat racks will be empty!

Are you not challenged by your work or career? Then find a way to climb the ranks and become a "higher up". Put yourself to the test and put yourself in a position where you can and must influence and lead others. As a leader yourself, you become inspired because you know that you have to "walk the talk" or you can't lead. Period. Don't talk about it—be about it.

As you find yourself in the role of being a leader, you soon feel the greater discipline within that no longer forces you to remain on top of your game, but you now want to be on top of your game because you take pride in being STRONG.

Another thing you must do is have urgency. Stop waiting for the sun and moon to align if you want to get stronger. Start now with push-ups, squat jumps, pull ups, and sprints in the street. Buy used dumbbells off Craigslist and farmer walk them up and down your street.

When people see me doing this they call me "crazy". Good! This is our normal—this is how we roll. It's an Iron Brotherhood—an Iron Army that travels around the globe. Strength has no boundaries and discriminates against no one. Strength is beautiful because the only rule is You Get What You Earn.

"I'm too busy" is a common phrase I hear all too often. Look around—everyone is glued to their phone. Put that phone down and take a week off from all social media.

Spend less time on that phone of yours and more time with friends and family. Get back to the real-ness of life. Sure, technology is changing things, but you do not need to let technology control you and waste your time. Demonstrate discipline by controlling yourself and not

**"LIFE IS BETTER WHEN YOU ARE STRONG. LIFE IS BETTER WHEN YOU ARE TOUGH. THERE IS NO SUCH MAN WHO IS WEAK AND SUCCESSFUL. SUCCESSFUL MEN DON'T VIEW SUCCESS AS DIFFERENT COMPARTMENTS. THEY WANT SUCCESS IN ALL AREAS OF THEIR LIFE"**

watching stupid things on your phone that don't actually improve your life.

As I write this, I question and I wonder—are you one of those people who can't relate to what I'm even trying to say here? Are you already fabricating weak excuses in your mind as to why you can't train alone in your cold garage? Are you talking about, "I'll start my diet after \_\_\_\_\_ (Insert WEAK excuse)?"

Life is better when you are STRONG.  
Life is better when you are TOUGH.  
There is no such man who is weak and

successful. Successful men don't view success as different compartments. They want success in all areas of their life.

To achieve this level of success in your life, you must work for it, day in and day out. It's the books you read, your social circles, your nutrition, the time you wake up in the morning, and the time you go to bed. Success is about everything because how you do anything is how you do everything.

So here's the deal. Stop looking for the perfect time, the perfect training program, the perfect diet, or the perfect anything....

The perfection actually lies in the imperfections! Remember—you can have excuses or you can have results, but you cannot have both!

Zach Even - Esh is the Founder of The Underground Strength Gym, The Underground Strength Coach Certification and is The Rutgers University Wrestling Strength Coach. Connect with Zach at his blog at

<http://ZachEven-Esh.com>

@ZEvenEsh on Instagram & Twitter



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# Super Training Corner

## Bicep/Tricep Accessory Day

**N**o one wants to walk around with a 405 lbs. bench press and 16" arms. The road to bigger and stronger biceps and triceps starts now! The easiest way to get larger arms is to gain weight and increase your training, but if you're not on board for an increase of bodyweight, then you will need to dedicate yourself longer before you start to see some gainz. Just like all body parts, there are many ways to increase the size and strength of your biceps and triceps. There's no one movement that is guaranteed to work better than others—so in order to maximize growth and strength, we're going to be attacking the biceps and triceps from all angles, weights, reps, sets, and tenacity.

The first thing that will happen when you start implementing heavy or even high rep biceps training is that your elbow and/or forearm will flare up. To avoid this, be cautious that you are more than likely using your biceps more than you think. Whether you are moving something, picking something up or training in the gym, you are all pulling on the same spot. If you find it difficult to follow this training split, you may need to break it up into a few extra days.

