

**LOWER BODY 4-WEEK STRENGTH BUILDING PHASE**

BY MARCUS SANNADAN

# POWER

NOVEMBER/DECEMBER 2018

## THE LIFE OF **POWER**

BY MARK BELL

### MARK BELL'S **POWER PROJECT** #108

WITH BRIAN SHAW

### HOW FAST SHOULD YOU **SQUAT?**

BY BROGAN SAMUEL WILLIAMS

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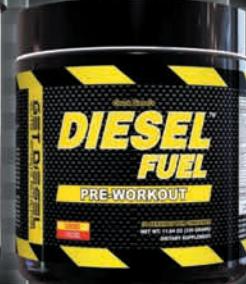
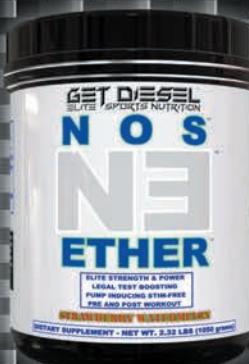
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# FIRST WORD



# POWER MAGAZINE

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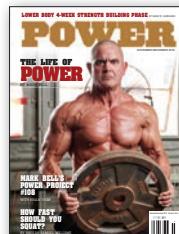
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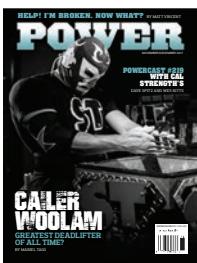
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**T**hank you for all your support these past 10 years. Power Magazine was started by Mark and I as a passion project. The goal was, and still is, to be a powerlifting magazine written by powerlifters, for powerlifters. We wanted to focus on the best of the best, to give you information from the guys and girls killing it in this sport.

After nearly 10 years and 60 issues later, we are moving onto a new chapter. Power Magazine will be moving to a fully digital platform that will be more interactive and timely. We will still give you the best powerlifting information available, but it will be all online! This will allow us to use videos, real time Q&As, rankings and more. This is not an easy switch so please bear with us as we work on the new site. In the meantime, you can check out [www.thepowermagazine.com](http://www.thepowermagazine.com) and read past issues of Power Magazine.

Thank you for everything and see you online soon!

— Andree and Mark Bell

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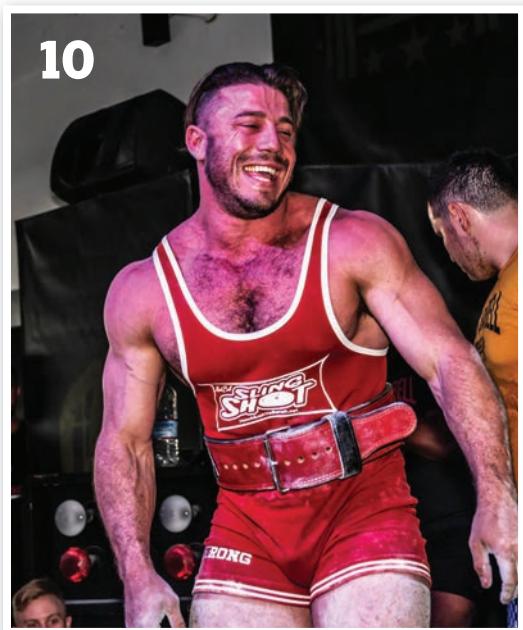
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# STRONG

# SPOTLIGHT

## JEREMY AVILLA

INTERVIEW BY WADE ZENO | PHOTOS BY BRETT BENTLEY PHOTOGRAPHY



You're #4 all-time in the 220-lb. weight class, #23 all-time among ALL men in terms of Wilks, and the lightest person to ever total 2100 lbs. raw. These are quite the accolades! Which are you most proud of? What are some powerlifting goals you have in your sights for the near future?

I am most proud of being in the top 5 in my weight class. It's really cool and a little weird to have my name next to lifters I have admired since entering the sport. I have also always wanted to be the stron-

**Age:** 30

**Height:** 5'11 and 1/2

**Weight:** 223 lbs

**Hometown:** Santa Rosa CA

**Gym:** CSA

**Max S/B/D:** 804/435/887

**Best Total:** 2,127 lbs

**Athletic Background:** youth through high school football

**Instagram:** @jeremyavilla

gest "Jeremy" in my weight class so being able to surpass Jeremy Hamilton and take that crown from him is pretty awesome. Short term goals for me are to deadlift over 900 in a meet, become the lightest raw lifter to pull 900 in a meet and snag an all time world record or two. A 2x bodyweight bench has always been a goal of mine as well and I was less than half a pound off at my last meet so I'm hoping that falls soon.

**What were some of the most frustrating setbacks you've encountered**



Photo by Andrew Zaragoza

**on the road to get where you are now?****How did you overcome them?**

I have had many physical setbacks over the last couple of years. I tore my hamstring twice in consecutive meets. I deal with sleep problems and generally lose everything I own twice a day. This year I have had to battle some back pain, hip pain and knee pain which were new. These sucked for sure, but it just comes with the territory. The job often becomes finding creative ways to get around them while still getting the work I need in. It was the mental setbacks that really frustrated me the most. I have had many training sessions and days where I let my emotions and head get in the way of my progress. Fixing my sleep, having a steadier schedule, listening to Jesse and a

few other things have helped to keep my head in a better place. Still a long way to go to make everything work as optimally as possible.

**You're well-known for your particularly strong deadlift. To what do you attribute the success you've had over the years with this lift? What assistance work or movements would recommend to others?**

Oddly enough when I started Deadlifting less, especially sumo, my deadlift started to really take off. This is something Jesse had me do once I started working with him. It's really saved my hips and allowed for more quality deadlift sessions and consistency. I love dynamic deadlifts in the 55-70% range and maybe even a band on there. Doing lots

of singles and doubles in this range with my focus being on timing and technique has brought a real consistency to my deadlift overall. I like to finish training sessions with a high volume of single leg accessory work which has helped me push through ground more evenly in my deadlift and squat.

**You pulled 650 lbs. at age 26 in your first meet 4 years ago, and your deadlifts have only increased since then. Many people wish they could pull that weight, yet it was just a starting point for you. How long had you been lifting before you competed in your first meet? Was powerlifting-style training always your focus, or did you do other types of weight training as well?**

I had been powerlifting for about

a year, give or take, before my first meet. Prior to that, I had always liked the gym and did what I could but I was basically just doing stuff I learned from playing football. Very much bro training, 3 sets of 10 with a focus on nothing at all. But I'm thankful for it because it eventually led me to heavy lifting and competitive powerlifting.

**We've talked a lot about your deadlift, but we can't overlook that squat! You recently squatted 804 lbs., which was huge meet PR for you and really helped propel your total. What part of your training would you say was most instrumental in helping you reach this goal?**

The biggest thing Jesse and I did was bring my squat in closer. In the past, I had been very reliant upon my speed and lower back strength. We spent the major-



Photo by Andrew Zaragoza

***When was the last time you set a PR outside the gym?***

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ity of the last two years strengthening my quads, and my numbers took an initial hit, but once my leg strength started to climb my squat numbers took off.

**You've mainly stayed in the 198-220 weight classes during your time as a competitive powerlifter. Do you find it difficult to maintain weight? Could you see yourself ever competing in the 242-lb. weight class?**

I probably have a long way to go before I could be competitive in the 242's. Even now I barely fill out the 220 class.

Losing weight is not a huge problem for me, going up in weight is the issue. My current focus is hanging out in these two classes, and doing everything I can to put myself at the top of all those lists. The weight stuff right now isn't a huge concern; being healthy and getting all my training is where I can make the biggest difference.

**How long do you normally spend preparing for a specific meet? How does your training during this time differ from your "off-season" training?**

Ideally, I like 12 to 16 weeks to prepare for a meet. The last 5-6 weeks is where we really dial in the competition lifts. In the off-season, I generally just try and fit in lots of volume. This is also my time to address any injuries or weak links which will dictate the specific lift variations I do.

**Who are some current lifters that inspire and motivate you, and why?**

There are many lifters that who motivate and inspire me but I will keep to 3. Dan Green, Cailor Woolam and Pete Rubish. Dan Green- no explana-



tion needed here- it's Dan Green. Cailer has inspired me to have some bigger goals, seeing what he has been able to do over the last couple of years has been amazing. And lastly, Pete Rubish. I love his attitude and mental approach to powerlifting. All of these guys are great competitors and people, on and off the platform. I have had the great pleasure to compete with them all, and I look forward to having them continue to push me to higher numbers.

**When do you plan to compete next?  
What numbers are you hoping for at  
this meet?**

At this point, post BOB5, I am considering doing Sling Shot Record Breakers to take a run at either the 198's all-time deadlift and total world records, or trying to stay big and going after the 220-lb. deadlift world record. But this is all dependent on how my body responds to training heavy again and what Cailer and Yuri do to that 220 record. **PM**



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

## SAMYRA ABWEH

INTERVIEW BY WADE ZENO

PHOTOS BY GINA AVERSA AND JOHN WATKINS OF FEED ME FIGHT ME

**Age:** 20

**Height:** 4'11

**Weight:** 115 lbs

**Hometown:** Albuquerque, New Mexico

**Occupation:** Employee at Feed  
Me Fight Me

**Gym:** Rekoverry Athletics

**Current Max S/B/D:** 308 lbs/  
220 lbs/ 402 lbs

**Athletic Background:** basketball,  
dance, cheer, track and field,  
powerlifting

**Instagram:** @minimyraa

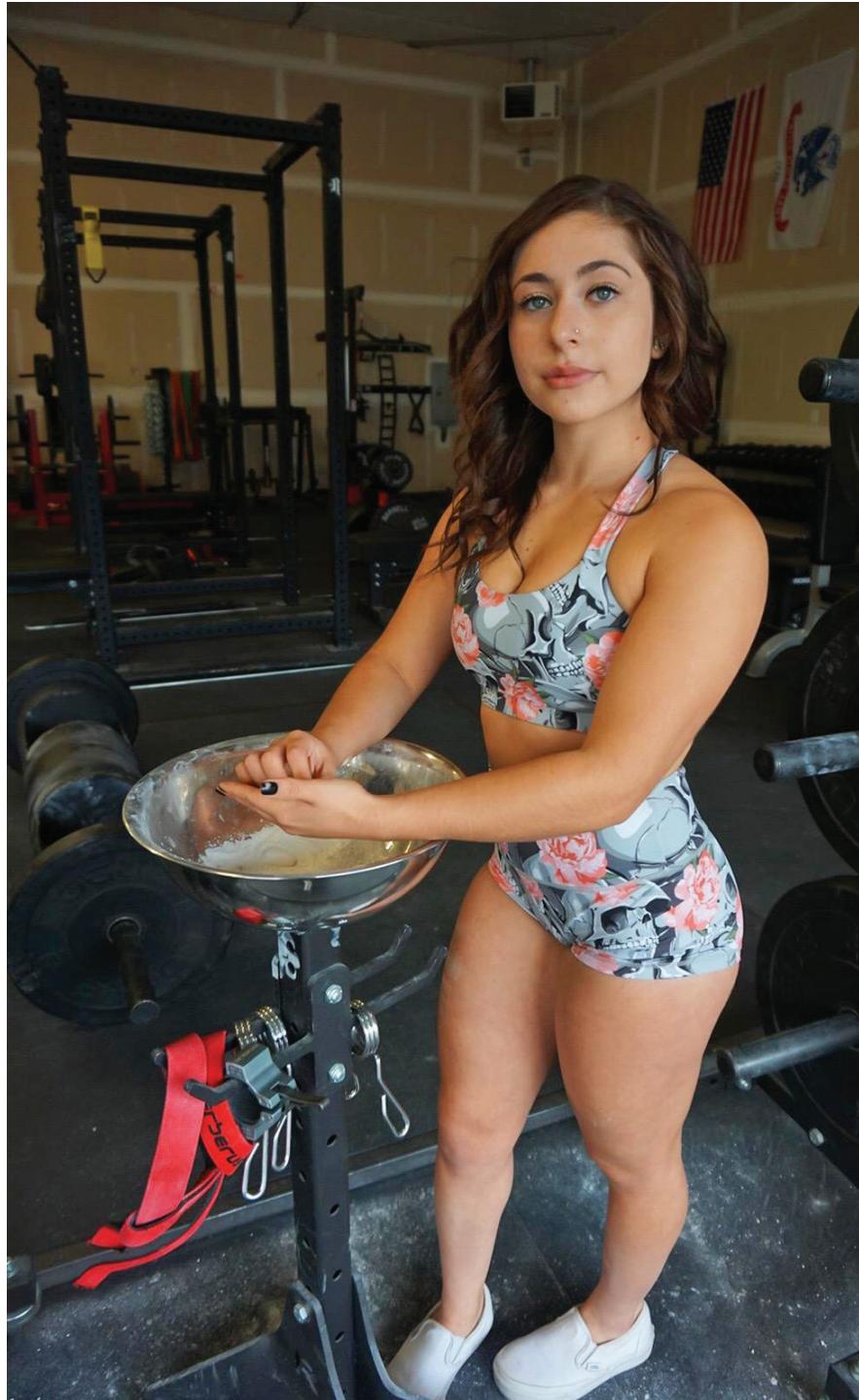
**You're only 20, but you've already accomplished quite a bit as a powerlifter! You're top 10 all-time in the women's 105-114 lb. weight classes (both sleeved and wrapped), and seem to continually be improving. How old were you when you touched your first barbell? What inspired you to pursue powerlifting?**

I was 17 when I first started getting into lifting. My high school basketball coach at the time told me I was too short to continue playing through college. I quit basketball and started lifting weights instead to channel my energy into something else. When I first started lifting I would go into the gym and would strive to be stronger than I was last week. So it was kind of like a competition with myself. I loved the feeling of feeling strong, and not just physically, but mentally as well.

**You already have many powerlifting accomplishments and have competed in several high-caliber meets. What has been your most memorable powerlifting moment?**

I would definitely say the 2018 Kern US Open when I deadlifted 402. I've

been chasing that number for years and to finally be able to accomplish





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that on one of the biggest platforms in powerlifting was a really amazing feeling.

**What are some lifting goals you hope to obtain in the near or far future? What about non-lifting related goals?**

Lifting wise, I've accomplished a lot of the things I wanted to do earlier than I expected in the sport. Right now, I'm focusing on building muscle, fixing imbalances and exploring other styles of training that could potentially benefit me in my powerlifting career later in the future. Any PR's I hit in the mean

time is just an added bonus. I have been going to jiu jitsu no gi classes and that is one sport that I'm interested in pursuing.

**I'm sure being a top-level athlete requires some attention to diet and nutrition. What are some of your favorite healthy go-to meals? What about your favorite "cheat meal"?**

I pretty much eat the same things everyday. I do count my macros, but most of the time I eat intuitively. My diet consists mostly of lean proteins such as chicken or turkey, lots of greens, rice, sweet potatoes, avocado and rice

cakes. I don't really have a favorite "cheat meal" per say, but I definitely have a weakness for macadamia nut cookies and mozzarella sticks.

**You often post videos on your Instagram of hand-stands and flexible poses. Have you ever regularly performed yoga or gymnastics? Or do you just enjoy making shapes with your body in your free time?**

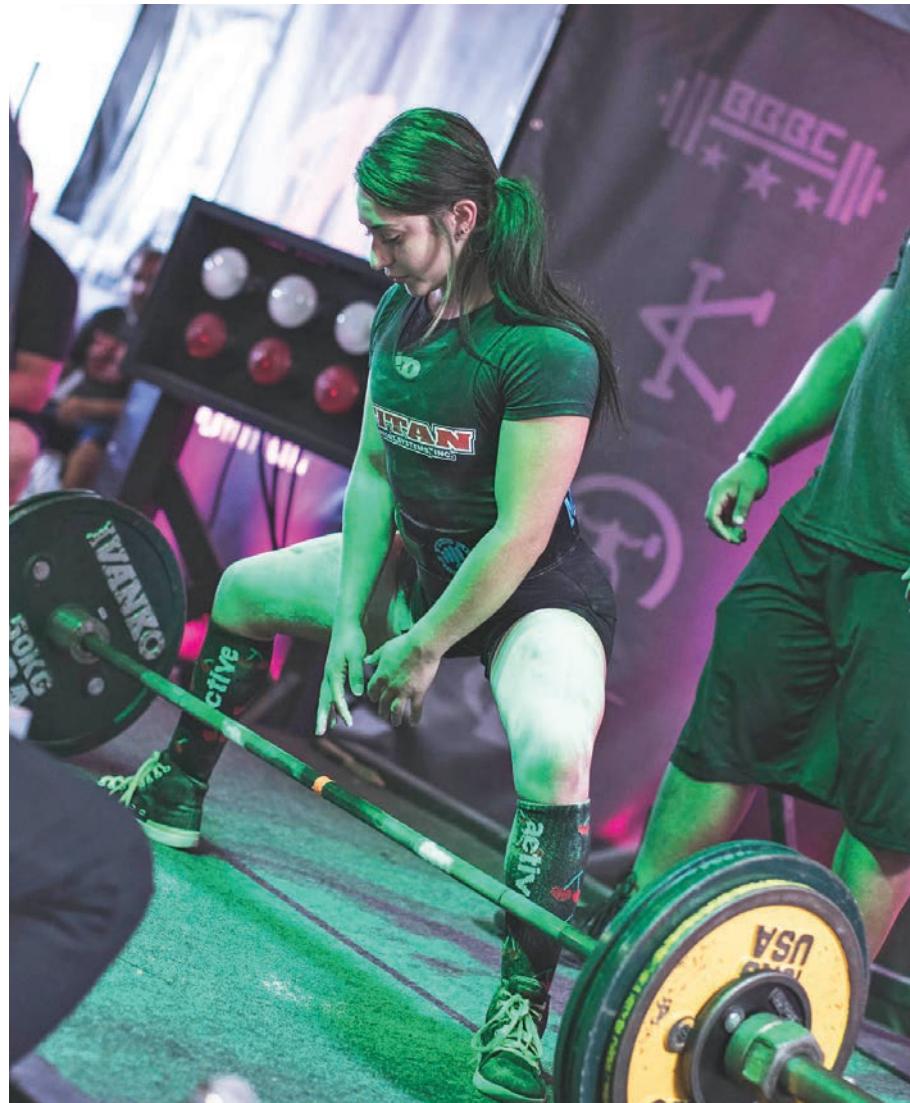
I did gymnastics for a while when I was younger and was a cheerleader back in high school. I just enjoy yoga and gymnastics movements a lot. I also think working on mobility on



regular basis definitely helps with my recovery from lifting heavy in the gym. Bikram yoga is something I've been really enjoying.

