

Get to Know ... Stan Efferding

Stan Efferding is currently the #1 ranked RAW powerlifter in the WORLD, he also happens to have his IFBB Pro Bodybuilder card...and did I mention he is also a very successful business man?

Take a moment to get to know the "Rhino" Stan Efferding.

1. What is your idea of perfect happiness?

Lifting 2,250 lbs. RAW and qualifying for Mr. Olympia

2. What is your greatest fear?

Anything less than the above.

3. What is the trait you most deplore in yourself?

I'm weak.

4. What is the trait you most deplore in others?

When I'm dieting for a competition and they eat ice cream in front of me.

5. What is your greatest extravagance?

Strawberry shortcake at the Cheesecake Factory. Just don't share one with Mark Bell; he has no concept of what half is.

6. What is your current state of mind?

Hungry.

7. On what occasion do you lie?

Is it a lie to say your max bench is the one you did in the gym while wearing elbow wraps, with a huge bounce, your ass so high you could drive a truck under it, and a spotter to pick it off your chin — and there's no video to prove otherwise? Then when someone asks me how much I bench, I lie on every occasion.

8. What do you most dislike about your appearance?

No matter how much pizza and ice cream I eat, I just don't seem to be able to grow one of those big, round, pregnant-looking Santa Claus bellies all the guys at Super Training Gym are sporting. Those are sexy. I think that's why they get all the girls.

9. Which living person do you most despise?

No room for that in my life.

10. What do you most value in your friends?

When they have stuff I can borrow. The best friends have the most stuff.

11. What or who is the greatest love of your life?

What: I love training. Who: I have many, including my family and friends. I'm grateful for all of them.

12. When and where were you happiest?

Never been happier.

13. If you could change one thing about yourself, what would it be?

I'd relax a little, but not yet. There's so much more to do and I'm not getting any younger over here.

14. What do you consider your greatest achievement?

Reaching my goals. There are always new goals, so the greatest achievements are always ahead of me.

15. Where would you like to live?

In my house. I've been living out of hotels lately and haven't been home in months.

16. What is your most treasured possession?

My IFBB Pro Bodybuilding Belt, given to me by Flex Wheeler. I trained for 24 years for that.

17. What is your favorite occupation?

Unemployment.

18. What is your most marked characteristic?

The noises I make when I'm lifting.



19. Who are your favorite writers?

All the fans who write about my videos on the forums. Now, that's some good literature.

20. Which historical figure so you most identify with?

I don't make any comparisons; I'm just me.

21. What is it that you most dislike?

Steak and rice. Ugh!

22. What is your greatest regret?

No regrets; we learn from our mistakes.

23. What talent would you most like to have?

Remembering names. The comedians at Super Training Gym let me call people by the wrong names for a week while they goofed on me.

24. How would you like to die?

Happy.

25. What is your motto?

Die happy.

26. Which living person do you most admire?

My pops. He's always the voice of reason.

27. What is a quality you most like in a woman?

Honesty.

28. What is a quality you most like in a man?

Huh? Who wrote this question?

29. Who is your favorite hero of fiction?

Johnnie Jackson, "World's Strongest Pro Bodybuilder." Now there's some fiction.

30. Which words or phrases do you most overuse?

Nothing that makes sense, just lots of grunting.

31. If you were to die and come back as a person or thing, what do you think it would be?

A hydraulic wench. Then nobody could out-lift me.

32. Who are your heroes in real life?

My folks.

33. Favorite movie?

Bigger, Stronger, Faster.

34. Favorite lifter?

Ed Coan.