## DAY 1

Heavy Barbell Curl- 5x8 reps  
JM Press- 5x8 reps  
Single Hammer DB Curls- 4x10 reps  
Rolling DB Extensions- 4x10 reps  
Incline Spider Curls- 3x 12+ reps (3 count eccentric)  
Super Set  
Incline Tate Presses- 3x 12+ reps

## DAY 2

Single Heavy Hammer Curl- 10x5 reps  
EZ Bar Skull Crushers- 5x10 reps (Perform on the floor)  
Underhand Pull-up Eccentrics- 4x 10 seconds (Pull up, then 10 sec down)  
Cable Rope Curls- 1x Failure  
Super Set  
Cable Rope Extensions- 1x Failure

Implementing new movements, rep and set schemes and increasing workload will step your arm game to the next level. Don't be afraid to put a little body English on the heavier reps in order to maximize the weights you're training with. Check back next issue for another routine from Super Training Gym—"The Strongest Gym in the West!"



# **BENCH HEAVY**

**CHOOSE THE SLING SHOT THAT IS**

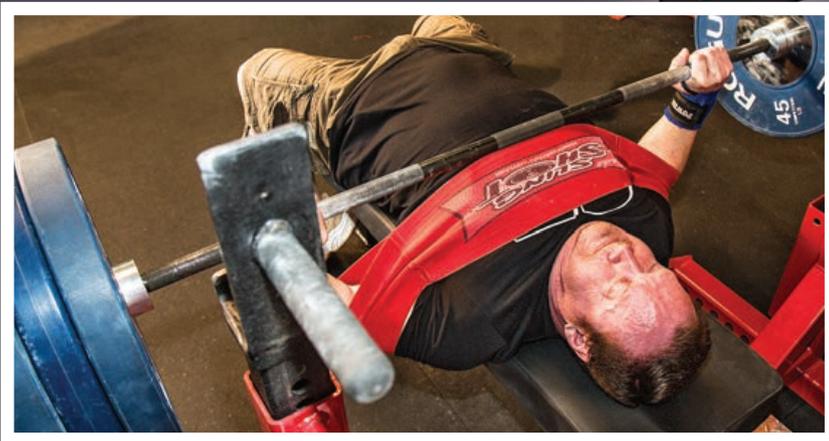


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*Mark Bell*

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**LEVEL 4: MADDOG SLING SHOT®**



**GREAT FOR PUSH UPS TOO!**

# Current Top 50 Rankings: Men

## SQUAT

Rank	Name	Federation	Date	Total
1	Dallas Norris	365 Strong	2016-10-29	810
2	Oleksii Melnyk	USPA	2017-04-15	793
3	Jeremy Hillyard	RPS	2016-10-22	770
4	Maliek Derstine	USPA	2017-04-15	749
4	Mike McGivern	USPA	2017-04-01	749
4	Tom Kallas	APF	2017-03-25	749
7	Anthony Hobaica	RPS	2017-04-29	745
8	Channing Doyle	APF	2017-02-19	739
9	Amit Sapir	APA	2016-10-08	733
10	Akeel Gaines	HERC	2017-08-26	725
11	Rodney Manor	USPA	2017-02-25	716
12	Thomas Kallas	SPF	2016-11-05	705
12	Andrew Chastain	UPA	2016-12-10	705
14	Larry Dyles	IPA	2017-06-17	700
15	Ashton Rouska	USPA	2017-06-03	699
16	Danny Moorehead	SPF	2016-11-19	685
17	Chris Ramos	SPF	2016-11-05	683
17	Justin Bethune	USPA	2016-12-10	683
19	Ryan Macarico	RPS	2017-05-20	675
20	Matt Gaechter	APA	2016-10-08	672
21	Mike Brilla	RPS	2017-06-11	670
22	Roy Glenn	IPL	2016-11-12	661
23	Justin Merrigan	USPA	2016-12-10	655
23	Jonathan Chunn	AWPC	2017-09-09	655
23	Asa Barnes	USPA	2017-02-18	655
26	Jake Frazier	SPF	2016-11-19	650
26	Joe Bider	USPA	2017-07-08	650
26	Tommy OConner	SPF	2017-05-20	650
26	Corey Clark	USPA	2017-03-05	650
30	Trevor Hoyle	USPA	2016-10-08	644
31	Jason Davis	IPA	2017-04-08	640
31	Ramon Zayas	RPS	2017-04-29	640
33	Chris Anderson	RPS	2017-06-03	633
33	Mark Melancon	USPA	2017-09-02	633
33	Adam Ferchen	IPL	2016-11-12	633
36	Cody Robbins	SPF	2016-11-19	630
37	Cesar Navarro	USPA	2017-07-08	622
37	Richard Aluko	USPA	2017-05-06	622
39	Dan Holly	RPS	2016-11-12	620
40	Parker Tims	USPA	2017-07-15	617
40	Adam Miller	USPA	2017-08-26	617
40	Andrew Lorino	USPA	2017-01-14	617
43	Alexey Kvashchuk	RPS	2017-05-20	612
44	Scott Ramazani	RPS	2016-10-15	611
44	Joe Lucas	UPA	2017-09-02	611
44	Jacob Guzman	USPA	2016-10-22	611
44	Andre Blugh	USPA	2017-06-10	611
48	Justin Mccalips	IPA	2017-03-04	610
49	Jonathan Harder	USPA	2017-01-15	606
49	Ruben Ramirez	IPL	2016-11-12	606
49	Ethan Del Toro	APA	2016-10-08	606