**With great flexibility comes great bench-press-arching ability! I'm sure you've gotten many comments on your bench arch. What is your response to the naysayers who say arching is cheating, or that arching is bad for your back?**

I think the people who try to trash talk arching are people who simply aren't familiar with the sport, so I don't pay much mind to them or I tell them to



educate themselves before they comment something negative on someone's post. I rarely get "hate" from fellow powerlifters. But I definitely am open to constructive criticism if the person has background knowledge of the sport.

**On average, how many meets do you do a year? How much time do you spend preparing for a meet? Do**

**you think there's a limit to how many meets someone should do in a year?**

I only compete 2-3 times a year, personally. I spend about 4-6 months preparing for a meet. I like to do an off-season training split to keep up the hypertrophy and that is one of the main reasons why I only compete about 2-3 times. I don't think there's any magic number on how often someone competes. I think it just depends on the recovery level of the individual.

**What's something that not many people know about you?**

When I was younger I went to a Cirque Du Soleil show and saw people bending in very weird shapes and told myself that I wanted to do that one day. I kid you not, I would stretch for like 4-5 hours straight every night to master some of the contortionist skills I saw. So, it is quite interesting how I ended up being a powerlifter instead of a contortionist. **PM**

190723 Monday

Overhead squat - 11-11-1

Front squat - 11-11-1

Back squat - 11-11-1

(6) ③ Bill - 110/150/170kg  
Cass - 122/155/185kg  
Patricia - 75/105/125kg

(7) Bob - 200/120/130kg  
Mike - 20/135/140kg  
Andy - 20/130/130kg  
Dr. Joe - 125/140/150kg  
Monica - 16/18/40kg  
Trisha - 22/25/40kg  
Laurie - 31/36/40kg

(8) Leslie - 75/115/140kg  
Tina - 90/110/120kg  
Dr. Jo - 125/140/150kg  
Monica - 16/18/40kg  
Trisha - 22/25/40kg  
Laurie - 31/36/40kg

(9) Janice - 125/155/180kg  
⑤ Arthur - 110/150/170kg

(10) Open Hand  
Eric Lass  
Patricia Arthur  
Peter and John  
Tina and Eric  
Heather 80/105/110kg

(6) Lincoln - 25/40/105kg  
Mikaela - 95/130/150kg  
Daryl - 100/155/180kg  
Cass - 122/155/185kg  
Scott - 90/110/125kg

# THE LIFE OF POWER

BY MARK BELL

PHOTOS BY PER BERNAL AND ANDREW ZARAGOZA

This article is written to explain the story of Power Magazine, Super Training Gym, Sling Shot®, and everything involved in the latter half of my powerlifting career as an adult.

I think it's fitting in the last issue to not only put myself, my favorite person in the world, on the cover but also share the history of how this got started.

When Andee and I first talked about moving forward with Power Magazine and doing something different, I cried. The reason why it's painful to move it away from print is because it was such a battle to get it printed in the first place—when the economy was so shitty, when print was dying and Barnes and Nobles and book stores were closing. It was a hard thing to even get started.





At first it was just me and Andee. Then it was a three-person squad for a very long time. Here's some of the history:

Super Training Gym started first. It was born in late 2005. We just say 2006 because that's the first time we competed as a team. The reason why it's important to explain Super Training Gym is because ST gym is the foundation and the strength behind anything that's ever happened in business and myself.

Without ST gym, there would be no Sling Shot. Without ST gym, there would be no Power Magazine. ST gym is the testing ground of everything you see today.

The first ST gym was started in a gym called Body Construction Zone in Woodland, California. We had a small team of eight or so people. There are two people from that original crew that still train at ST gym today - Juan Leija and Big Bill. The gym was formulated and created not with cash but with be-

ing crafty. Somebody else was starting a gym and I went in there with a sales pitch of why it would be a good idea to have powerlifting and a powerlifting team inside their gym. They purchased

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YOU SEE TODAY"**

the equipment and we were off to the races with monolifts, reverse hypers, and many of the things you still see inside ST gym.

Something I try to share with people all the time and communicate all the time is that you always need to find

a way. At that time, I didn't have any money. I just had a dream and a passion for lifting and I wanted to figure out how to be the strongest I could be. I knew I wasn't going to be able to do it by myself and I knew I was going to need a team to help me to get stronger. I knew that by doing that, I would get stronger, the team would get stronger, and I would end up with a team much like the team of the best powerlifters ever assembled, Westside Barbell. I was completely 100% laser focused on trying to make it happen. If it didn't happen where it happened it would have happened somewhere else.

I hear people say all the time, "There's no powerlifting gym in my area. There's no equipment. There's no one lifting heavy." I tell them to just make it on their own, and that's what I did.

I worked at Body Construction Zone first. I worked as a trainer and a manager. And when they stopped paying me because the gym was going under,

I became very resourceful.

The lesson here was that the people who owned the gym didn't have their shit together. And because of that, I was able to get Super Training Gym kicked off on my own.

ST gym then relocated to a friends' garage for 3-4 months in Carmichael, CA. From there, we moved to Natomas, CA in a 900-square-foot spot that cost about \$900 a month. To put that in perspective, the gym today costs about \$15,000 a month and is 20,000 square feet.

"THE GYM IN NATOMAS IS WHERE A LOT OF THINGS WERE CREATED. A LOT OF OUR PEOPLE GOT STRONGER.

THE TEAM STARTED TO GROW. IT BECAME COMMON TO SEE 700-LB. SQUATS. AT THAT GYM WAS WHERE I MADE MY FIRST 1,000-LB. SQUAT"

The gym in Natomas is where a lot of things were created. A lot of our people got stronger. The team started to grow. It became common to see 700-lb. squats. At that gym was where I made my first 1,000-lb. squat.

Me and my boy Roy would go back and forth with 600-, 700- and 800-lb. benches. There were even a few female lifters squatting 500-600 lbs.

The gym was very intense and full of testosterone. You may remember seeing lots of videos from that gym that were filmed by one of Super Training Gym's original members, Jim McDonald. The gym started gaining recognition as a place where people worked hard, had a lot of fun, but got the work done necessary to continue to get stronger. We put together DVDs and informative videos on how to wear bench shirts, squat suits, deadlift suits and how to lift like a maniac.

The reason I point this out is because ideas are a lot like trees—they have a lot of branches and they look different at different times a year. They grow a lot and morph into different things, and without some of these ideas and



making videos and trying out different equipment, there wouldn't be a magazine.

People liked my content and showed general interest in it and it gave me the confidence to move forward and make more videos and eventually create a magazine.

In about 2008, I was at our kitchen table throwing down some fast food (which seems funny nowadays because I wouldn't really go near fast food under normal circumstances). I was thumbing through a Powerlifting USA magazine and I said to my wife Andee, who worked in advertising for a magazine at the time, "This magazine kind of sucks. I like that there's a magazine

for powerlifting, and I appreciate that someone takes the time to put this together, but why does it focus on people that are so weak?"

I wanted to know more about the best lifters. The strongest lifters in the world. What were they doing? What were they up to? I don't want to read these tiny meet results. I want to see pictures of the best lifters in the world. I want to see the best of the best and how they train.

When I said this to Andee, she said, "Let's just make our own magazine." And I said, "WHAAT! We can do that?"

And she said, "Yeah, we can figure it out." From there, we started to investigate how we could make a magazine,



and these next few steps are important.

Whenever you have a goal, it's important to put that goal out in the universe. Sometimes people will call it an affirmation, but it's not just that. I believe in positive energy and I'm all for that but it's also about making people aware of what you're trying to do because a lot of people can help you. If you have some good friends around they're going to be the first ones to say, "I could help you with that."

When you say you need \$5,000, that may seem like a lot to one person but them departing with it might not mean that much to them. This is where Stan Efferding comes in. Ed Coan and Stan Efferding.

Ed offered to donate his own time, and sometimes time can be more valuable than money.

If you go back and look at that first article in Power Magazine, it was about the greatest of all time, Ed Coan. I looked back and recognized that I would never be the next Ed Coan. He

**"IF YOU GO BACK AND LOOK AT THAT FIRST ARTICLE IN POWER MAGAZINE, IT WAS ABOUT THE GREATEST OF ALL TIME, ED COAN. I LOOKED BACK AND RECOGNIZED THAT I WOULD NEVER BE THE NEXT ED COAN. HE REPLIED BY SAYING, "THAT'S OKAY. I THINK YOU'RE GOING TO MAKE A PRETTY BIG IMPACT IN THE SPORT ANYWAY."**

replied by saying, "That's okay. I think you're going to make a pretty big impact in the sport anyway."

My point is, you're going to have people in your life who are going to want to help and Stan Efferding and Ed Coan were those people. Stan paid for the first run of magazines to get people

to order more. He also paid for our first booth at the Olympia. He had made arrangements for us because he had just become an IFBB bodybuilder.

That was the first booth we ever had. That was the first trade show we ever went to, and Power Magazine was off and running.

From there, it was just the responsibility of cranking out a magazine every other month. I would go to the local Starbucks and crank out some questions for the top lifters who I thought were worthy of a cover.

I learned what to do and what not to do. I had this technique that I would send an email to the interviewee with a few questions, and I would formulate the next few questions based on their responses. We would go back and forth so it was more like a conversation. I wanted it to be more interactive and to learn more about the lifter.

This exercise was really hard for me. I don't write. I don't read well. It was way outside of anything I would

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normally do, but I learned how to interview people from that experience and I ended up getting good at it. I use that skill all the time now. I use it on the Power Project, and I've been doing it for 10 years straight.

I also wrote actual articles for the magazine. I'd write an Editor's Note, too, which gave people some insight into what I was up to.

In addition to that, I tried to add a twist that people might like - "This Chick Can Kick Your Ass - And you might like it."

One of the more popular sections was one where I basically just shared text threads with people. It was just shots of me texting back and forth with people—Stan Efferding, Jesse Burdick, Ed Coan, some of the best lifters in the world and people in my circle. People loved the different perspectives but it was also just joking around and ripping each other apart. It wasn't always a lot of information, just the fun stuff.

My favorite interview I ever did for Power Magazine was Janae Kroc. At the

**"MY FAVORITE INTERVIEW I EVER DID FOR POWER MAGAZINE WAS JENAECROC. AT THE TIME, SHE WAS MATT CROC. BECAUSE SO MUCH WAS UNKNOWN ABOUT THE SITUATION AT THE TIME, AND WHEN I INTERVIEWED HIM I MADE JOKE AND SAID, "THERE'S RUMORS THAT YOU LIKE TO DRESS IN WOMEN'S CLOTHING. HOW WOULD YOU LIKE TO ADDRESS THIS?" I WAS HALF JOKING BUT HALF SERIOUS, BUT I THOUGHT THE RUMOR WAS PEOPLE MESSING AROUND BECAUSE I DIDN'T KNOW ANYONE MORE MASCULINE THAN MATT CROC"**

time, she was Matt Croc. Because so much was unknown about the situation at the time, and when I interviewed him I made joke and said, "There's rumors that you like to dress in women's clothing. How would you like to address this?" I was half joking but half serious, but I thought the rumor was people messing around because I didn't know anyone more masculine than Matt Croc.

He wrote back a very candid response and said, "I actually feel better in women's clothing."

I responded, "I didn't know that was an actual thing for you."

He just said, "Different people are into different things." And we moved on.

I learned a lot from that situation. He and I have become better friends from that situation. I don't know where Janae Kroc stands with her sexual orientation or whatever you want to call it but she's a friend, she's always been a friend, and I don't care what direction she goes in.

Going back to the time Power Maga-



zine was growing and changing, Powerlifting Watch was also very popular on the internet and people had access to the best lifters on the internet.

It wasn't too long after Power Magazine came along that I was able to capitalize on the Sling Shot, and that was really important to me. Especially after talking to all these lifters who said that they had all this shoulder pain and elbow pain and knee pain. It felt really good to be able to create products that helped those guys be able to do what they wanted to do with no pain.

While all this was going on, all while Power Magazine, Sling Shot, and ST gym were still growing, I'm dead in the middle of my powerlifting career, so nothing was ever waiting. Everything

was always full force at all times. Even though I have more responsibilities today and there is more money involved, I don't think anything will ever be anywhere close to as hard as those things. I was squatting and benching so much weight and competing very often. The business didn't need that much attention because it was so new, but the magazine was time consuming and the gym itself was time consuming even though it's free. It's not a great way to spend your time if you're trying to be an entrepreneur.

I've told this story many times so I won't tell it here all the way through—I had the idea for the Sling Shot for a few years before I did anything with it. My brother died, and I created it very

shortly after he passed on. I couldn't figure out how to make it and I went to a bunch of companies that are in the industry and they didn't really see the value in it. One company that's very popular in powerlifting had the nerve to write me a letter and say that they already created a similar product, but if I was interested they would cut me in for 5% of the profits.

This same guy that runs this company told me a few weeks earlier that he had no intention of making the product and he wished me luck. All of these things ended up being positive. They're all good lessons to learn. The lesson here is that if you want to do something you've got to do it yourself. And if people don't get it you have to make

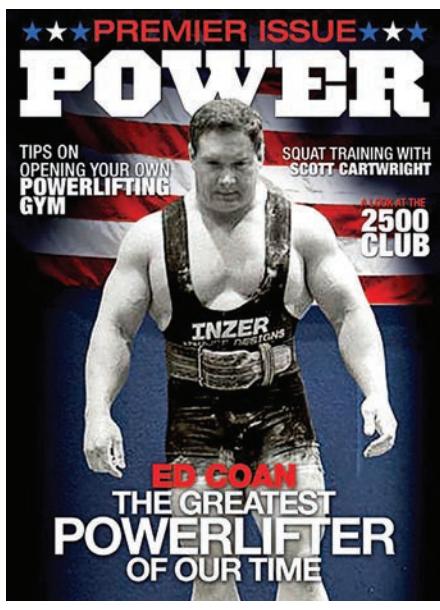
them get it, and that's what I did.

I met this woman at a Starbucks and I shared my idea with her and a bunch of ratty material I had. I gave her the concept, she sewed this thing together, and brought me back the first prototype.

I walked from the Starbucks to a Fitness 19 down the street and laid down on the bench. I put it on, did a few reps, and I got off the bench. I was covered head to toe in goosebumps. I've never had a better feeling before or after that. I knew I had made what I was trying to make.

I went back to Starbucks and I told the lady I needed 10 of these because I needed to make sure I wasn't going to kill people with these things. At some point, it became a battle to figure out how to get them made on a larger scale. But the easy work was behind me.

Because Super Training gym is free, and because of the accelerated learning that happened inside that facility, I was able to create Power Magazine. And because of the things I learned about myself and the equipment used in powerlifting and the techniques used in powerlifting, I was able to create the



Sling Shot. The Sling Shot afforded me to keep Super Training Gym free and continue Power Magazine.

Power Magazine allowed me to get stronger and created even further accelerated learning, due to the fact that I was talking to the best coaches and lifters in the world on a frequent basis.

That not only improved my strength in the gym but improved my earning potential and understanding what it takes to be great at anything in life.

So when I say that ST gym is free, it is free. But nobody gains more from it than I do. GAINS.

The Sling Shot has grown by leaps and bounds because the customer base has grown massively though social media and people sharing their experiences with the product. Social media has changed the way a lot of people learn. With the way the digital world is, everything is just a click away and it's very simple and easy to look things up. People aren't going to libraries or looking things up in a book or magazine as much anymore.

