



MUSCLEPHARM POWER SPOTLIGHT:

BY MICHELE ATKINSON

ALLEN BARIA

WHAT ARE YOUR STATS? I am 40 years old; in the 275-lb. weight class; 5 feet, 10 inches tall; and I lift raw and single-ply equipped.

WHAT ARE YOUR BEST LIFTS? Squat: 832 lbs., bench: 815 lbs., dead: 744 lbs. My best meet total is 2,325 lbs. single-ply.

WHAT ARE YOUR BIGGEST POWERLIFTING ACCOMPLISHMENTS? Best Male Bench Presser at the 2010 Olympia Invitational, Best Male Bench Presser at the 2011 USPF Multi Nationals, American and World Record Holder in the bench press with 815 lbs. in the 275-lb. Open Division.

WHAT IS YOUR FAVORITE LIFT? WHY? Squat. It takes full-body effort to squat. You can't just work your lower body and succeed in the squat like you can with your upper body in the bench press. Your entire body must be strong to be successful.

WHERE DO YOU TRAIN? I mainly train at the YMCA in Charleston, W.Va., with my training partner Richard Fisher. Occasionally I travel to lift with friends in Parkersburg, W.Va., at Patriot Fitness Center, especially for meet preparation.

DO YOU HAVE A COACH? I have no coach, per say, but I gather information from various friends in the powerlifting community, as well as watch videos and read tidbits from other successful competitors' training regimes. I am very unorthodox where training is concerned.

HOW AND WHEN DID YOU GET INTO POWERLIFTING? I began powerlifting during high school to become stronger for football. After the football season, I competed in a powerlifting meet each year.

WHAT IS YOUR BACKGROUND IN OTHER SPORTS? I was a quasi-successful inside linebacker in football, a wrestler and baseball catcher.

WHAT ARE YOUR SHORT-TERM GOALS? I want to perform well at the WPF Worlds and hit a heavy raw bench press after that. I am very close to Ted Arcidi's 650.5 lbs. raw mark at 275 lbs.

LONG-TERM GOALS? I want to stay competitive in the Open division as long as I can.

WHAT DO YOU DO FOR WORK? I manage installation and modernization crews from the IUEC (International Union of Elevator





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WHAT DO YOU DO TO GET AMPED BEFORE A MEET OR AN ATTEMPT? Dennis McLaughlin, the strongest and meanest little man on the planet, usually jerks, yells and smacks me around so much that I usually don’t remember anything about the lift when it is over.

IF YOU WEREN’T POWERLIFTING, WHAT WOULD YOU BE DOING? I would be coaching my three boys at football.

WHAT LIFTER DO YOU ADMIRE MOST? WHY? There are many. Brian Siders, Rob Luyando, Mark Bell, Alan Best, Roger Ryan. But if I must choose, I have to say Lance Karabel. Why? Because I have spotted him with more than a grand on his back, and he walked out and squatted like it was an empty bar. He has also lifted off more than 800 lbs. to me on the bench so smooth that I thought it was hydraulic. Not only is he ridiculously stout, he is also a class act and stand-up guy. He is the kind of person every powerlifter should strive to be (in my humble opinion).

WHAT ELSE WOULD YOU LIKE TO ADD? I would just like to thank everyone for taking the time to read this and wish everyone continued success in this fabulous sport. “Go heavy or head to the House!” **PM**

Constructors). I work for ThyssenKrupp Elevator Corporation as an operations manager, and have been employed by them for 14 years.

WHO ARE YOUR BIGGEST FANS? My wife and parents.

DO YOU HAVE ANY MEET SUPERSTITIONS? I used to wear an old military-issue camouflage jungle hat to meets, one that I hunt and fish in. But it tends to embarrass my wife (with good reason). So now I just listen to Avenged Sevenfold’s “Buried Alive” before a big attempt and make a grave effort to keep it from happening to me (no pun intended).