## BENCH PRESS

Rank	Name	Federation	Date	Bench
1	David Lorneli	IPL	2016-11-12	518
2	Kent Spires	WPC	2016-11-10	513
3	Stephan Green	USPA	2017-02-18	507
4	Maliek Derstine	USPA	2017-04-15	501
5	Anthony Hobaica	RPS	2017-04-29	490
6	Michael Dudley	RAW	2017-08-05	485
7	James Adams	365 Strong	2016-10-29	480
8	Bradley McClure	RPS	2016-12-10	475
8	Cody Robbins	SPF	2016-11-19	475
10	Jory Kurkjian	APF	2017-03-11	473
11	Brett Chrisman	IPL	2016-11-12	469
12	George Ghata	USPA	2017-03-04	468
13	Ryan Depugh	USPA	2017-04-22	462
13	Jonathan Harder	USPA	2017-01-15	462
13	Johnny Do	USPA	2016-12-10	462
16	Tim Workman	365 Strong	2017-01-21	460
16	Bobby Body	APF	2017-05-28	460
16	Carlos Moran	RPS	2017-04-08	460
19	Corey Clark	USPA	2017-03-05	457
20	Michael Rich	USPA	2016-10-08	451
20	Mike McGivern	USPA	2017-04-01	451
20	Greg Griffith	USPA	2017-04-21	451
20	Chris Walter	RAW	2017-06-03	451
20	Lance Iman	USPA	2017-07-08	451
20	Ian Bernard	USPA	2017-03-04	451
26	Daniel Adams	SPF	2016-11-19	450
26	Ryan Macarico	RPS	2016-11-12	450
28	Timothy Paynter	USPA	2016-10-08	446
28	Daniel Amon	USPA	2016-12-10	446
28	Adam Ferchen	USPA	2017-04-15	446
28	Kegan Houx	USPA	2017-04-08	446
32	Daniel Washburn	USPA	2017-07-08	440
32	Steve Robinson	USPA	2016-10-22	440
32	Jose Garcia	USPA	2016-10-01	440
32	Ben Williams	RPS	2016-11-12	440
32	Shane Allen	USPA	2017-03-25	440
32	Justin McCalips	IPA	2016-11-19	440
38	Jose Graham	RPS	2016-12-10	435
38	Peter Frank	APF	2017-02-19	435
38	Jacob Hartman	USPA	2016-12-10	435
38	Dillon Cobb	USPA	2017-05-06	435
38	Channing Doyle	APF	2017-02-19	435
38	Daniel Longo	IPL	2016-11-12	435
38	Adam Miller	USPA	2017-03-05	435
38	David Siegfried	USPA	2017-07-29	435
46	Larry Dyles	IPA	2017-06-17	430
47	John Haack	USAPL	2016-10-13	429
47	Cailer Woolam	USPA	2017-02-11	429
47	Salvatore Christopher	USPA	2017-05-13	429
47	Max Bolin	365 Strong	2017-04-22	429
47	Cesar Navarro	USPA	2016-10-22	429