Therefore, there will no longer be a standard print magazine, although I do think it's possible that we do one a year to show top records, lifters, etc. We have to focus our energies in other areas at this time.

Thank you to anyone who's followed us, who has subscribed, who has contributed. We wouldn't be here without your support. PM

STRONG HAS MANY FORMS, FIND YOURS.



# MARK CHIECO AND HIS QUEST FOR THE 600 POUND RAW BENCH

(COULD HE BE AMERICA'S STRONGEST ATTORNEY?)

BY R. L. MURRAY



Skeleton Key photos

**Give us a little background information: how old are you, where do you live, what do you do for a living.**

I am 40 years old. I live in Sherrill, New York, and despite most people thinking that I am a butcher, I am an attorney.

**How long have you been strength training and how long have you been**

**competing?**

I have been strength training in one form or another since high school through college and law school, but did not start to take it serious until 2012. I have been competing for 5 1/2 years.

**Give us a little insight as to the progression of your lifts: how much have**

**your lifts gone up over the past few years and what are your current best lifts in competition?**

Having a strong bench press is what got me into powerlifting. I started out doing crossfit at Crossfit Mohawk Valley in Utica, NY. When I started, I had a 405-lb. bench and 455 lb. squat and a 485-lb.

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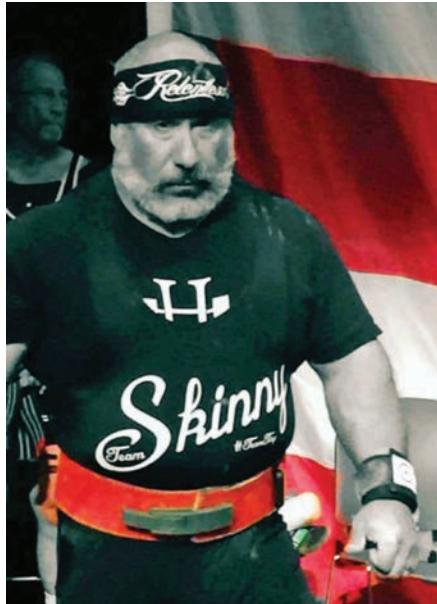
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deadlift. Since I started taking competing more seriously, my squat and my bench have risen dramatically. I have put over 300 lbs. on my squat and almost 200 lbs. on my bench since that time. My deadlift progression has been a bit slower than I would like. My best competition lifts to date are 800 lb. squat in wraps, a 575-lb. raw bench, a 666-lb. deadlift and a 2035 total.

**So why not start with a discussion of your bench press. From 405 to 575. What types of things have you done to make such dramatic progress?**

Honestly, I just love benching. I am a big fan of practicing how you play. Anybody who watches me bench says that I have very unconventional form. I don't use leg drive, I have no arch, and I basically just lay down and press the weight. I don't much get into the use of boards, chains and bands when I bench. If I am going to make any real progress, I take everything to my chest with a pause. I bench on average of two to three times a week. Mondays are usually heavy days, Wednesdays are speed and technique days and I may add another accessory day with dumbbells and some other variations if I have time. I also have to give credit to the Garafalo Program I follow; it allows for a steady climb over 10-12 weeks as I get



ready for meets and always adds something come meet day.

Because I really enjoy studying the bench press and excellent benchers, let me pose these two questions if I may: What is a common mistake you see in good (not beginner) bench pressers and what would you suggest as a correction?

One of the mistakes that I often see in people's bench presses is their wrist position. Many people tend to keep one wrist straight up and down, usually the

dominant hand, and the off hand is bent so you can see their palm. To hold the bar in the strongest position possible, the bones in the hand, wrist and arm should be stacked in a straight line so that the weight is applying downward force in a straight line, which means you can press it up without the extra effort of keeping the weight under control and from keeping your wrists from breaking.

**What is the best suggestion you received from someone else and/or the most important correction you made concerning your bench press?**

The best correction I was ever given came from Jim Phraner as I laid down on the bench before my second attempt at the 2017 XPC Finals at the Arnold. I had torn my rotator cuff the year before and did not get it repaired, so my right side would always lag behind my left. Jim had me offset my grip on the right side and adjust it one finger width in. I have done it ever since and I no longer have a problem with uneven lockouts.

**I know one of your goals is a 600-pound Raw bench. What do you think you will need to do to get those few extra pounds to the goal?**

Honestly, I think that I am pretty close. I have a meet in 2 weeks and my planned third attempt is 606, which will be the All



HC photography / @hcphoto93 / hilary-crannage.com



Time World Record for a full meet at 242. I think the key right now is not wasting too much energy on the second attempt. I usually open pretty conservatively (535-545) then take a 5 lb. PR and go for broke on the third. I think if I save the energy during the second attempt, that 600+ is definitely close right now.

**[This question was asked after the**

**meet discussed above.] Mark, you gave 606 an impressive ride, especially considering it was in a full meet (after three heavy squat attempts). Why don't we take a minute to recap? What were your squat attempts and how did they go?**

My plan coming into the meet was to open a little bit higher than I did, and

only take two attempts. 603 is the all-time world record bench for a full three lift meet. It has stood since 1977. That's what my plan was coming into the meet, but unfortunately, I really struggled with walking out my squats in the last two weeks before the meet so I lowered my opener to 655. On meet day, I felt really good and the weight moved pretty well so

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Skeleton Key photos



Skeleton Key photos

after my opener I went to 687, then right to 727. All of them were relatively easy, so I would still have some gas in the tank for bench.

[On my bench] I opened up at 557 and then took a small jump to 568 to keep my energy high. Both attempts were very smooth, but we were benching out of an ER Rack, which is also new to me, so it was a little hard to stabilize myself. My hand-off guy, Dom Minicci did a great job getting the weight out to me. When I got to 606, I definitely wobbled a little when I took it out. I was able to stabilize it and it felt great on the descent and even coming off my chest. Unfortunately for me my left arm was able to press it easily, but my right stopped about 3/4 of the way up and wouldn't move any further. It was close and with a few minor adjustments it will happen very soon.

**How about with your squats, what have you done over the past few years to achieve these big numbers?**

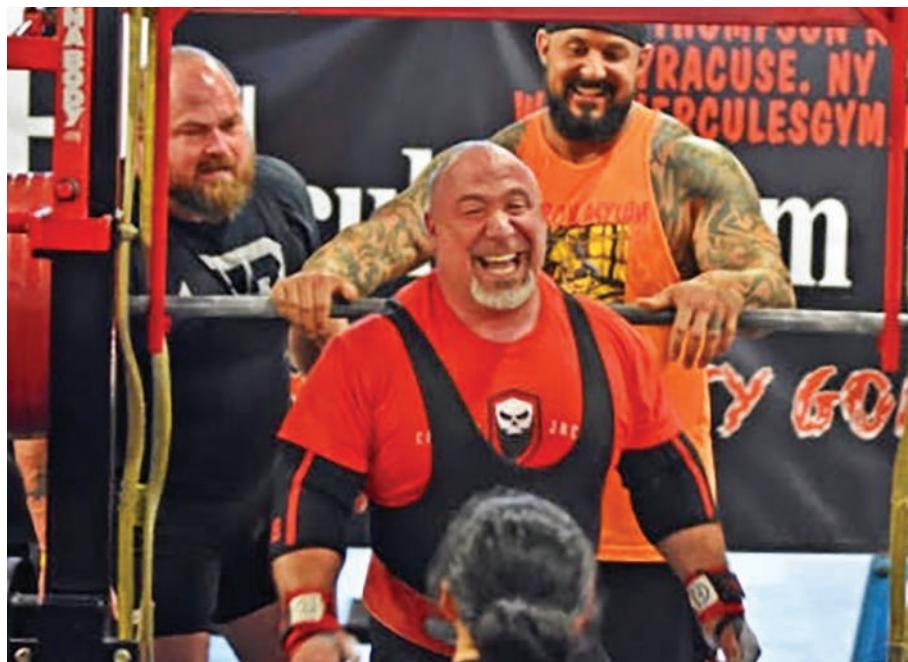
The progression of my squat has actually surprised me the most. I have to attribute the gains that I have made mostly to excellent training partners that aren't afraid to call me out and correct what used to be horrible squat form. I also try

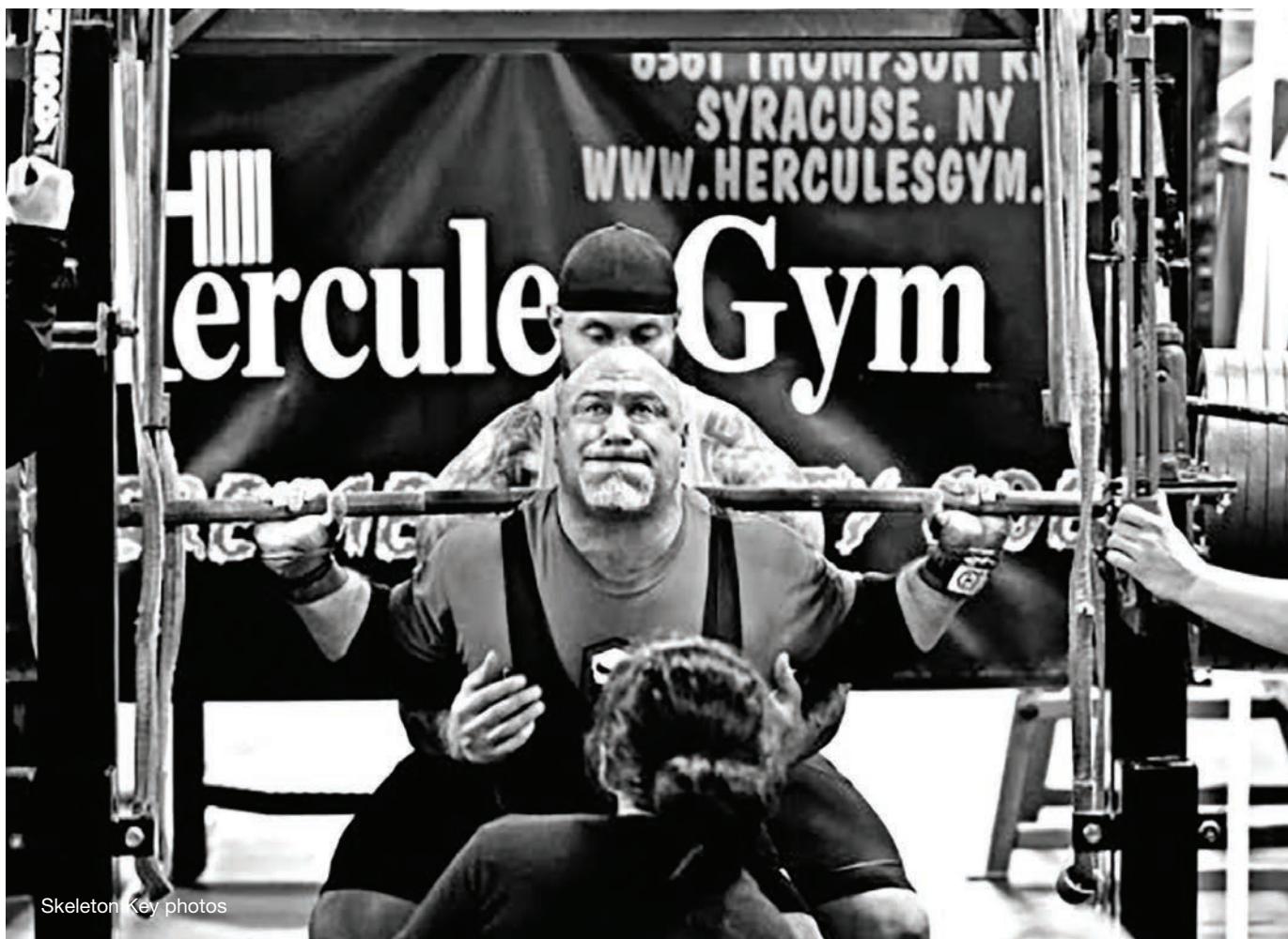
to squat at least twice a week. One day is a traditional straight bar squat with low volume, but lots of sets. The second day is usually a safety bar box squat or Hatfield Squat for higher reps and less sets. The biggest thing for me was staying consistent with my workouts, using visualization techniques and trying to perfect my form.

**Do you consider yourself just a**

**bench presser who competes full power or are you a true powerlifter? Also, who do you admire in the sport?**

I'd have to say that I will always be seen a bench presser primarily, but after putting up a 2035 total with an 800-lb. squat mixed in there, I'm getting pretty closer to being a real powerlifter, haha. If I could only get my deadlift to climb like





the other lifts then I think it will change how people see me. As far as admiring people, just like everyone else I have favorite lifters that I like to follow. It just so happens most of mine happen to be top bench pressers. Some of the guys I have gotten to compete with and some I hope to lift with in the future are Josh Lentz, Garrett Griffin, Matt Phelps, Matt Minnuth, Dave Hoff, Wayne VanNostrand and of course Jeremy Hornstra.

**Which lifting accomplishment (so far in your career) do you take the most pride in and why?**

I have competed mostly in the 220 and 242 lb class since I have started and I take a lot of pride in winning my weight divisions at the 2016 & 2017 XPC Finals at the Arnold Sports Festival and at Boss of Bosses III. I also won best bench presser at Raw Unity 7. Currently I am ranked number three in the world at 242 for the bench press and made it to the All-Time list for the 242-lb. class. What I am most proud of is my involvement with the Relentless meets in Minnesota and Detroit. Scott Nutter, J.J. Thomas and the whole

Relentless family do absolutely wonderful things for the HopeKids organization. In the last two years we have raised almost \$500,000 between the two events.

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

I love reading about different training programs. I read anything that I can get my hands on, but I have come to the conclusion that the majority of programs and online coaches just rehash the same principles with just a minor tweak here and there to make it their own. So over the years I have taken little bits and pieces from each and worked them into what works for me. I can't take credit for all of my own programming though. Training with the group that I do, allows me to have positive critics that will tell me what is working and what is not. The only set program I have ever followed was actually written for my bench by one of my training partners, Mike Garafalo. He was able to add 40 lbs. to my bench over the course of three months last year.

**You have an interesting weekly training schedule due to your job.**

Being an attorney has actually been a blessing when it comes to scheduling training sessions. My work calls for me to travel all over New York State, so I am able to hit up a bunch of different gyms to train. My main training gym is Hercules Gym in Syracuse, NY. We hold what we call "Meet Monday" every week where we train all three main lifts just as if we were competing. We get in a full squat workout, then a full bench workout and a full deadlift workout. It may seem like a lot, but we usually get the whole thing completed in just under four hours, which is way faster than most meets, so we kind of get some cardio out of it too. On the other days when I am traveling, I split my time between Crossfit Mohawk Valley in Utica, Elite Personal Training and Fitness in Niagara Falls, Albany Barbell Club (ABC) in Albany and Muscles in Motion in Oneonta. Each place has its own top level competitors and getting to workout with them has become very motivating to me. **PM**

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# STRENGTH PRESCRIPTION

## HOW FAST SHOULD I SQUAT?

BY BROGAN SAMUEL WILLIAMS | PHOTOS BY DIRK FOURIE



**Have you ever heard someone ask  
“Why do you bounce in the hole of the  
squat?”**

Which gets the internet gym bro response of “Stretch reflex bro”.

Today we’re going to take a closer look at the ideal Squat tempo, some common myths and drill down on the importance of tension, tightness, and stability when squatting.

I try and write these articles to ultimately help people... I want to see people move better and continue to stay healthy and strong for longer. I enjoy covering these types of subjects because these topics are either commonly misunderstood, or there is just a lack of quality information com-

pled, understood, tested, measured and articulated to in a way that everyone can benefit from. Today once and for all, we are going to discuss the supposed benefits of a fast squat vs a controlled one. My goal is that you will self-evaluate your own style after reading this article and find a way to maximize your technique and promote your longevity. Let’s get into it.

### THIS IS WHAT WE WILL COVER: **1: THE PRIME MOVERS IN THE SQUAT**

- A) The Prime Movers
- B) Traditional Anatomy
- C) Lombard’s Paradox

### **2: WHY TO SQUAT FAST?**

- A) The Stretch Reflex
- B) The Stretch-Shortening Cycle
- C) Momentum
- D) Rate Of Loading
- E) Less T.U.T

### **3: WHY TO SQUAT SLOW?**

- A) Loading Tension/Tightness
- B) Maximising Stability
- C) Technical Proficiency
- D) Injury Prevention

### **4. THE PERFECT APPROACH TO SQUAT TEMPO IMO**

- A) Tension over Reflex
- B) Control over Momentum

C) Squat Tempo

## 5. CONCLUSION

### 1 THE PRIME MOVERS IN THE SQUAT?

So first we need to have a quick lesson on anatomy and biomechanics.

#### A) THE PRIME MOVERS:

1. Gluteus (Gluteus maximus, Gluteus medius, Gluteus minimus)
2. Quadriceps (Rectus femoris, Vastus lateralis, Vastus intermedius, Vastus medialis)
3. Hamstrings (Semitendinosus, Semimembranosus, Biceps femoris)

**These 3 groups of muscles have a unique relationship when functioning together to perform the squat movement alongside a series of synergist muscles and stabilizing muscles which also aid in the movement.**

#### B) TRADITIONAL ANATOMY:

You see, traditional anatomy would indicate that for the quads to contract efficiently in the hole of the squat, the opposing antagonist (hamstrings) would have to fully relax - and similarly for the hamstrings to fully contribute to hip extension, the antagonist (quads) would have to relax to allow that contraction to occur. This is the basic principle of agonist VS antagonist and is used to describe the functionality principles of our muscles.

#### C) LOMBARD'S PARADOX:

The Lombard's Paradox describes a paradoxical muscular contraction in humans where the hamstrings and quadriceps contract at the same time, despite them being an antagonist to each other... if you don't believe me, squat down right now and monitor the contraction of your quads and hamstrings. Interested?

Both are contracting and aiding in knee/hip extension. This is primarily because a quad muscle (rectus femoris) and all of the hamstring muscles (semitendinosus, semimembranosus, biceps femoris long head) are biarticular muscles, meaning they contribute to both knee flexion, extension and hip flexion and extension.

The rectus femoris not only extends the knee but flexes the hip, while the hamstrings not only extend the hip but also flex the knee. In the bottom of the squat, while the rectus femoris is stretched at the knee and shortened at the hip the hamstrings are shortened at the knee

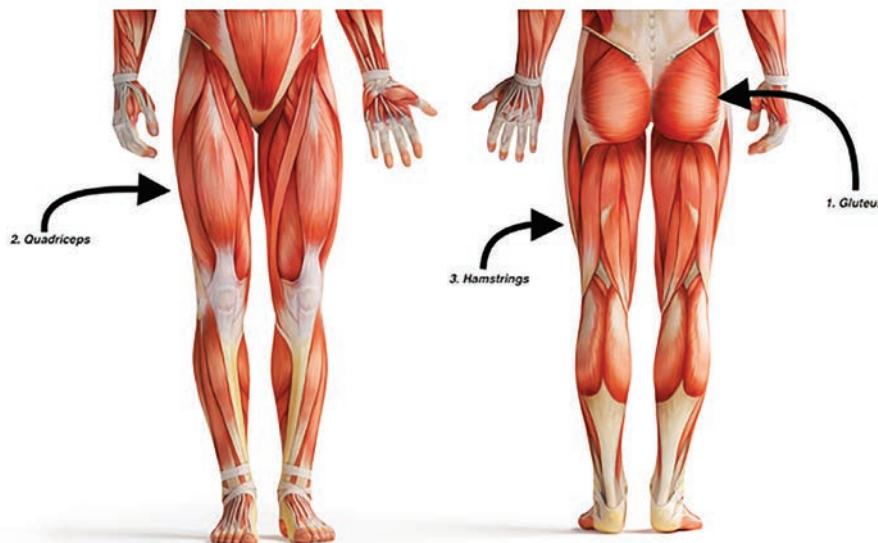
and stretch at the hip. Now please keep in mind we are not literally meaning the muscles are exclusively stretching in one area as a muscle belly contracts globally across the muscle but we are using this terminology more as a general idea and guide to how the muscle is reacting and being stretched or pulled and from which point and direction. During the squat, your gluteus are exclusively working to extend the hip and the other 3 quadriceps muscles are working to extend the knee however the rectus femoris and hamstring muscles are working together by creating stability for maximal force production and redistributing of force to the moment arm requiring it the most. These muscles all work in synergy, together creating force through maximizing stability and muscular contraction. So keep that in mind below as we begin to discuss how these muscles react when under certain stimulus and we define the best way to squat.

### 2 WHY TO SQUAT FAST?

#### A) THE STRETCH REFLEX

What is the stretch reflex? The myotatic reflex is a neurophysiological response to a stretch stimulus applied to a muscle. You see, we have these sensory receptors in and around our muscles. These receptors initiate a mechanism within our muscle fibers called muscle spindles. When a stretch stimulus is applied to the muscle, the spindle communicates by sending an impulse to the CNS which results in a response to muscle contraction. This communication is between the muscle spindle and the spinal cord so generally occurs very very quickly, with most data suggesting within the milliseconds. Using the proprioception system, this prompts your body to create a muscular contraction directly after the muscle itself has been stretched. The Stretch Reflex is known to be primarily used by our body's to prevent muscular injury or tearing, as well as aiding in correct posture and force production. So what does this have to do with Squats?

Well, by increasing speed into the hole of the squat you are sending your large, strong, prime mover muscles into a stretched position - the gluteus are stretched, the hamstrings are stretched at the hip and the quads are stretched at the knee joint. This then fires off neurological



impulses to return the stretched muscle to its normal position. For years lifters have tried to take advantage of this physiological mechanism to create more force output with the squat. Some data shows that this reflex not only causes the muscles involved to activate but it also prompts the CNS to recruit and engage supporting synergist muscles to aid in the restoration of positioning for the stretched muscle and even send an impulse to your antagonist sensory receptors to relax.

#### **B) THE STRETCH-SHORTENING CYCLE (SSC)**

Now The Stretch-Shortening Cycle is a bit different... it is a global term used to describe a reaction that occurs to your muscular-skeletal and physiological system when you perform a movement that requires an eccentric and concentric contraction. So the Stretch Reflex is more of a neurological prompt and the SSC being the actual muscular response to being stretched while also incorporating aspects of the stretch reflex. The SSC refers directly to a physiological countermovement when performing certain exercises like squatting, sprinting and jumping. The pre-stretch during the eccentric load is thought to have a direct effect on the concentric muscular contraction and force production and is said to allow the lifter to produce more force and move much quicker than they could if they were to perform the movement from a static position.

Although there is some controversy around the reasoning of this, let's look at what is commonly believed to represent the SSC:

#### **1 The storage of elastic energy within the muscle**

(Elastic energy that is stored in the muscle throughout the eccentric portion of the lift. That energy can be used to contract the muscle and produce force during the concentric phase (however this energy will dissipate into heat if not used straight away).

#### **2 The rate of loading**

As discussed above, muscle has elastic properties, thus lending itself to the argument that for every action is an equal and opposite reaction. This means the faster you extend the muscles, the faster they

## **BY UTILIZING ALL THESE THINGS, DATA SHOWS YOU CAN INCREASE ONES ATHLETIC PERFORMANCE WITH PLYOMETRIC, BALLISTIC TRAINING, JUMPS AND BODY SQUATS.**

want to return the muscle via the elastic energy stores and muscular rebounding momentum.

3. The neurological prompts that incorporate the proprioception system.

This includes the sensory receptors of the muscle spindle that neurologically activate the stretch reflex, resulting in the contraction of synergist muscles.

By utilizing all these things, data shows you can increase ones athletic performance with plyometric, ballistic training, jumps and body squats. However, I would suspect that it has some but little carry over to the loaded squat. In fact, let's take a look at the extent these muscles are 'stretching'.

The gluteus are in a full stretch at the bottom of the squat but don't primarily aid in the bottom of the squat, knee extension does - hip extension is for later. The hamstrings are shortened at the knee and lengthened at the hip, while the quads are lengthened at the knee and shortened at the hip... meaning that to achieve a full stretch from these two muscles you would have to perform a totally different movement than the squat - the squat, in theory,

is only providing half the amount of stretch that a specific muscle is capable of. Giving us only half the amount of stretch reflex and SSC.

#### **C) MOMENTUM**

Linear momentum is the mass multiplied by the velocity of an object. When we descend into a squat we often find that lifters can experience an extra 'pop' out of the hole by loading their calves into the bottom of their hamstrings and then launching off them, building momentum out of the hole. You will also often see lifters shove that eccentrically gathered momentum into their knees as they rebound out of the hole. You see their knees travel excessively forward and then drift back into a normal position as they maximize the momentum gathered to drive them through their sticking point.

#### **D) RATE OF LOADING**

As discussed above our muscles have an elastic type quality to them that allows them to be stretched then creating a returning force to the neutral position. The muscles are not always best represented as a rubber band, but as a spring - the increase rate of the eccentric load directly equals the force applied to the concentric contraction. The Stretch Reflex is not only a force contributor but an injury preventer, a key principle being that the muscle will try to respond at the same rate of which it has been pushed. The reflex itself is to avoid the muscle being over elongated or stretched to the point of injury - so the force that is placed on the muscle needs to



be met with an equal responsibility for this injury avoiding mechanism to function properly. This can often be brought up when discussing the stretch reflex and evaluation of the force that is returned on a concentric contraction.

### C) LESS T.U.T

Any further time under a maximal amount of load will result in a higher rate of fatigue to the muscle. In the traditional sense, we use time under tension to create muscle trauma, tear down fibers, stimulate muscle growth and force blood into a muscle. The longer your muscle is under the tension the more that muscle fatigues, as well as the energy source that is supplying the movement (build-up of hydrogen ions, metabolites, and acidity in the muscle). This traditional concept most definitely applies to a squat but furthermore, we need to discuss the loss of elastic energy if we are performing a 'pause squat'. Once you hit the required depth you need to explode into the concentric contraction, every second you spend in an isometric or static contraction leads to a weaker and weaker launching position. Meaning, if you wait around at the bottom you will not only begin to experience muscular and metabolic fatigue but you will begin to burn through your elastic stored energy. Keep in mind we have not discussed the rate of force or aid the SSC or SF has on a loaded squat.

## 3 WHY TO SQUAT SLOW?

### A) LOADING TENSION/TIGHTNESS

It is absolutely necessary for an athlete to understand the benefits of tension and tightness when performing compound movements. Maximizing tension not only promotes safety within the lift but helps the production and transfer of force throughout your body.

Force is often emphasized through tightness, tension, and stability.

### BREATHING AND BRACING:

One of the many things I feel is overlooked and misunderstood in general is the benefit and importance of Breathing and Bracing...not to mention its always the first thing that goes out the window when someone decides to drop in and out of the hole at a rapid pace.

The idea is to produce as much force

IN MY EXPERIENCE, THE BREATHING AND BRACING EFFICIENCY TEND TO BE THE FIRST THING THAT IS LOST WHEN SOMEONE IS SQUATTING TOO FAST OR BOUNCING OUT OF THE HOLE. LET US FIRST LOOK AT WHY BREATHING AND BRACING ARE SO IMPORTANT.

as physically possible when performing the squat and we do this by applying tension and tightness in the correct areas that become compromised during the lift, from the foot to floor, the knee to hip positioning, posterior tightness, and torso rigidity.

In my experience, the breathing and bracing efficiency tend to be the first thing that is lost when someone is squatting too fast or bouncing out of the

hole. Let us first look at why breathing and bracing are so important.

To create, transfer and withstand maximal amounts of force efficiently you need to:

- Create the best biomechanical leverage possible with your anatomy
- Load the correct prime movers
- Provide adequate muscular tension for the force to be transferred without technical breakdown
- Provide adequate tightness through breathing and controlling your air for the force to be transferred without technical breakdown

These fundamentals are built on the premise of tension and tightness which is created through breathing/bracing.

- You can start in the best biomechanical position but will struggle to maintain the correct positioning during the lift if you are not maximally utilizing your B&B.

- You can load your prime movers to start with but due to lack of tension and tightness, you begin to recruit other muscles to provide stability due to poor movement pattern, rather than neurologically focusing on recruiting as many

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fibers as possible from the prime movers.

- You cannot provide and transfer maximal contractile force efficiently and safely without adequate muscular tension to help transfer or withstand that force.

- You cannot provide and transfer maximal contractile force efficiently and safely without adequate tightness produced by your breathing to help transfer or withstand that force.

Breathing and Bracing is another tool that should be utilized to maximize performance. However, I find that lifters who move quickly often find it harder to contract the right muscles, control their breathing and master their coordination. I always coach my athletes to SLOW down which allows them more time to make that mental connection to what they are trying to achieve.

This is why in my opinion, squatting slower allows you to better practice and perform your breathing and bracing routine.

#### **THE ECCENTRIC LOADING:**

We can utilize the time during the eccentric load to create tension where we need it most. I often teach my lifters to use the negative part of the movement to store the tension into the appropriate muscles like a spring. We know the principle of elastic energy/SSC's physiological muscle response is at work and we can utilize this when descending into the squat. The Stretch Reflex and SSC response is said to occur within milliseconds, which would mean that you run the risk of losing energy as heat if you were to pause the rep, however we are talking about benefiting from both sides here - utilizing the eccentric for stability, specific loading of tension and bracing + enhanced coordination while still achieving a great reflex/muscle response out of the hole of the squat. It's about training the proprioception system to recognize when to send those signals to the sensory receptors to kick the prime movers into action. So can we give you a specific number for how long we can eccentrically load the squat or pause at the bottom? The data is limited to this, however, we can theorize an answer by analyzing a study of a similar physiological action, the static stretch. A study recently showed that the greatest alteration to a muscle when being static stretched is between

## **WE CAN UTILIZE THE TIME DURING THE ECCENTRIC LOAD TO CREATE TENSION WHERE WE NEED IT MOST. I OFTEN TEACH MY LIFTERS TO USE THE NEGATIVE PART OF THE MOVEMENT TO STORE THE TENSION INTO THE APPROPRIATE MUSCLES LIKE A SPRING.**

15-30 seconds. So somewhere between the initial stretch and that 15-second mark, your bodies stretch reflex wears off and the stored energy 'allegedly' burns off as heat. Can we give you a specific number? Well, no. But I would say that the energy storing properties of a muscle last longer than a few milliseconds and most likely can be used within a few seconds and also can/do contribute to force production during a squat - how much, we just don't know for sure.

#### **B) MAXIMIZING STABILITY**

I recently wrote an article on AFS (Active Foot Stabilization) and had a massive amount of positive feedback. I find that people often overlook some of the most important aspects of lifting. In this case, most lifters would maybe focus on knee position and keeping their chest

up with maybe a little breathing into their belly for bracing while completely overlooking stability from the foot to the floor. Wow. It all begins at the floor and a weak link there will compromise stability all over the body. So, I teach stability at the floor and move my way up, sometimes fixing the valgus knee or hip shift purely by teaching stability. It is the exact same when squatting, stability has to be prioritize to maximize force production and safety during the lift.

#### **We can do this by:**

- Stacking our joints correctly in the starting position

- Breathing and Bracing

- Implementing AFS

- Using eccentric tension

- Correct movement patterns

- Slowing down the eccentric on the squat to enhance coordination

#### **C) TECHNICAL PROFICIENCY**

When performing compound barbell exercise technique HAS to be the priority. But we know that, right? You know, chest up in the squat... Back flat on the deadlift and tuck your elbows in the bench? Well... it's a little more complicated than some overused, not lifter specific cues.

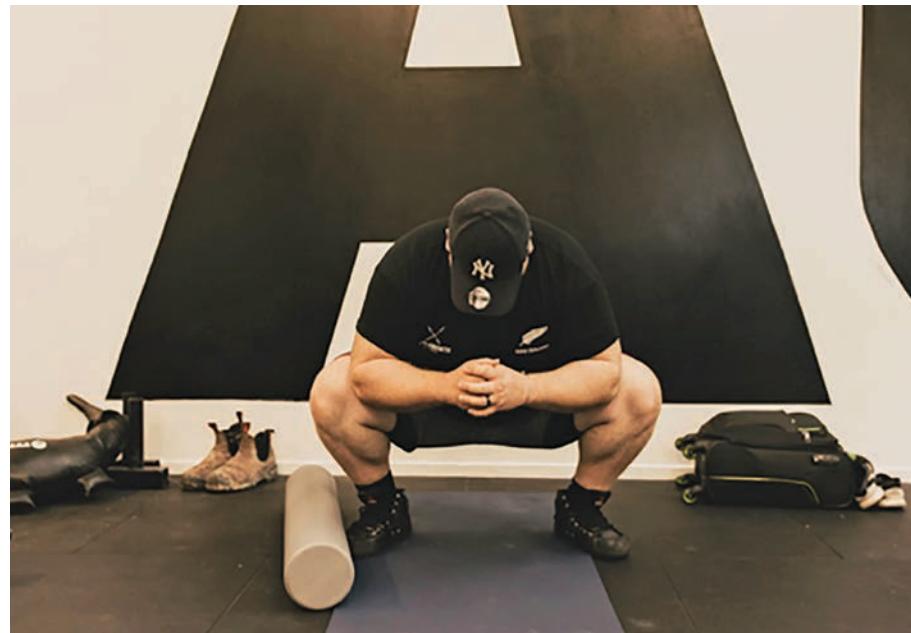
The technique is primarily to do with motor pattern and coordination.