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# 198 lbs. - Raw with Wraps

## DEADLIFT

Rank	Name	Federation	Date	Deadlift
1	Cailer Woolam	USPA	2017-02-11	881
2	Adam Ferchen	IPL	2016-11-12	760
3	Ashton Rouska	USPA	2017-06-03	738
4	Brett Chrisman	IPL	2016-11-12	728
5	Timothy Paynter	USPA	2016-10-08	727
6	Trevor Jaffe	USPA	2017-03-05	722
7	Mike Loncharich	RPS	2016-12-04	715
8	Danny Walls	USPA	2016-10-22	710
8	Jacob Hartman	USPA	2016-12-10	710
10	Evan Kardon	365 Strong	2017-04-22	705
10	Peter Tsao	USPA	2017-05-20	705
10	Curtis Miller	XPC	2017-03-04	705
10	Lenny Wicks	USPA	2017-05-13	705
10	Mike McGivern	USPA	2017-04-01	705
15	Mike Brilla	RPS	2017-06-11	700
15	Carlos Moran	RPS	2017-04-08	700
15	Jake Frazier	SPF	2016-11-19	700
18	Maliek Derstine	USPA	2017-04-15	699
18	Kegan Ramsey	USPA	2017-03-25	699
18	Channing Doyle	USPA	2017-05-20	699
18	James Fowler	USPA	2017-05-20	699
22	Michael Loncharich	XPC	2017-03-04	695
23	John Haack	USAPL	2016-10-13	694
23	Michael Condo	USAPL	2017-03-04	694
25	Joseph Williams	USPA	2017-05-13	688
25	Michael Garozzo	USPA	2017-03-25	688
25	Dan Petkovsek	USPA	2017-07-08	688
25	Oleksii Melnyk	USPA	2017-04-15	688
29	Romohree Howard	USPA	2017-07-29	683
29	Kyle Mishler	USPA	2017-03-05	683
29	Jake Benson	APF	2016-12-10	683
29	David Lomeli	USPA	2017-08-26	683
29	Aaron Nance	UPA	2017-04-22	683
29	Matthew Treherne	USPA	2016-12-10	683
35	Brian Simmons	RPS	2017-03-18	680
36	Tanner Carder	USPA	2017-06-24	677
36	Dallas Crandell	USPA	2016-10-15	677
36	Chris Joslyn	USPA	2016-11-20	677
36	Long Nguyen	USPA	2017-06-24	677
40	Craig Malkowicz	RPS	2016-12-03	675
41	Justin Ng	USPA	2017-07-08	672
42	Jacob Stratton	WPC	2016-11-09	666
42	Jacob Bradsher	USAPL	2016-10-13	666
42	Manuel Benitez	RPS	2017-05-27	666
45	Akeel Gaines	RPS	2016-12-03	665
45	Charles Chapman	SPF	2016-11-19	665
47	Eric Wilberg	IPL	2016-11-12	662
48	Don Craig	USPA	2016-10-08	661
48	Morgan Sullenger	USPA	2017-06-24	661
48	Justin Matzker	USPA	2017-04-01	661
48	Adam Miller	USPA	2017-03-05	661