It takes time, it takes weeks, months, year/sweat/blood and tears. Well maybe I'm over exaggerating but you get my point. We train multiple times a week, working not only on getting stronger but also at increasing our technical



BECOMING MORE COORDINATED IS ESSENTIALLY A MATTER OF REWIRING THE NEURAL CIRCUITS THAT CONTROL MOVEMENT, WHICH IS AN EXAMPLE OF A VERY FASHIONABLE PROCESS CALLED "NEUROPLASTICITY." NEUROPLASTICITY SIMPLY MEANS THE BRAIN'S ABILITY TO CHANGE.

proficiency. It takes time and many sessions of a coaches evaluation or self-assessment paired with feedback/cues or instructions on how to better ourselves - it's a long process. I'll be honest with you, I trained very hard for a GPC Nationals event one year and was really excited to squat a massive amount of weight. Leading into the prep I incorporated some new teachings to maximize my technique and I removed the fast bounce and hope for the best squat. Well, even after months of preparation when it all came down to it I was nervous and dive bombed... yep, I dropped that squat low and fast! I was so annoyed at myself for all of a sudden changing my whole technique back to what I use to do. Man, technique can be



really hard and can suck sometimes. A large amount of the lifters I see in the gym and online generally exhibit poor form, so my advice is... slow down the squat to better focus on stability and coordination. Even World Champion Powerlifter, Stan (the Rhino) Efferding has said that he slows down his squats keep himself from falling over.

Todd Hardgrove, Movement Therapist, explains "To move slowly and gently is to allow yourself time to approach movement in an exploratory and curious manner, and to put a great deal of attention on the subtle details of the movement. Becoming more coordinated is essentially a matter of rewiring the neural circuits that control movement, which is an

example of a very fashionable process called "neuroplasticity." Neuroplasticity simply means the brain's ability to change. According to Michael Merzenich and other prominent neuroscientists, attention and awareness are major preconditions for neuroplasticity to occur. In other words, your brain is much more likely to get better at a certain activity if you are paying close attention while doing it. Slow movement can help your ability to pay attention to exactly what you are doing when you are doing it."

So there you have it! A slower squat leads to more coordination/stability and most likely better technique.

#### D) INJURY PREVENTION

We use as many tools in the toolbox to enhance performance and avoid injury. When under maximal amounts of load you DO NOT want to be dive bombing or moving faster than your body can handle. Lack of stability, tension, and tightness during the squat can lead to injuries. When momentum is accumulated and force is being produced it can be expressed in many different ways. We teach full body tension to keep this momentum and force applied to the correct muscles avoiding power leaks throughout your set up. When moving fast you are more likely to make a motor pattern error, resulting in the wrong muscle and mechanical movements to overcompensate and finish the lift.

When we squat too fast and lack tension/tightness and stability we can



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often see:

- The knees caving in
- Hips shooting back
- Chest falling forward
- Lateral hip shift movement
- Shoulder instability and excess pressure
- Excessive elbow pressure
- Lumbar Flexion
- Foot to floor instability (medial pronation, foot movement etc)

## 4 THE PERFECT APPROACH TO SQUAT TEMPO

Based on my own personal athletic performance, my experience with my own clients, athletes, the study of biology, anatomy, biomechanics, and information stated above, I'm going to layout the most efficient squat tempo and why, in my opinion.

### A) TENSION OVER REFLEX

The raw squat requires an incredible amount of full body tension/tightness and stability to be created by the lifter to insure safety, longevity, efficiency and strength/power in the lift. Spend more time focusing on activating the correct muscles to lift the weight which in return will produce greater hypertrophic and strength results. Use your breathing and bracing to minimize risk and maximize stimulus-induced to the correct muscles that you need to grow stronger to blow up your squat. A reflex is a neurophysiological response, a reaction caused by movement - are you going to rely on this to increase your strength? It can help you initiate muscle contraction but in my opinion at a very small piece of the pie. The reflex is another tool, so use it in the proportion of the results it produces. You can utilize the stretch reflex and train your proprioception system to fire with a controlled eccentric squat.

You don't need to sacrifice tightness, stability, safety and technical efficiency in the name of a reflex or 'momentum'.

### B) CONTROL OVER MOMENTUM

Maybe an option for those who are trying to squeeze every last kilo out of their competition squat, but at what cost? Relying on momentum to squat can have its benefits, but it absolutely has to come under the umbrella of 'CONTROL'. Controlled and planned momentum may provide some benefits for you but it also

## THE RAW SQUAT REQUIRES AN INCREDIBLE AMOUNT OF FULL BODY TENSION/TIGHTNESS AND STABILITY TO BE CREATED BY THE LIFTER TO INSURE SAFETY, LONGEVITY, EFFICIENCY AND STRENGTH/POWER IN THE LIFT.

comes with risk. Rather than relying on an external force to carry you through the motion, we should be focusing on maximizing the performance of our engine room, the muscle fibers! There are many different ideas and perspectives out there on this topic, but in my opinion all beginners + intermediates should be learning how to properly contract and utilize their muscles when performing compound lifts which means taking the time to streamline their technique and control their body, not throwing it around in hopes of a few extra kilos on the bar.

### C) SQUAT TEMPO

I can hear it now...

"I hit the hole fast bro to get more rebound..."

Yeah.. okay bro.

Squat tempo has its own place in the pie of 'squatting' but ultimately what is the right answer??

After all the information we have just read, let me break this down very clearly for us all...

**Squat fast -->** More momentum, rebound and reflex which can potentiate into more weight lifted.

**Squat fast -->** More instability, lack of technical consistency and efficiency, harder to maintain bracing, higher injury factor.

**Squat slow -->** More controlled, better technical efficiency and overall stability, easier to maintain correct breathing and bracing, proper muscular contraction and engagement, more tension and tightness throughout the setup and movement and less likely to injure yourself.

**Squat slow -->** Can potentially take

longer to train proprioception system, minor loss of power through lack of possible momentum, rebound and stretch reflex.

**Move QUICKLY but don't RUSH...**

So...What about a 3rd option? One that incorporates the best of both worlds?

A controlled yet confident quick squat that prioritizes breathing/bracing, torso rigidity, overall muscle tension, and engagement and set up stability while hitting the hole with confidence and speed through streamlined technique.

## 5 CONCLUSION

In my opinion, the raw squat is more reliant on efficient breathing and bracing, stability and mechanical proficiency than a neurological reflex or a physiological muscular response to being stretched. However, the stretch reflex and the SSC is a proven physiological response and can be used when squatting. You can still maximize the force production properties of The Stretch Reflex/SSC and not sacrifice the other important factors above by eccentrically loading in a controlled but fast manner throughout your descent. By training your proprioception system you can explode out of the hole, maintaining the best physical and mechanical positioning based on tension, tightness, and stability and still get some use of The Stretch Reflex/SSC without bouncing or using excessive amounts of momentum which provide too much risk. For beginners, I would suggest you keep your squats slow and controlled until you become competent with your mechanical positioning, breathing + bracing and bar path, I would then encourage you to explore the benefits of a faster squat tempo.

So there you have it, folks! I hope this information helps you make better decisions when considering how you want to squat.

As always, if you have ANY questions – drop a comment below or message me on @BroganSamuelWilliams or Brogan@Strength-Prescription. For those interested in coaching, head over to STRENGTH-PRESCRIPTION.COM.

Thanks again,

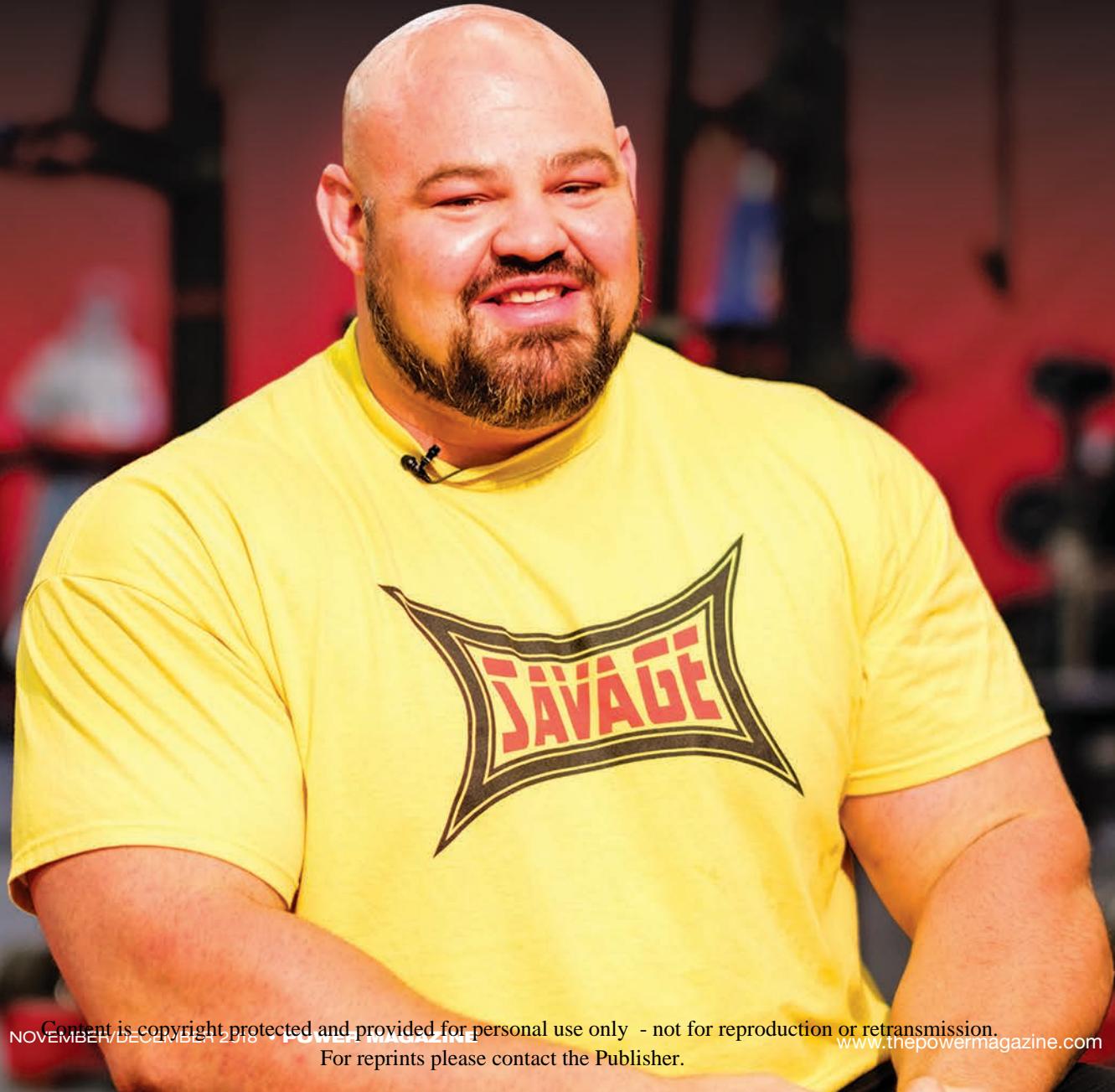
Brogan

Powerlifter/Coach/Writer **PM**

# MARK BELL'S POWER PROJECT

## EPISODE 108 WITH **BRIAN SHAW**

PHOTOS BY ANDREW ZARAGOZA





**MARK:** So, what's happening with your training?

**BRIAN:** The biggest dumbbells I have in the gym are 170's. So, I've been going back and forth about how to get some bigger dumbbells. Because right now, for whatever reason, everyone's excited about these incline dumbbell presses with 200 lbs. or whatever. The last couple weeks I've been hitting the 170s pretty easy. I have two of these Thomas Inch Dumbbells with the crazy thick handles. They're supposed to be 172 lbs. but Keri had a guy make them for me. She organized all of it without me knowing. Actually, it's a long story. They got shipped to our house. There wasn't a lift gate. She was pregnant. She figured out how to get them off the truck.

**MARK:** She's the first female to lift the Thomas Inch Dumbbell, basically is what you're saying.

**BRIAN:** Yeah basically! But they're

176.8 lbs. I think. And I have two of them. So, my training partner was like, "Why don't you incline press those?"

**MARK:** You're like, "Well, there's two torn biceps."

**BRIAN:** That's right, because even lifting them, picking up two at once, is ridiculous.

**MARK:** How many people in the world can do that? Maybe the 10 people in the world that compete in World's Strongest Man?

**BRIAN:** To be fair, I don't even think that all the guys who compete in World's Strongest Man can do it.

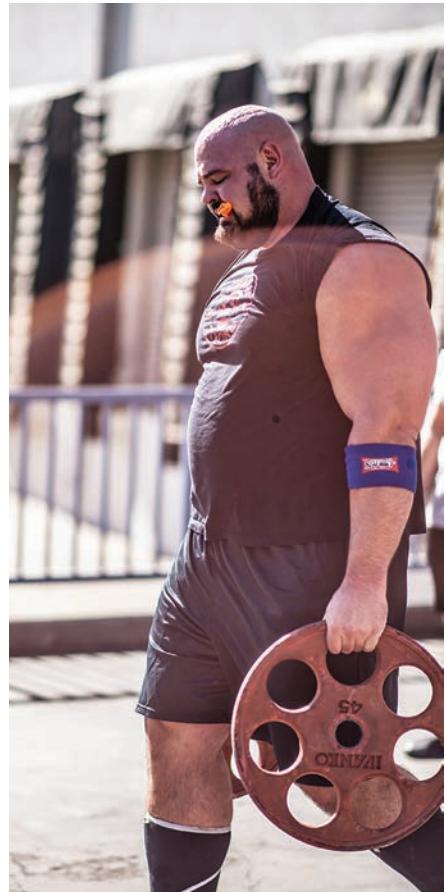
**MARK:** So maybe 2-3 guys, maybe?

**BRIAN:** I mean there's definitely guys who could pick one up. But two at once is a whole different thing. I've seen it done in person less than a handful

of times ever. So of course, my training partner brings this up, and I enjoy grip and strength challenges. So, I said, "Ok, buddy. Let me do a couple more warmup sets and then we'll see." I kind of chalked up my legs, we brought the bench over and all that. I was doing some research and I've never seen anyone do it, ever. You're talking about a feat of strength that's pretty ridiculous, because the ends of the dumbbells are round. So, you're balancing them. It's not like a dumbbell plate end where you can set it on your leg and it stays. So, if you don't get it perfectly positioned, you're having to manipulate it. It's really, really difficult. But anyway, I took him up on the challenge and did it. Luckily, I had my film guy there.

**MARK:** I was going to say; did we get this on video? Do we have proof?

**BRIAN:** Yeah, we got it all on video. It's up now. It's probably one of the hardest things I've ever done.



**MARK:** So, you were doing incline dumbbell?

**BRIAN:** Incline dumbbell, yeah. So, it was really hard to get it up. But the surprising part for me was, I thought that once I got it into my lap and got it onto my legs and kicked it onto my shoulders...

**MARK:** You thought it was going to be easy.

**BRIAN:** Yeah. I thought it would be easy but it was not. Because there is so much weight, ad the thick handle, the dumbbells felt like they were trying to go back and forth and side to side. It was really hard.

**MARK:** You need Charles Polquin to dig into your neck before you do a set of those. Do you remember when he did that?

**BRIAN:** Yeah, the pen. He got the pen out and stuck it in.

**MARK:** Yeah, he did all that weird



**shit to us and then we lifted more weight. Have you been back to him before?**

**BRIAN:** Yeah, I have. We were trying to do some different stuff. I've gone down and done some more training sessions down there. It's like I can't figure out why he's doing things, but he's like sit down.

**MARK: He doesn't really tell you. He just does some weird voodoo and then you're set.**

**BRIAN:** Maybe in the next couple of years I'll figure out one or two things.

**MARK: I guess he has a gym.**

**BRIAN:** Yeah, he just opened one!

**MARK: It'd be great for you to get in and see what's going on over there.**



**BRIAN:** Yeah, it looks neat. He was telling me about the dumbbells he got in there. I guess he got 1-pound increments in there. It's the biggest set of dumbbells out there.

To hear the rest of Mark Bell's Power Project EP. 108 with Brian Shaw, visit [Mark Bell's Power Cast YouTube Channel](#) or search iTunes Podcasts. **PM**





# BALANCED

# LIFE

BY JAMES STRICKLAND

PHOTOS BY PHOTOGRAPHY BY KAYLA GARRETSON AND BRETT BENTLEY PHOTOGRAPHY

**B**eing a natural competitor at heart, I am always striving to be the best at everything I do. Whether that be the best husband to my wife, the best father to my kids, the best employee at my job or business, or the best bench presser to walk the earth. But in order to be the best, you have to do more than just want it. You have to have to set the goal, work a plan of action and find the means to achieve it.

One of the ways I set myself up for success, is living a balanced life.

If my life outside the weight room isn't in order, I don't expect to be able to perform well in the weightroom. A few strategies that help me to keep my life balanced are as follows.

We only have so many hours in a day, how we spend them is completely up to us.

Handling a hectic schedule is sort of my specialty. Having been happily married for fourteen years, raising three kids, owning a successful business, training clients, spending hours on end volunteering my time at my kid's schools and finding quality time to hit the gym four days a week is quite a task.



It does not always work out in my favor, but I try to do the best I can every single day. The key to this is communication, let your family know that training is important to you, share your goals with them and let them in on your passion. In my life family comes first because it is better to have a supportive family than an unhappy one who resents you because you are never around.

Make sure you either hit the gym early enough to avoid interfering with family or dinner time or try to go after. Try your best to reserve certain days and times that are just for family. Mine are Saturdays and Sundays as well as either a Tuesday or Wednesday, since those are typically my deload days or off days from the gym anyway. I use these days to spend quality time being a dad completing work tasks, finishing honey-dos and getting some much needed recovery at the same time.

Include family when you can, invite them to the gym and to your competitions. Teach and educate them on your sport, Involving them will sure their curiosity and make them feel a part of it. Now I realize a lot of lifters use their





gym time as alone time, as a stress relief and I get that, but also be sure to spend that same amount of quality time with your family when you return home. That's the whole point of having a balanced family life, spending the same amount of time doing what you love as with those who you love. They're still ways to include them and still get your private time with a little flexibility from you.

If you're married, sit down with your spouse and share your goals really have a heart to heart. Let them know your passion your desire and what drives you. Then ask them how you can achieve your goals without disrupting your relationship and home life. Be open, you may have to move a few things around to facilitate another opinion, but it's well worth having a happy home. Again, communication is the key.

Powerlifting is what I do, not who I am. Family always comes first.

Early in my athletic career I was an avid swimmer, I spent three to four



hours a day in the pool training. I would typically get to my workouts at five a.m. and be done at about eight a.m., I also needed to train in the afternoon sometimes, depending on the season. This caused quite the conflict with most of my boss at the time, I respectfully asked to adjust my hours so that I could earn a full paycheck yet still pursue my athletic career. Needless to say that didn't go over very well and my request was rejected. Being young, and yes a little bit dumb I quit the job and said I would find one that would allow me a flexible schedule. After a few months of searching I ended up having to start my own business in order to facilitate my athletic schedule. Lucky for me it worked out quite well and had become very successful, allowing me the schedule I needed to be able to pursue my athletic endeavors. Obviously being the owner of a business added its own stresses to my life and athletic career as well as family.

A typical day would involve me getting up early in order to get the kids ready for school, making early morning phone calls and scheduling business



meetings, training/ hitting the gym in the morning, trying my best to have lunch with the wife at least once a week at least once a week, figuring out how bills would get paid, managing time and money. Training in the evenings, Spending as much quality time as I could with the family before going

to sit in front of a computer screen for the next few hours to get some additional work done, then maybe getting to bed before two am just to repeat it again the next day.

Fast-forward a few years after years of struggle and some smart choices and a typical day is just about the same except my schedule has loosened up a little bit, I work smarter not harder and found that I had more time to do the things I wanted to do. Regardless of what my schedule has in store I need to be wise in what I allow to be important enough to take up my time. We always have a choice, sometimes you may not like the alternative when choosing one thing over another, but you always have the choice. The key is understanding you may not actually have enough time to do everything you want to do they way you want to do it, that is when you have to make the hard decisions, own them and realize you are still in control.

Personally when I feel that everything outside the gym has been taken care of to the best of my ability, only then I feel like I could be a 100% in



the gym. When I hit the gym I bring a work ethic like no other, I make sure that I grind out every single ounce of energy left in my life that day that is necessary to safely and complete the task at hand in order to achieve my ultimate goal. I approach my training in phases, after deciding on my ultimate goal for the training season, I break

down my training in terms of months weeks and days. Methodically working every rep, every set, every day completed adds another solid stone in the pyramid of my success. Of course after every successful workout begins the critical recovery process.

My biggest grip with athletes is they fill that going hard and giving your

all literally means just that, at face value. My take on it is if you don't have balance you will not have success in all areas of your life. Going hard does not mean giving 100% energy to your athletic endeavors 100% of the time, what it means is you give 100% energy when it's needed 100% of the time you are pursuing it. You must take the time to recover and recharge from every workout. Eating and sleeping properly are crucial to success. You've got to know when to back off and take it easy, there's nothing wrong with coasting and taking some personal time with the family, your job, your friends in order to regroup and come back a better athlete. Let's not mistake this for taking the easy way out of a workout or quitting when you actually can complete one more rep. This can be done daily, weekly monthly or yearly it's completely up to you. But you must know when to take it easy.

Schedule everything if you have to, workout, work, sleep, meals, family time to maximize your time. **PM**

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KIZITO EAM TEAM BODYBUILDING.COM ATHLETE



# Instagram Highlight

INTERVIEW BY WADE ZENO

**NAME:** Stacy "Bama" Burr

**AGE:** 26    **HOMETOWN:** Darlington, SC

**GYM:** Bad Dog Barbell    **INSTAGRAM:** @bamaburr

PHOTOS BY  
JEFF FRANK / SHUTTERSPORT PRODUCTIONS  
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VALERIE DEW / LOVE SPRUNG PHOTOGRAPHY



**All-Time World Record holder in the sleeved squat and sleeved total for the women's 148lbs weight class – I'd say that's quite an accomplishment! How long have you been training? What is your athletic background?**

Thank you so much, let's not forget to mention that I will be taking back the All-Time World Record for total in wraps soon as well! I have been training for more than ten years, but exclusively training for powerlifting for 4 years this October. My training as evolved along with me. Early on, I trained more "bodybuilding" style and worked in elements to complement and help my athletic

performance. I played Division II College Softball at Coker College in Hartsville, SC so I wanted to be better conditioned, faster and stronger. One thing that has never changed has been my relentless work ethic. No matter the style of training or the goal—I have always pushed myself to make sure that there is no room for anyone to outwork me.

**You're the head coach of Bamabrick-squad training. How long have you been running this team and what kind of coaching services does the team provide? What's the most impressive progress you've seen made by one of your clients?**

I sure am! I started Bamabricksquad

Training and Nutrition in 2015, after I quit my dead end full time job and decided I wanted to answer my calling to make a difference. The goal of creating the training company outside of the business aspect was to give my clients (no matter their respective niche) a unifying factor. Knowing that they were all members of the same team and their goals for self-improvement and pushing themselves to the best than can be, it helped to create a positive environment that has he'd to much success from my team members. It's always refreshing to know that you have people around you that have your back and support you.

I am a well-versed athlete and coach



and offer many different coaching services. Before powerlifting became my main focus I interned with a Crossfit Instructor, competed in a few Crossfit competitions and dabbled in competitive Obstacle Course racing. My name goal has always been to learn as much as I can so I could better teach others through both knowledge and experience. From generalized personal training and lifestyle coaching to strength specific powerlifting programming and coaching, I do it all! I have even led a few of my clients to the bodybuilding stage through contest preparation!

The most impressive progress I have seen from one of my clients has been working with Tricia King for the past 3 years. She came to me interested in getting stronger and changing her body composition. What is most impressive about her is not necessarily just the improvements in her numbers and her appearance although she has added over 100lbs to her squat, 100lbs to her bench press and roughly 150lbs to her deadlift- the most impressive part of her transformation has been the day she sees herself and her confidence. Since working with me, I have witnessed her become more and more confident by the day it seems like and that is what it is all about. She used to be timid and trained alone in her garage with makeshift

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BEFORE POWERLIFTING BECAME MY MAIN FOCUS I INTERNED WITH A CROSSFIT INSTRUCTOR, COMPETED IN A FEW CROSSFIT COMPETITIONS AND DABBLED IN COMPETITIVE OBSTACLE COURSE RACING.

equipment and her two little girls cheering for her in the background- that was the only time I ever saw her comfortable being herself. Flash forward to now, as Tricia has gotten stronger physically, she has also gotten so much stronger mentally. That once timid young woman is now a booming powerful leader who is personal training and working with other clients who struggle with the same things she used to.

To me, that's the best progress, not weights on a bar exclusively- but instead I focus on building strong people. If I can make your mind strong, becoming physically strong is a given. I am the most proud of helping people unlock their true character and potential.

**The bench press is a lift many women struggle with, yet you seem to have made substantial progress during your last 4 years as a competitive powerlifter. Your bench press improved from 190 lbs to 314 lbs, all while remaining relatively the same size. How were you able to make such progress? Do you have any tips for women in particular on how they can improve their bench?**

That is insane to look at on paper. 190lbs to 314lbs and to think we are just getting started, wow. I was able to make such progress because I wanted to, if we are being honest. My first goal was to bench 225, I worked until I achieved that- then set higher goals etc. I started out as a true 132lb/138lb lifter and now I weigh in about 152lbs so in the past four years I have put on a little less than 20lbs of what I would like to say is muscle and that was certainly one of the contributing factors. I also bench twice a week and incorporate a lot of upper body accessories. One of the reasons why most females struggle with the bench press is because they do not train much upper body. Go poll a group of females you meet at random, more than likely—most of them have done a set of squats at some point in their lives, but if you ask them how many of them bench press- you will hear crickets chirping.



I always loved benching, I was a "bro" what can I say? I was repping (well half repping/ you know the type) 185lbs when I was in high school. I trained my upper body because I saw that as an athlete, if I wanted to bring a complete package- I need just as much strength in my upper body as I did in my lower body in theory.

Ladies, and men—if you want to improve your bench, do it. Bench more. Do the accessories that are going to carry over to your bench. Do variations that are specific to the movement: Spoto presses, tempo work, vary your grip... my secret hack to helping women specifically build their bench press is heavier DB presses. I find that by just adding pressing volume with that movement usually has carry over and with DB presses—my female athletes are usually able to progress faster than they would under a barbell because they do not have preconceived limitations (secret hack aka trickery is my specialty). Build

up your back as well, that back is the key to everything in powerlifting, and with the bench press—the bigger your back is, the bigger spring board you have to load from.

**In your opinion, what is the most difficult part about being a coach? Do you find that coaching others helps you with your own training? How so?**

In my opinion the most difficult part of being a coach is patience. When I have lifters who have so much potential and they refuse to do the necessary work to unlock that potential, it tests my patience. My top priority as a coach is to help my athletes get what they want. It is to make them stronger in every aspect, so that way when they reach their goals- they are able to set new ones and continue to push themselves! So seeing lifters cut corners, complain about unnecessary stressors or not set themselves up for success after I have addressed the lingering issues is really hard for me to watch...and yes I routinely have "Come

to Jesus" meeting with athletes regularly. Going off program and hitting a 1RM 3 days from a competition may be a great feeling and make you king of your local gym, but it is going to interfere with your long term goals.

I know that coaching others makes me a better athlete. For a long time I did not make the connection between the two but here recently I have really held myself accountable. I always offer my lifters constructive criticism in regards to technique and application and tell them ways we can improve, but where I train- I used to just think "this is how I have always done it" and it seemed to work. As I have evolved as a coach, I have evolved as a lifter. What works now, won't always work in the future—so it's up to you to be willing to try new things and if you want to have something different, you must be willing to do different things— even if they are outside your comfort zone. That is when real growth happens!

## **What are some of your favorite non-lifting related hobbies and activities?**

To be honest, everything I do revolves around training for the most part but if you want me to seem a little more interesting- I am from rural South Carolina so I enjoy anything outdoors: Hunting, fishing, cutting my grass (That is actually my #1 hobby outside of lifting). I am very family oriented and would not be in the position I am now without the help of Dad and Grandmother, so I make sure I am able to spend as much time with them as I can as well.

## **What got you interested in powerlifting? How did you decide to do your first meet? Do you have any advice for people who are interested in powerlifting but don't know where to start?**

After I graduated from Coker College in 2014 and my softball career was over I needed something to fill the competitive void I had in my life. I remember the day specifically, I was training around the group of big bodybuilder-ish guys that lingered around the local commercial gym and I was benching 185 for reps. One of the guys yelled at me and asked if I had ever competed in powerlifting because I was "strong for a girl." I corrected him, that I was just strong and began to ask questions about what Powerlifting was. 5 months later I signed up for my first Powerlifting meet at Donnie Thompsons gym in Columbia, SC. I had no idea what I was doing to say the least, but everyone was so helpful and walked me through everything. I had no sleeves, a belt from Walmart and I was such a rookie that I rubbed chalk on my singlet for my deadlifts because I assumed that was the white powder everyone had on their legs. I totalled 810lbs via a 255lb squat/190lb bench/ and 365lb deadlift.

I hear it all the time—"I want to wait to do my first meet when I am strong enough or when I am ready" and the truth is, you're never going to be strong enough, or ready by your own standards. I would advise lifters to go in a little more prepared than I was but don't hesitate. Set a goal, set and date and make it happen. If you don't know where to start- reach out to people who have competed and ask them questions, contact a coach, just start gathering information to help you get an idea of what you are getting into! People in the

I KNOW THAT COACHING OTHERS MAKES ME A BETTER ATHLETE. FOR A LONG TIME I DID NOT MAKE THE CONNECTION BETWEEN THE TWO BUT HERE RECENTLY I HAVE REALLY HELD MYSELF ACCOUNTABLE.

powerlifting community, for the most part, are some of the most supportive people I have ever met. People want to see you succeed, they would love to help you in your pursuit of competing- so instead of trying to reinvent the wheel- just talk to people who have already been where you are trying to go! First meet tips:

1. Don't cut weight (I promise you will have a better time coming in at your walking weight rather than cutting 10lbs to attempt to snag a state record that someone else is going to break in a few months)

2. Know your commands and know

how meets run (attend one if you have not before)

3. Have a gameplay or have a coach handler who has a gameplay, your job on meet day should be executing your lifts rather than pretending to be a mathematician.

4. Bring food, it is going to be a long day

5. Have fun and make your main focus progression

## **Would you ever consider dabbling in other strength sports? Why or why not?**

Absolutely! Sign me up, call Brian Shaw!

After I earn the top spot as the top female powerlifter in today's era I plan to find new goals to conquer. I will likely compete in a bodybuilding competition as my first new endeavor, so that will be my main focus but I love trying new things and just like after I finished my career as a softball player—I needed something to fill my competitive void. Who knows what will be next? All I know is it will be done full send. **PM**



# Current Top 50 Rankings: Men

# 198 RAW SQUAT

Rank	Name	Federation	Date	SquatKg	SquatLBS
1	Amit Sapir	APA	2016-04-16	365	804.7
2	Maliek Derstine	USPA	2016-07-08	353	778.2
3	Jesse Norris	SPF	2015-11-07	347.5	766.1
4	Lenny Wicks	IPL	2017-11-18	322.5	711
5	Ben Pollack	USPA	2016-04-30	320	705.5
6	Ashton Rouska	USAPL	2018-02-25	317.5	700
7	Jesse Kelum	PRPA	2012-09-15	312.9	689.8
8	Jerry Jones	AAU	1973-09-08	310.7	685
9	Chuck Krutulis	MSA	2013-04-27	310.7	685
10	Carlos Moran	RPS	2017-04-08	308.4	679.9
11	Adam Miller	USPA	2017-03-03	305	672.4
12	David Lomeli	USPA	2018-04-21	305	672.4
13	Ben Puccio	RPS	2015-10-17	303.9	670
14	Damien Pezzuti	USPA	2015-05-02	302.5	666.9
15	Johnny Do	USPA	2016-12-10	302.5	666.9
16	Brett Gibbs	NZPF	2017-10-29	302.5	666.9
17	Daniel Sánchez	GPC	2014-09-30	300	661.4
18	Jakub Sedláček	CSST	2016-01-16	300	661.4
19	John Haack	USAPL	2016-10-13	300	661.4
20	Dimitrios Aslanidis	EPF	2017-03-12	300	661.4
21	Peter Tsao	IPL	2017-05-20	300	661.4
22	Russel Orhii	IPF	2018-06-06	298.5	658.1
23	David Ricks	RUPC	2010-01-30	297.5	655.9
24	Anthony Fratto	AAU	1973-09-08	297.1	655
25	Vjacheslav Alekseev	RPS	2014-12-05	295	650.4
26	David Herrera	USPA	2018-06-02	295	650.4
27	Daniel Libre	USAPL	2018-07-28	295	650.4
28	Arnold Coleman	RUPC	2010-01-30	292.5	644.9
29	Jonathan Pritchard	IPL	2014-11-05	292.5	644.9
30	Ibn Mahama	USPA	2014-11-15	292.5	644.9
31	Matthew Treherne	USPA	2016-12-10	292.5	644.9
32	Eric Wilberg	RPS	2018-06-09	292.5	644.9
33	Carlos Daniel Llosa	IPL	2014-11-05	290.5	640.4
34	Nathan Tanis	PA	2017-10-13	290.5	640.4
35	Dylan Nelson	BP	2017-11-25	290.5	640.4
36	Trent Blanshard	CPU	2018-06-02	290.5	640.4
37	Channing Doyle	USPA	2014-01-11	290	639.3
38	Shawn Murphy	USPA	2017-03-24	290	639.3
39	Nicholas Austin	USPA	2018-05-26	290	639.3
40	Michael Horton	USPA	2018-08-11	290	639.3
41	Gregory McCrea	CPL	2018-08-11	290	639.3
42	Joe Sullivan	RUPC	2015-02-07	287.5	633.8
43	Josh Lentz	USPA	2015-08-29	287.5	633.8
44	Jake Hartman	UPA	2016-07-08	287.5	633.8
45	Sean Stangl	USAPL	2017-05-27	287.5	633.8
46	Thomas Knight	USPA	2017-11-19	287.5	633.8
47	Trent Blanchard	CPU	2018-02-19	287.5	633.8
48	Cole Barton	USPA	2018-05-05	287.5	633.8
49	John Oxford	APF	2008-04-19	287.1	633
50	James Hinson	MSA	2010-10-30	285.8	630