## TOTAL

Rank	Name	Federation	Date	Total
1	Maliek Derstine	USPA	2017-04-15	1951
2	Mike McGivern	USPA	2017-04-01	1906
3	Oleksii Melnyk	USPA	2017-04-15	1890
4	Anthony Hobaica	RPS	2017-04-29	1880
5	Ashton Rouska	USPA	2017-06-03	1840
6	Channing Doyle	APF	2017-02-19	1835
7	Adam Ferchen	IPL	2016-11-12	1819
8	Dallas Norris	365 Strong	2016-10-29	1810
9	Akeel Gaines	HERC	2017-08-26	1800
10	Mike Brilla	RPS	2017-06-11	1780
11	Ryan Macarico	RPS	2016-11-12	1770
12	Jeremy Hillyard	RPS	2016-10-22	1740
13	Corey Clark	USPA	2017-03-05	1736
14	Cody Robbins	SPF	2016-11-19	1735
15	Rodney Manor	USPA	2017-02-25	1725
16	Matt Gaechter	APA	2016-10-08	1719
17	Chris Ramos	SPF	2016-11-05	1718
18	Michael Loncharich	XPC	2017-03-04	1715
19	Jonathan Harder	USPA	2017-01-15	1708
19	Cesar Navarro	USPA	2017-07-08	1708
21	Larry Dyles	IPA	2017-06-17	1705
22	Tom Kallas	APF	2017-03-25	1703
23	Jason Davis	IPA	2017-04-08	1700
23	Danny Moorehead	SPF	2016-11-19	1700
25	Jake Frazier	SPF	2016-11-19	1685
26	Ramon Zayas	RPS	2017-04-29	1665
27	Mark Melancon	USPA	2017-09-02	1664
28	Andrew Chastain	UPA	2016-12-10	1658
29	James Reeves	UPA	2017-03-26	1652
30	Tommy OConner	SPF	2017-05-20	1650
31	Eric Wilberg	IPL	2016-11-12	1643
32	Jonathan Chunn	AWPC	2017-09-09	1642
32	Adam Miller	USPA	2017-02-11	1642
34	Justin McCalips	IPA	2016-11-19	1640
35	Joe Bider	USPA	2016-12-10	1639
36	Roy Glenn	IPL	2016-11-12	1636
36	Aaron Nance	UPA	2016-11-12	1636
36	Chris Anderson	RPS	2017-06-03	1636
39	Asa Barnes	USPA	2017-02-18	1631
39	Joe Lucas	UPA	2017-09-02	1631
39	Andrew Lorino	USPA	2017-01-14	1631
42	Charles Chapman	SPF	2016-11-19	1630
43	Thomas Kallas	SPF	2016-11-05	1619
43	Nicholas Pigulski	SPF	2016-11-05	1619
45	Alexey Kvashchuk	RPS	2017-05-20	1617
46	Curtis Miller	XPC	2017-03-04	1615
47	Jeff Arends	UPA	2017-07-07	1614
47	Jeff Ahrens	UPA	2017-07-08	1614
49	Bradley McClure	RPS	2016-12-10	1610
50	Shane Allen	USPA	2017-03-25	1603
50	Manuel Benitez	RPS	2017-05-27	1603

# Current Top 30 Rankings: Women....

## SQUAT

Rank	Name	Federation	Date	Squat
1	Marianna Gasparayn	USPA	2017-04-15	507
2	Susan Salazar	USPA	2017-08-26	473
3	Courtney Norris	365 Strong	2017-08-12	440
4	Suzanne Davis	USPA	2017-04-15	402
5	Ellen Stein	SPF	2017-04-22	385
5	Kayla Morelan	USPA	2017-04-15	385
7	Ashley Chavez	SPF	2016-12-10	370
8	Chloe Lansing	UPA	2017-04-23	363
8	Vianca Castro	APF	2017-01-21	363
10	Yessica Martinez	XPC	2017-03-04	360
11	Meana Franco	USPA	2017-08-26	358
12	Karolin Benjamin	RPS	2017-05-20	350
12	Becki Pierotti	RPS	2017-08-05	350
14	Tana Sinarski	UPA	2016-12-17	347
15	Alecia Varga	SPF	2017-04-22	345
15	Lauren Giacovas	XPC	2017-03-04	345
17	Whitney Williams	USPA	2017-07-29	336
18	Katherine Welch	RPS	2016-10-08	330
18	Sin Leung	RPS	2017-04-22	330
20	Gillian Tedeschi	APF	2017-04-01	325
21	Julia Ladewski	XPC	2017-03-04	315
22	Ashley Condray	USPA	2017-02-18	314
23	Elyse Lovelace	XPC	2017-03-04	310
24	Lizette Salgado	USPA	2017-07-29	308
24	Kimberly Beitzell	USPA	2017-05-13	308
26	Kristen Norris	XPC	2017-03-04	305
27	Sara Simpson	SPF	2016-11-05	303
28	Courtney Ceci	SPF	2017-04-22	300
29	Cal Nguyen	SPF	2016-11-05	297
30	Ashley Petro	RPS	2017-06-11	295