275 RAW BENCH PRESS

Rank	Name	Federation	Date	BenchKg	BenchLBS
1	Jeremy Hoomstra	Hardcore	2014-06-12	306.1	674.8
2	Vladimir Kravtsov	WPA-RUS	2011-12-24	303.5	669.1
3	László Mészáros	WPC	2009-10-01	300	661.4
4	James Strickland	APA	2017-07-29	300	661.4
5	Georgi Beroshvili	WPA	2015-05-14	297.5	655.9
6	Ted Arcidi	USPF	1983-11-13	295	650.4
7	Chad Kallimoku	USPA	2018-08-25	292.5	644.9
8	Allen Baria	USPF	2010-12-11	290	639.3
9	Murad Alibegov	WRPF	2017-06-02	290	639.3
10	Jari Sjöman	FPO	1997-10-04	285	628.3
11	Ryan Dewitt	AAU	2011-10-09	285	628.3
12	Anton Begalko	IPL	2018-09-14	285	628.3
13	Pavel Kolokhin	Vityaz	2014-12-26	282.5	622.8
14	Stan Barnore	SPF	2012-08-04	281.2	619.9
15	Tom Hardman	USPF	1982-10-23	280	617.3
16	Dmitriy Kasatov	WPC-UKR	2008-11-08	280	617.3
17	Oran Smith	RPS	2018-04-28	280	617.3
18	Scott Prosek	SPF	2014-05-10	278.9	614.9
19	Doug Young	AAU	1978-04-03	277.5	611.8
20	Larry Williams	RPS	2017-11-18	276.6	609.8
21	Wayne Van Nostrand	USPA	2014-11-22	275.7	607.8
22	Stan Efferding	SPF	2009-09-19	275	606.3
23	Yuriy Khuažhev	WPC	2014-04-18	275	606.3
24	Tim Evans	GPA	2015-10-08	272.5	600.8
25	Joey DeGiovine	APF	2009-02-28	272.16	600
26	Vincent Dizenzo	RPS	2013-07-13	272.1	599.9
27	Tim Smith	UPA	2016-04-02	272.1	599.9
28	David St. Romain	SPF	2017-01-28	272.1	599.9
29	Denis Semenov	WPC	2012-03-14	270	595.2
30	Anton Saraykin	WPC-RUS	2017-01-01	270	595.2
31	Dmytro Golovynskyy	WPUF	2017-06-18	270	595.2
32	Dmitry Dyakonov	WRPF	2018-05-13	270	595.2
33	Petro Onishchuk	WPC	2011-11-14	267.5	589.7
34	Carlos Rojas	USPA	2017-04-15	267.5	589.7
35	Michael Belk	RAW	2007-06-26	265.3	584.9
36	Christopher Wichtl	SPF	2014-05-03	265.3	584.9
37	Kyle Stewart	IPA	2016-07-16	265.3	584.9
38	Pavel Myasoedko	WPAU	2013-01-26	265	584.2
39	Vadym Dovhanyuk	APF	2016-05-06	265	584.2
40	Phillip Mardis	USPA	2016-08-06	265	584.2
41	Josh Cannon	GPC-GB	2017-11-11	265	584.2
42	Rock Lewis	Hardcore	2007-08-10	263.08	580
43	Nam Shartzer	IPA	2017-03-04	263	579.8
44	Kirby White	APA	2014-11-08	262.5	578.7
45	Mark Bell	SPF	2015-11-07	262.5	578.7
46	Anatolij Serbin	SPSS	2013-12-15	261	575.4
47	Craig Haviland	APA	2009-11-07	260.8	575
48	Gib Garberg	UPA	2010-09-18	260.8	575
49	Greg Panora	RPS	2017-04-08	260.8	575
50	Trey Goldbold	SPF	2018-02-17	260.8	575

# 148 RAW DEADLIFT

Rank	Name	Federation	Date	DeadliftKg	DeadliftLBS
1	Dan Austin	USPF	1992-08-01	320	705.5
2	Raimo Välineva	IPF	1981-12-19	312.5	688.9
3	Bob Bridges	USPF	1992-08-03	310	683.4
4	Keith Correa	USPA	2018-05-12	302.5	666.9
5	Rickey Dale Crain	USPF	1992-08-04	300	661.4
6	Kristos Papanotis	GPC-AUS	2014-07-27	300	661.4
7	Gerald Dionio	USPA	2017-08-26	300	661.4
8	Hassan El Belghiti	IPF	2018-06-06	297.5	655.9
9	Christian Kearney	NASA	2018-03-10	295	650.4
10	Tony Conyers	USPA	2016-02-26	292.5	644.9
11	Clifton Pho	USAPL	2018-03-03	287.5	633.8
12	Eric Talmant	RUPC	2014-02-07	282.5	622.8
13	Kyle Keough	RUPC	2015-02-07	282.5	622.8
14	John Paul Cauchi	IPF	2016-06-19	282.5	622.8
15	Thomas Soto	USPA	2018-08-25	282.5	622.8
16	Keith McHoney	USAPL	2017-11-11	280	617.3
17	Antti Savolainen	SVNL	2017-12-08	280	617.3
18	Joe Chau	USPA	2018-05-05	280	617.3
19	Rodrigo Manzo	USAPL	2017-01-22	277.5	611.8
20	Vincent Falzetta	WPC	2017-09-08	277.5	611.8
21	Jake Allison	CPU	2018-02-19	277.5	611.8
22	Don Blue	IPF	1973-11-09	276.6	609.8
23	Terel Monroe	USAPL	2018-06-30	275	606.3
24	Jack Keammerer	AAU	1972-11-10	274.4	604.9
25	Viki Aryanto	OceaniaPF	2014-12-08	273.5	603
26	Joe Morrow	APA	2010-04-17	272.5	600.8
27	Nghiep Luu	PA	2013-08-18	272.5	600.8
28	Ryu Tran	USPA	2017-10-07	272.5	600.8
29	Alexander Kolbin	FPR	2017-02-10	270.5	596.4
30	Anderson Alcantara	IPF	2018-06-06	270.5	596.4
31	Mikhail Andryukhin	FPR	2014-03-26	270	595.2
32	Lewis Noppers	IPF	2016-06-19	270	595.2
33	Sergey Gladikh	IPF	2017-06-14	270	595.2
34	Dallas Bey	IPF	2018-06-06	270	595.2
35	Luke Homer	CPU	2018-06-23	270	595.2
36	Rick Gaugler	AAU	1976-08-14	267.6	590
37	Tsung-Ting Hsieh	IPF	2016-06-19	267.5	589.7
38	Thomas Louet	FFFForce	2018-04-28	267.5	589.7
39	Charles Okpoko	IPF	2018-06-06	267.5	589.7
40	Chris Stamatiou	GPC-AUS	2014-06-05	266	586.4
41	Richard Luckman	AAU	1972-09-16	265.3	584.9
42	David Raymond	UPA	2017-01-22	265	584.2
43	Carlos Avalos	USPA	2017-04-15	265	584.2
44	Jesse Lanuevo	USPA	2018-02-10	265	584.2
45	Doc Rhodes	NAPF	1975-04-18	263	579.8
46	Sawyer Yandell	USAPL	2016-10-13	263	579.8
47	Mauro Di Pasquale	IPF	1976-11-06	262.5	578.7
48	Justin Smith	CPU	2013-08-10	262.5	578.7
49	Lenard Jones	USAPL	2016-10-13	262.5	578.7
50	Stephen Cascioli	CPU	2017-11-18	262.5	578.7

# 165 SINGLED LIFT

Rank	Name	Federation	Date	DeadliftKg	DeadliftLBS
1	John Inzer	BBDD	1995-09-16	353.8	780
2	Ismo Lappi	IPF	2001-11-15	340	749.6
3	Daniel Austin	USPF	1994-07-29	337.5	744.1
4	Albert Trice	SCI	1997-12-01	335.6	739.9
5	Darimin Sharoni	IPF	1994-09-20	335.5	739.7
6	Troy Culberson	USPF	1996-08-24	333.5	735.2
7	Jarmo Virtanen	EPF	1988-05-15	333	734.1
8	Sergei Gaishinetc	FPR	2018-02-13	331	729.7
9	Vladimir Pak	FPR	2006-02-28	330.5	728.6
10	Ivan Kallya	FPR	2003-10-01	330	727.5
11	Alexis Maher	USAPL	2018-04-19	330	727.5
12	Jaroslaw Olech	IPF	2017-11-13	328	723.1
13	Ausby Alexander	USPF	1989-04-02	327.5	722
14	Eric Coppin	EPF	1985-05-12	325.5	717.6
15	Edwin Manzano	WABDL	2013-07-13	325.5	717.6
16	Raimo Välineva	SVNL	1982-03-13	325	716.5
17	Rick Gaugler	USPF	1982-03-13	325	716.5
18	Rickey Dale Crain	USPF	1983-07-23	325	716.5
19	Andrey Belyaev	FPR	2003-02-26	325	716.5
20	Aleksandr Govorin	FPR	2006-02-28	325	716.5
21	Eriek Nickson	NAPF	2014-03-01	325	716.5
22	Nikolay Sokolv	WPC	2014-06-12	325	716.5
23	Anatoli Goriachok	IPF	2014-11-03	323	712.1
24	Viktor Baranov	FPR	2000-09-27	322.5	711
25	Viktor Furazhkin	IPF	2005-07-14	322.5	711
26	Doni Meiyanto	AsianPF	2015-07-20	322.5	711
27	Hassan El Belghiti	EPF	2013-05-07	320.5	706.6
28	Robert Bridges	ADFPFA	1988-08-13	320	705.5
29	Markku Pesonen	SVNL	1990-03-02	320	705.5
30	Arnaldo Rimoldi	IPF	1998-11-10	320	705.5
31	Alexander Govorin	IPF	2007-10-14	320	705.5
32	Anatoliy Goryachok	FPR	2016-03-15	320	705.5
33	Eric Holmes	USAPL	2001-08-25	317.5	700
34	Bill Cavalier	USPF	1988-04-08	317.5	700
35	Aleksey Bizyaev	FPR	2006-02-28	317.5	700
36	Lung-Hsin Huang	AsianPF	2014-04-26	317.5	700
37	Victor Chidi Okeke	IPF	1988-11-11	315	694.5
38	Yi-Ching Hsieh	AsianPF	1998-04-12	315	694.5
39	Oleksandr Kutchera	IPF	2002-11-13	315	694.5
40	Blake Lehew	USAPL	2016-04-14	315	694.5
41	Alex Maher	USAPL	2016-05-20	315	694.5
42	Nikolay Sokolov	WRPF	2017-10-25	315	694.5
43	Joseph Rhodes	AAU	1978-08-26	312.5	688.9
44	Troy Hicks	USPF	1982-08-06	312.5	688.9
45	John Topsoglou	USPF	1985-07-06	312.5	688.9
46	Kenneth Johansson	NordicPF	1987-09-12	312.5	688.9
47	Fred Toins	WPC	1989-12-01	312.5	688.9
48	David Ricks	IPF	1994-11-17	312.5	688.9
49	Tony Capari	USAPL	2000-06-10	312.5	688.9
50	Alexey Sivokon	AsianPF	2002-05-15	312.5	688.9

# BENCH HEAVY



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# Current Top 30 Rankings: Women

## 114 WRAPPED SQUATS

Rank	Name	Federation	Date	SquatKg	SquatLBS
1	Kim Tran	SPF	2015-03-29	182.5	402.3
2	Jenn Rotsinger	USPA	2017-04-15	176	388
3	Jennifer Millican	SPF	2015-06-06	167.8	369.9
4	Shana Miller	RPS	2016-07-16	167.5	369.3
5	Lisa Guggisberg	RPS	2017-09-30	165	363.8
6	Elizabeth Grundy	IPA	2015-07-11	161	354.9
7	Mariša Golob	WUAP	2017-10-17	160	352.7
8	Danielle Columby	USPA	2017-01-07	157.5	347.2
9	Svetlana Burnashova	WRPF	2015-12-03	155	341.7
10	Jessica Zukowski	GPC-AUS	2017-07-21	155	341.7
11	Natalya Velichko	WRPF	2017-12-09	155	341.7
12	Hayley Kinard	APF	2018-04-07	155	341.7
13	Carolina Ramos	ACHIPO	2018-08-30	152.5	336.2
14	Jaclyn Do	USPA	2018-07-28	147.5	325.2
15	Gunel Talybova	WPC	2014-06-12	145	319.7
16	Oksana Prykhodko	WPAU	2016-11-11	145	319.7
17	Katelynn Downey	SPF	2017-11-11	144.7	319
18	Charity Rogers	SPF	2017-11-04	142.8	314.8
19	Oksana Prykhodko	WPA	2016-10-28	142.5	314.2
20	Jo Ann Aita	SPF	2012-11-04	140	308.6
21	Rachael Savage	GPC-AUS	2018-01-21	140	308.6
22	Samrya Abweh	USPA	2018-05-12	140	308.6
23	Samantha Perotti	APF	2018-07-28	140	308.6
24	Ashton Ewoldsen	NASA	2017-03-26	137.5	303.1
25	Anna Zhuravleva	WRPF	2017-06-02	137.5	303.1
26	Eliana Analina Figueroa	GPC	2017-09-14	137.5	303.1
27	Marybeth Baluyot	USPA	2017-11-18	137.5	303.1
28	Crystal Diaz	USPA	2018-04-07	137.4	303
29	Mary Huang	USPA	2014-07-18	136	299.8
30	Coralie Weir	GPC-AUS	2014-06-05	135	297.6
31	Rachael Hunt	GPC-AUS	2016-07-08	135	297.6
32	Fernanda de Lima	GPA	2017-11-22	135	297.6
33	Kayla Forcier	APF	2018-03-24	135	297.6
34	Veronica Garcia	GPA	2017-11-22	134	295.4
35	Lindsey Craft	USPA	2015-05-16	133.5	294.3
36	Talybova Gynel	WPC	2013-06-02	133	293.2
37	Gynel Talybova	WPC	2012-11-06	132.5	292.1
38	Olga Mikhaylova	GPA	2013-12-05	132.5	292.1
39	Yolandie Weir	GPC-AUS	2014-06-05	132.5	292.1
40	Kimberly Kim	IPL	2015-11-12	132.5	292.1
41	April Shumaker	USPA	2016-06-25	132.5	292.1
42	Ruchell MacGregor	GPC-AUS	2018-04-07	132.5	292.1
43	Sarah Burkett	RPS	2018-05-26	132.5	292.1
44	Ciara Harmon	APA	2016-04-02	131.5	289.9
45	Wioleta Lorek	WPC	2018-04-07	130.5	287.7
46	Rachel Hunt	GPC-AUS	2015-05-19	130	286.6
47	Hazel Hu	IrishPO	2016-01-01	130	286.6
48	Natalya Konchakova	GPA	2016-12-08	130	286.6
49	Ruchell Hutton	GPC-AUS	2017-01-21	130	286.6
50	Vitaliya Tarasova	WPC-RUS	2017-07-22	130	286.6