## BENCH PRESS

Rank	Name	Federation	Date	Bench
1	Marianna Gasparayn	USPA	2017-04-15	275
2	Susan Salazar	IPL 2016-11-12	264	
3	Courtney Norris	365 Strong	2017-08-12	242
4	Suzanne Davis	USPA	2017-04-15	231
4	Tess Heaslip	USPA	2017-03-11	231
4	Meana Franco	USPA	2017-08-26	231
7	Jennifer Millican	IPF 2017-06-24	220	
7	Nicole Gonzalez	USPA	2017-05-14	220
9	Kaylynn Cano	IPL 2016-11-12	214	
9	Laura Niedermayer	USPA	2017-06-10	214
9	Janis Finkelman	USPA	2017-08-05	214
12	Dawn Bogart	365 Strong	2016-10-29	210
12	Becki Pierotti	RPS	2017-08-05	210
14	Jessica Edwards	USAPL	2017-03-04	209
15	Sin Leung	RPS	2017-04-22	205
16	Becky Rich	USPA	2016-12-10	203
16	Alicia Calogero	RPS	2017-02-18	203
16	Ellen Stein	USPA	2017-06-24	203
19	Courtney Ceci	SPF	2017-04-22	200
19	Alecia Varga	SPF	2017-04-22	200
21	Lauren Rutan	USPA	2017-03-04	198
21	Kayla Morelan	USPA	2017-04-15	198
21	Kelly Lovan	USPA	2017-02-18	198
24	Ashley Svendbye	USAPL	2016-10-13	192
24	Lauren Hoey	USPA	2017-03-11	192
24	Krystle Conner	USPA	2017-05-14	192
24	Amanda Allen	USPA	2017-05-20	192
24	Cari Crabtree	USPA	2017-07-22	192
24	Samantha Calhoun	USAPL	2016-10-13	192
30	Amy Perry	IPA 2017-07-08	190	
30	Kristen Norris	XPC	2017-03-04	190

# 132 lbs. - Raw with Wraps

## DEADLIFT

Rank	Name	Federation	Date	Deadlift
1	Janis Finkelman	USPA	2017-08-05	496
2	Susan Salazar	USPA	2017-07-08	491
3	Suzanne Davis	USPA	2017-04-15	490
4	Nicole Gonzalez	USPA	2017-05-14	473
5	Samantha Calhoun	USAPL	2016-10-13	446
6	Marianna Gasparayn	USPA	2017-04-15	440
7	Chloe Lansing	UPA	2017-04-23	424
7	Ellen Stein	USPA	2017-06-24	424
9	Melissa Barber	USAPL	2016-10-13	418
10	Jennifer Millican	IPF 2017-06-24	413	
10	Eva Whittimore	USPA	2017-03-04	413
12	Caitlin Martinez	USPA	2017-01-21	407
13	Lauren Giacovas	XPC	2017-03-04	405
14	Kelly Lovan	USPA	2017-02-18	402
14	Shanette Sugayan	USPA	2017-01-07	402
14	Kaylynn Cano	IPL 2016-11-12	402	
14	Shelby Heath	IPL 2016-11-12	402	
14	Ashley Svendbye	USAPL	2017-03-04	402
19	Gabrielle Tucker	USAPL	2016-10-13	396
19	Jessica Edwards	USAPL	2017-03-04	396
21	Criselda Fajardo	IPL 2016-11-12	385	
21	Katherine Welch	RPS	2016-10-08	385
21	Elyse Lovelace	XPC	2017-03-04	385
21	Amanda Salter	USPA	2017-06-11	385
21	Ashley Condray	USPA	2017-02-18	385
21	Becki Pierotti	RPS	2017-08-05	385
21	Courtney Norris	365 Strong	2017-08-12	385
28	Kelsey Horton	USPA	2017-04-01	380
28	Whitney Williams	USPA	2016-12-10	380
28	Tana Sinarski	UPA	2016-12-17	380

## TOTAL

Rank	Name	Federation	Date	Total
1	Marianna Gasparayn	USPA	2017-04-15	1223
2	Susan Salazar	USPA	2017-08-26	1212
3	Suzanne Davis	USPA	2017-04-15	1124
4	Courtney Norris	365 Strong	2017-08-12	1069
5	Ellen Stein	SPF	2017-04-22	1007
6	Meana Franco	USPA	2017-08-26	959
7	Chloe Lansing	UPA	2017-04-23	958
8	Becki Pierotti	RPS	2017-08-05	945
9	Kayla Morelan	USPA	2017-04-15	931
10	Lauren Giacovas	XPC	2017-03-04	920
11	Ashley Chavez	SPF	2016-12-10	915
12	Tana Sinarski	UPA	2016-12-17	914
13	Sin Leung	RPS	2017-04-22	910
14	Katherine Welch	RPS	2016-10-08	900
15	Alecia Varga	SPF	2017-04-22	880
16	Whitney Williams	USPA	2017-07-29	876
17	Ashley Condray	USPA	2017-02-18	870
18	Yessica Martinez	RPS	2016-12-04	865
19	Julia Ladewski	XPC	2017-03-04	860
20	Karolin Benjamin	RPS	2017-05-20	855
20	Elyse Lovelace	XPC	2017-03-04	855
22	Courtney Ceci	SPF	2017-04-22	850
22	Kristen Norris	XPC	2017-03-04	850
24	Gillian Tedeschi	APF	2017-04-01	837
25	Kimberly Beitzell	USPA	2017-05-13	832
26	Amy Perry	IPA 2017-07-08	830	
27	Eva Whittimore	USPA	2017-03-04	823
28	Lizette Salgado	USPA	2017-07-29	821
29	Lauren Angelet	RPS	2016-11-12	815
30	Kelly Lovan	USPA	2016-10-15	799
30	Lisa Kromer	USPA	2017-08-19	799



# Noel Arevalo

**Age:** 25  
**Height:** 5'5  
**Weight:** 135 lbs.  
**Hometown:** Alameda, CA  
**Gym:** Elev8 Performance  
**Max Squat:** 281

**Max Bench:** 137  
**Max Deadlift:** 330  
**Athletic Background:** Ran cross-country four years of high school, competed in three NPC bodybuilding bikini competitions, then participated in three powerlifting meets  
**YouTube Channel:** Noel Arevalo Fitness  
**Subscribers:** 31,000



**What drove you into starting your own YouTube Channel, and what drives you to continue it?**

What drove me into starting my own YouTube channel was being able to share my fitness journeys and fitness knowledge with others. [I realized] how I could connect with people on YouTube on such a deeper level than [with] Instagram because [your audience] can see who you are. What drives me to continue it is [the ability] to connect with more people and to be able to teach others the correct way of training and [following a proper] nutrition [plan]. [I also like to] show people that life is too short to always be serious—be who you are!

**You were part of the 2017 BodyBuilding.com Spokesmodel Search. How has that positively impacted your life? Have there been any negative aspects?**

Being a part of the 2017 Spokesmodel search and now an athlete with bodybuilding.com has been incredible. Not only did I create friendships with the other contestants, but I also got to meet the faces of the amazing people behind bodybuilding.com. Every Expo that I attend with them is an absolute blast, and I love being a part of a team that speaks only truth [regarding] fitness when there is so much wrong information out there. I have been able to meet even more people and [help them] change their lives.

**What is your favorite powerlifting movement? Do you incorporate them into your weekly training protocols?**

I would have to say that my favorite lift is the deadlift. There is

something so empowering about it. I feel like I just conquer the weight when I'm deadlifting. I do very much incorporate them into my training protocols even when I am not on a powerlifting regimen. Big compound movements like squats and deadlifts are vital to have in all training regimens in order to get effective results with any muscle gains. So they're always in mine.

**You've recently started a series of seminars. What is the main purpose and goals from these?**

My Seminars, "Noel Strong Camps" have been amazing thus far. The seminar consists of going over form with the "big three" so bench, squat, and deadlifts. I talk about nutrition, dieting tactics and how to supplement correctly. At the end of the seminar I leave the floor open for the ladies to talk about how fitness has helped them. The main purpose is to teach the ladies, connect with them in some way, and inspire them to go after anything they desire in life!

**What's next for Noel Arevalo in 2018?**

There is still so much to come for Noel in 2018. I want to expand my camps into two or three day seminars and make them so much bigger than just fitness related. I really want to help change more lives on a deeper level. I plan to launch more apparel to my already started line of Noel Strong Apparel. [This is] a curve ball, but [I also want] to really start pursuing my singing career—it has been a big passion of mine for a while now. I just want to continue growing my brand in order to reach more people and change more lives!