## 132 RAW BENCH PRESS

Rank	Name	Federation	Date	BenchKg	BenchLBS
1	Lucy Ogechukwu Ejike	ParaPL	2016-09-08	142	313.1
2	Jennifer Thompson	NAPF	2012-03-02	136.5	300.9
3	Souhad Ghazouani	ParaPL	2010-07-25	136	299.8
4	Amalia Perez Vazquez	ParaPL	2012-08-29	135.5	298.7
5	Taoying Fu	ParaPL	2004-09-20	132.5	292.1
6	Marilyn Gambardella	WNPF	2013-02-22	131.5	289.9
7	Natalya Konovalova	WRPF	2017-10-28	130	286.6
8	Marianna Gasparyan	USPA	2018-08-25	130	286.6
9	Yan Yang	ParaPL	2016-09-08	128	282.2
10	Victoria Nnej	ParaPL	2000-10-26	127.5	281.1
11	Emily Hu	SPF	2017-11-11	127.5	281.1
12	Lina Zubritskaya	WRPF	2015-12-03	125	275.6
13	Małgorzata Halas	WPC	2018-06-25	121	266.8
14	Taoyin Fu	ParaPL	2002-10-31	120	264.6
15	Amal Mahmoud	ParaPL	2010-07-25	120	264.6
16	Susan Salazar	IPL	2016-11-10	120	264.6
17	Małgorzata Halas-				
	Koralewska	WPA	2018-05-17	120	264.6
18	Amany Aly	ParaPL	2004-09-20	117.5	259
19	Jianjin Cui	ParaPL	2010-07-25	117.5	259
20	Koralewska Halas	WPA	2015-05-14	117.5	259
21	Natalia Konovalova	WRPF	2016-11-19	117.5	259
22	Jen Smith	GPC-AUS	2017-07-21	117.5	259
23	Andrea White	RPS	2017-11-04	115.6	254.9
24	Anna Birzhevaia	EPF	2017-08-10	115.5	254.6
25	Khadija Acem	ParaPL	2004-09-20	115	253.5
26	Nika Chakhaia	WPA	2014-11-22	115	253.5
27	Sri Hartati	OceaniaPF	2014-12-08	115	253.5
28	Ashley Cooper	RUPC	2016-01-31	115	253.5
29	Kate Holt	ProRaw	2016-03-18	115	253.5
30	Olga Lazurenko	WPC-RUS	2017-01-21	115	253.5
31	Samantha Bechard	CPF	2017-12-16	115	253.5
32	Laura Sgro	ProRaw	2018-03-16	115	253.5
33	Olena Kiseolar	ParaPL	2010-07-25	112.5	248
34	Faith Ireland	AAU	2011-07-08	112.5	248
35	Yuliya Tatyana	WPC	2013-11-30	112.5	248
36	Olga Kukharenko	WPC-UKR	2014-10-18	112.5	248
37	Judith Averbach	USPF	1986-02-01	110	242.5
38	Jue Zuo	ParaPL	2000-10-26	110	242.5
39	Marina Medvedeva	WPC	2010-03-16	110	242.5
40	Neisser Mendoza	WRPF	2017-07-01	110	242.5
41	Courtney Norris	365Strong	2017-08-12	110	242.5
42	Donna Berglund	SSF	2018-04-27	110	242.5
43	Vladislava Dluzhnevskaia	GPA	2016-12-08	109	240.3
44	Lyudmyla Osmanova	ParaPL	2004-09-20	107.5	237
45	Hui-Chun Wu	IPF	2017-06-14	107.5	237
46	Caterine González	WRPF	2017-07-01	107.5	237
47	Suzanne Davis	USPA	2017-10-14	107.5	237
48	Vanessa Espinoza	USPA	2018-05-26	107.5	237
49	Natalia Prymachenka	EPF	2018-08-09	107.5	237
50	Karolina Arvidson	EPF	2018-08-09	107.5	237

# TOP 50 WOMEN'S MUSCLE-PIVY TOTAL

Rank	Name	Federation	Date	TotalKg	TotalLBS
1	Becca Swanson	WPC	2005-10-29	930	2050.3
2	Crystal Tate	APF	2018-04-21	802.8	1769.9
3	Melissa Garrett	SPF	2010-12-05	771.1	1700
4	Rae-Ann Miller	XPC	2018-03-02	725.7	1599.9
5	Dorothy Shaw	WPC	2000-06-01	695	1532.2
6	Machia Dudley	WPC	2006-11-02	692.5	1526.7
7	Karen Sizemore	IPA	2002-03-30	680.4	1500
8	Amy Hartman	XPC	2014-03-01	680.3	1499.8
9	Ashton Chatelain	APF	2012-06-01	672.5	1482.6
10	Alison Crowdus	SPF	2017-04-22	669	1474.9
11	Ambre Tarpley	IPA	2014-08-16	666.7	1469.8
12	Janet Loveall	SPF	2010-07-25	652.5	1438.5
13	Jolynn Arvin	IPA	1996-11-22	639.5	1409.9
14	April Mathis	APF	2009-12-05	637.5	1405.4
15	Heather Davidson	IPA	2018-06-23	635	1399.9
16	Mary Grandick	IPA	2015-03-14	594.2	1310
17	Dana Shealey	SPF	2011-11-06	592.5	1306.2
18	Leighan Jaskiewicz	IPA	2010-07-10	591.9	1305
19	Cheryl Clodfelter	IPA	2008-05-03	587.4	1295
20	Jennifer Gimmell	APF	2017-06-15	585	1289.7
21	Anita Millington	CAPO	2013-08-10	577.5	1273.2
22	Sara Schiff	APF	2016-12-10	577.4	1273
23	Kristy Reske	APF	2011-04-01	572.5	1262.1
24	Stacy Manley	APF	2007-10-13	571.5	1259.9
25	Lizabeth Willett	WPC	2005-03-04	570	1256.6
26	Andrea Thornton	APF	2007-04-07	564.7	1245
27	Rebecca Jordan	APF	2007-09-22	560	1234.6
28	Tina Jones	APA	2010-10-03	555.7	1225
29	Heather Gibson	UPA	2016-01-23	547.5	1207
30	Tatyana Ermakova	NAP	2014-05-27	546	1203.7
31	Amy Weisberger	WPC	2001-08-12	545	1201.5
32	Mirinda Van Dyk	WPC	2000-11-19	542.5	1196
33	Ronny Elor	UPA	2009-06-21	539.8	1190
34	Shannon Detman	APF	2010-03-20	537.1	1184
35	Kelly Duffy	XPC	2018-03-02	517.1	1140
36	Jacqueline Stone	UPA	2018-07-13	515	1135.4
37	Laura Hodzhamkulova	WPC	1999-11-02	510	1124.4
38	Linda Sy	APF	2017-04-29	510	1124.4
39	Nicola Polley	BPU	2018-03-17	510	1124.4
40	Emma Ylitalo-James	WPC	1999-11-02	505	1113.3
41	Stacey Motter	APF	2006-12-02	505	1113.3
42	Tarja Rantanen	WPC	2006-11-02	500	1102.3
43	Charlotte Wareing	GPC	2018-05-26	500	1102.3
44	Anna Reel	SPF	2012-05-19	499	1100
45	Alexis Wascom	WPC	2012-11-06	497.5	1096.8
46	Kathy Saunders	WPC	2007-08-05	494.9	1091
47	Rachel Zipsie	SPF	2017-04-22	494.4	1090
48	Quinn Fallon	SPF	2014-03-23	492.1	1084.9
49	Monika Morales	APA	2018-06-16	492.1	1084.9
50	Maris Anne	WPC	2003-11-26	487.5	1074.8

# TOP 50 WOMEN'S RAW TOTAL

Rank	Name	Federation	Date	TotalKg	TotalLBS
1	Wei-Ling Chen	IPF	2015-06-05	407.5	898.4
2	Heather Connor	USAPL	2018-03-03	397.5	876.3
3	Samyra Abweh	WRPF	2017-08-25	390	859.8
4	Stacia-Al Mahoe	WRPF	2018-08-24	390	859.8
5	Olga Golubeva	FPR	2013-03-25	379	835.6
6	Stina Åkermalm	IPF	2017-06-14	372.5	821.2
7	Kristine Almroth	EPF	2017-03-12	370	815.7
8	Aleksandra Otchenashko	IPF	2015-06-05	362.5	799.2
9	Maria Luisa Vásquez	IPF	2016-06-19	362.5	799.2
10	Hanna Rantala	IPF	2018-06-06	360	793.7
11	Wendy Chan	OceaniaPF	2017-12-09	355.5	783.7
12	Alexis Callejo	IPL	2017-11-02	353	778.2
13	Steph Puddicombe	IPF	2015-06-05	347.5	766.1
14	Rhonda Wong	IPF	2018-06-06	347.5	766.1
15	Allegra Hudson	IPF	2018-06-06	347.5	766.1
16	Leslie Evangelista	IPF	2018-06-06	347.5	766.1
17	Noémie Allabert	FFFForce	2018-04-28	344	758.4
18	Valentina Vermenyuk	FPR	2014-12-22	340	749.6
19	Annie Diu	USAPL	2016-03-13	340	749.6
20	Tetiana Shchavinska	IPF	2018-06-06	338	745.2
21	Rie Kani	IPF	2015-06-05	335	738.5
22	Lisa Rothman	USAPL	2015-10-15	335	738.5
23	Pamela De Groot	PA	2017-11-26	335	738.5
24	Mallory Brown	USAPL	2018-07-14	335	738.5
25	Tatyana Korolyova	FPR	2013-03-25	332.5	733
26	Payal Ghosh	USPA	2016-05-21	332.5	733
27	Cielona Boco	USAPL	2017-01-22	332.5	733
28	Jenny Sutherland	USPA	2017-03-24	332.5	733
29	Andréa Durand	EPF	2017-09-14	332.5	733
30	Violeta Chebotar	IPF	2017-06-14	332	731.9
31	Nicole Nguyen	USAPL	2018-04-14	331	729.7
32	Pranee Pascoe	PA	2014-05-03	330	727.5
33	Stéphanie Legard	FFFForce	2018-04-28	330	727.5
34	Hannah Beaven	ScottishPL	2018-06-30	327.5	722
35	Tracey Le	USAPL	2018-07-14	327.5	722
36	Alyssa Mirasol	NAPF	2017-03-03	326	718.7
37	Tina Daneshmand	USPA	2014-01-25	325	716.5
38	Bénédicte LePanse	EPF	2015-03-21	325	716.5
39	Marina Lopatnikova	EPF	2016-03-05	325	716.5
40	Johanna Forsström	EPF	2017-03-12	325	716.5
41	Becki Heath	EPA	2018-07-29	325	716.5
42	April Shumaker	USPA	2011-07-01	322.5	711
43	Yuliya Vakhterova	WPC-RUS	2017-03-10	322.5	711
44	Haruka Kani	IPF	2018-06-06	320.5	706.6
45	Ivelina Kirilova	EPF	2015-03-21	320	705.5
46	Lisa Randazzo	IPF	2016-06-19	320	705.5
47	Tiffany Leung	USAPL	2018-02-24	320	705.5
48	Rebecca Heath	EPA	2018-05-26	320	705.5
49	Danielle Malcolm	IPF	2018-06-06	320	705.5
50	Jessica Okimura	USPA	2015-05-16	318	701.1

# Super Training Corner

## Lower body 4-week strength building phase

By Marcus Sannadan | Photos by Andrew Zaragoza

The premise of this block is to build strength and power in the lower body for the deadlift and squat. Two lower body workouts per week 8 total for the month. The one prerequisite for this training block is to be in good enough shape to handle the workload.

**1. FORM PRACTICE AND IMPROVEMENT.** Everyone can improve their form. As each lifter gets stronger, has weight loss or gain, and either improves or loses mobility, your form will continue to evolve. It is up to you as a lifter to pay attention to 1) how your lifts feel, 2) how efficient and consistent they are and 3) how can they be improved. Educate yourself and don't be afraid to ask questions and reach out to other lifters and coaches in your lifting community for feedback.

**2. IDENTIFYING WEAKNESSES.** Don't be afraid to admit your weaknesses. Until you identify and put in the work to improve them, they will always be a limitation you allow yourself to have. For example, if a lifter continuously rounds over in the squat, dead or both, then there is probably a need to improve back and posterior chain strength. "Your weaknesses will always be your weaknesses, but as you get stronger, you need to keep the relationship of your strengths and weaknesses as close as possible" -Ed Coan

**3. ATTACKING WEAKNESSES.** In this program, you will pick two accessories for each workout that you feel you need to work on (Refer to accessory list). Keep in mind that to perform each movement with purpose, don't just go into the gym and start throwing bars around with bad form. CHECK YOUR EGO AT THE DOOR—we say this a lot at ST. What it means is this: train hard pick weights you can handle and always get better.





#### 4. HAVE FUN AND TRAIN LIKE A MOTHER\*\*\*\*\*.

More often than not, we as lifters are not happy or satisfied with where we are—whether that's strength level, how our form looks or how we look and feel. Enjoy the process and understand no 600-lb. bench was built in a day. Powerlifting can be hard and pretty uncomfortable at times. The dedication and consistency it takes to make consistent gains isn't easy. So Have Fun.

**REMEMBER:** the focus here is to make improvements, get stronger and address your weaknesses. The meat and potatoes of training aren't always pretty and will not always be a IG highlight, but without a solid foundation you cannot continue to build strength. Identify and attack your weaknesses so they don't hold you back. -Super Training Gym "STRONGEST GYM IN THE WEST"

#### MAIN MOVEMENTS:

- Squat
- Dead

#### SECONDARY BARBELL MOVEMENTS:

##### Squats

- Pause squat
- Box squat
- High bar squat
- High bar pause squat
- SSB squat
- SSB pause squat
- SSB box squat

##### Deadlift

- Ed Coan deadlifts
- Block pull
- Deficit dead
- Pause deadlift
- Speed pulls (chains or bands)
- Hex bar dead
- RDL

#### ACCESSORIES:

##### List A

- Belt squat
- Leg press
- DB lunges
- DB Step ups
- Goblet squat
- Leg extension

##### List B

- GHR
- 45 degree back raise
- Ham curl
- Single leg ham curl
- Reverse hyper
- Sled drags

##### List C

- Barbell Row (any variation)
- DB Row
- Seated Row
- Chest supported Row
- Pull ups
- Pull downs

##### List D

- Planks 5 min (1 min front, 1 min side, 1 min front, 1 min side, 1 min front) Try to build up to doing all of it in one set.
- AB wheel (5-15 per set) do your best to work up to standing ab wheel.
- DB side bends 4x20 (per side)
- Cable/banded crunches 4x20 (controlled contractions, "squeeze core, don't throw your body")



**Mobility:** Any and all mobility you currently do or things you try out and feel a benefit from. Rolling out, soft tissue work, voodoo band "flossing", static stretching, pnf stretching. All of that good stuff.

For this training phase, Day 1 will be the max effort day and Day 2 will be volume.

Max effort does not mean max out or max weight. Simply put, it is the more intense day of training. Since you might not have maxes for the secondary barbell movements or accessories, use the "RPE" scale.

**RPE:** Rate of Perceived Exertion. Depending on how much the main movement takes out of you or if you just didn't have the best sleep or food coming into the workout, the weights we move and how well they move can change. For this program, we are just after putting in the work and making as much progress as you can. Again, CHECK YOUR EGO, don't hit a slow grinder of a set and call it RPE 7. Be honest with yourself and stay on track.

#### 10- Max effort nothing left in the tank.

9- Hard but still had one rep left "Hitting a single at RPE 9 doesn't necessarily mean you could have hit another rep but you could consider it a good smooth single. 1st or 2nd attempt in a meat."

8- Moves well but isn't a speed set or rep 2-4 reps left in the tank.

7- Weight moves fast when applying maximal force into bar. "Heavy speed work"

6- Weight moves fast with moderate force "Speed Work"

#### 5- WARM-UPS MOST OF THE TIME.

##### Week 1

- Day 1
- Day 2
- Squat (4x5 @80%)

#### 1 SECONDARY BARBELL MOVEMENT (5X5 @RPE 7)

- 1 list A (4-5x10 @RPE 7)
- 1 list B (4x10-15 @RPE 6)
- List D Pick 1
- Mobility 15 min
- Dead 3-4x8 @70%

#### 1 SECONDARY BARBELL MOVEMENT (5X8 @RPE 7)

- 1 from list B (4x10 @RPE 7)
- 1 from list C (5x10 @RPE 6)
- List D Pick 1
- Mobility 15 min
- Week 2
- Day 1
- Day 2
- Dead 4x5 @82.5-85%)

#### 1 SECONDARY BARBELL MOVEMENT (5X5 @RPE 7)

- 1 from list B (4x10 @RPE 7)
- 1 from list C (4-5x10 @RPE 7)
- List D pick 1
- Mobility 15 min
- Squat (4x8 @75%)

#### 1 SECONDARY BARBELL MOVEMENT (5X8 @RPE 7)

- 1 from list A (5x10 @RPE 6)
- 1 from list B (4x15 @RPE 6)
- List D pick 1
- Mobility 15 min

##### Week 3

- Day 1
- Day 2
- Squat (4x5 @85%)

#### 1 SECONDARY BARBELL MOVEMENT (5X5 @RPE 8)

- 1 from list A (4x10 @RPE 7)
- 1 from list B (4x10 @RPE 6)
- List D pick 1
- Mobility 15 min
- Dead (4x5 @75-77.5%)

#### 2 SECONDARY BARBELL MOVEMENTS 1.(4X5 @RPE 7) 2.(4X10 @RPE 6)

- 1 from list B (4x10 @RPE 6)
- List D Pick 1
- Mobility 15 min

##### Week 4

- Day 1
- Day 2
- Dead 2-3x5 @85-87.5%)

#### 1 SECONDARY BARBELL MOVEMENT (5X5 @RPE 8)

- 1 from list B (4x10 @RPE 7)
- 1 from list C (4x10 @RPE 7)
- List D pick 1
- Mobility 15 min
- Squat (4x5 @77.5-80%)

#### 2 SECONDARY MOVEMENTS 1.(4X5 @RPE 8) 2.(4X10 @RPE 6)

- 1 from list A (4x10 @RPE 6)
- 1 from list B (4x15 @RPE 6)
- List D pick 1
- Mobility 15 min



KC "THAT1LEGMONSTER" MITCHELL  
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