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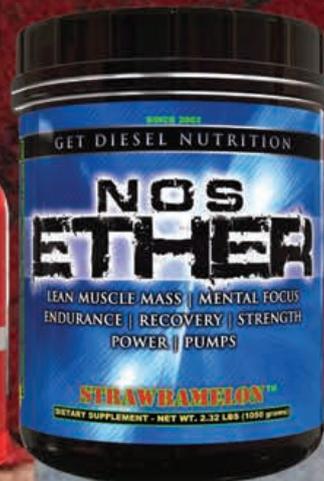
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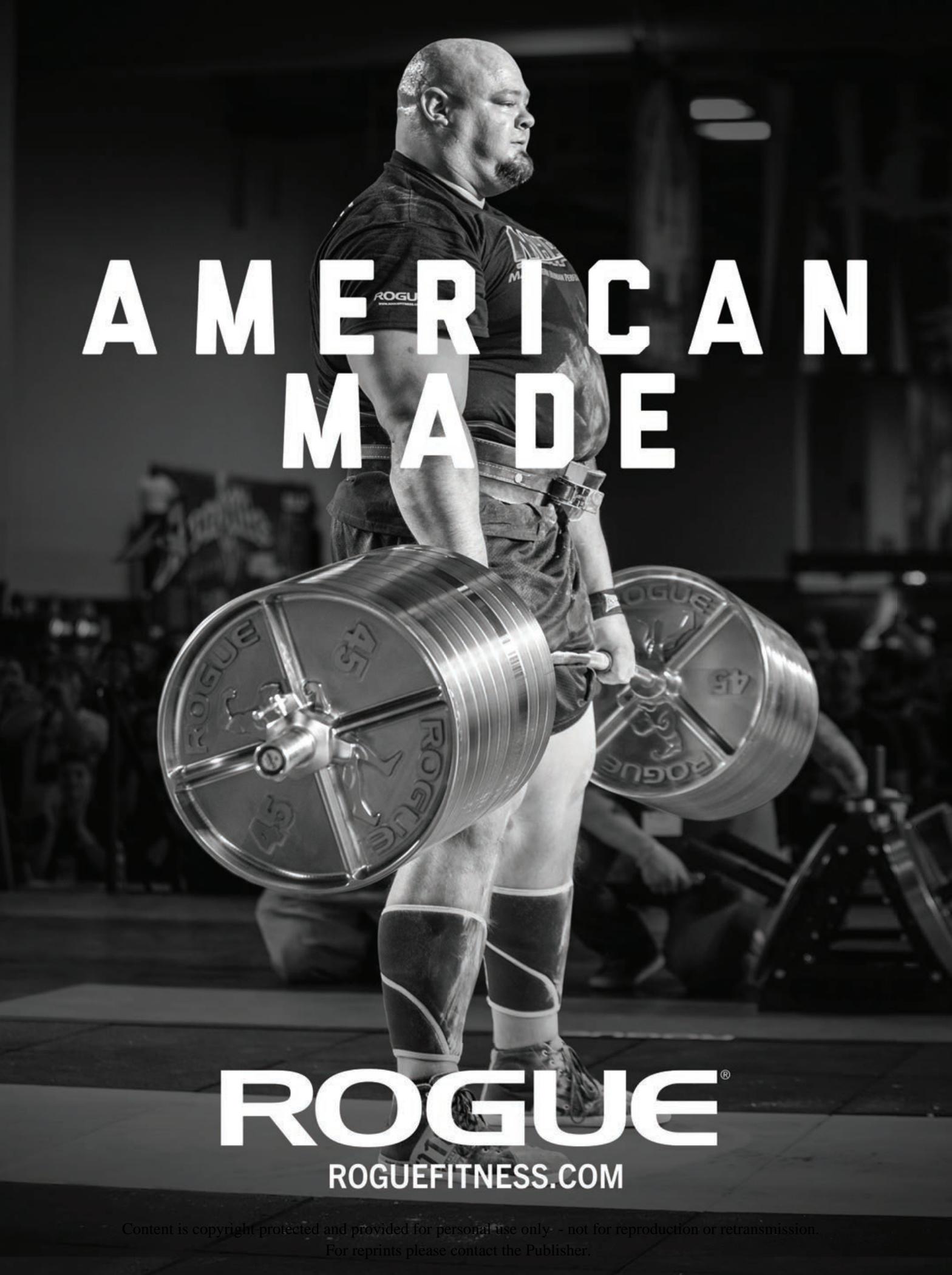
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