

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

Power has tracked down another hot powerlifting chick. Enjoy reading all about Abi Grove!



POWER: Let's get right to it. Have you ever worked out naked?

GROVE: Well, only if you count pillow fights.

POWER: How do you maintain a great body while still lifting weights that would crush your average man?

GROVE: Strength training should not result in increased muscle mass in those sports where the key quality is endurance of moderate work output. In no case should the training ever produce a decrease in relative strength of any muscle groups in the body. What I think you are really asking is, do I do bicep curls? As Ed Coan once said, "Biceps are like ornaments on a Christmas tree." Meaning no, I do not.

POWER: How old are you, where are you from and what are you wearing?

GROVE: I just turned 22, I train out of Local's Gym in Lynnwood, Wash., and I am wearing your red thong.

POWER: Does squatting in a tight thong give you any support out of the hole of a deep squat?

GROVE: Sadly, Inzer has not produced the Leviathong yet, so that would be a no.

POWER: How many sports bras do you need to wear for Kettlebell swings and plyo jumps?

GROVE: Fewer than you and most of the loveable dudes you train with at Super Training.

POWER: Do you enjoy spotting other girls on deep squats?

GROVE: Really, dude?

POWER: How did you get involved in powerlifting?

GROVE: The owner of my gym, Jesse Ward, signed me up for my first meet with the crew of lifters from our gym's "mancave." Since then, they've been awesome training partners. However, I like to think that I really got into powerlifting when I started dating my boyfriend, who also doubles as my coach.

POWER: When you go to a powerlifting meet with a room full of men with massive levels of testosterone, do you feel like the center of attention?

GROVE: Mostly I just feel exceedingly short, but hey — that's been true for most of my life. Besides that, I have noticed that people at meets are pretty rad. And hey, if you get a free t-shirt because you are blonde and have booty shorts, it's not that bad. (Hint: I like free t-shirts!)

POWER: So, you have a boyfriend? (Just say no. It's more interesting that way. Or say it's an open relationship!)

GROVE: My boyfriend and I actually have a love triangle going on — with the gym. When the other person comes home late, it's

not lipstick or cologne we look for on our clothes — just chalk and the smell of ammonia.

POWER: Do you remember the first time you out-lifted a boy? How did it make you feel?

GROVE: It was rather humiliating for us both, as I am not one to emasculate. I hope the encounter showed him that it is a biological imperative that he squat more, bench more and deadlift more. Get to work, bitches.

POWER: Do you wear makeup to the gym?

GROVE: Only when it was already there from something else. I am surrounded by big, sweaty dudes and a bunch of bars. Really, who is looking?

POWER: What are some of your powerlifting goals?

GROVE: I just reached a big one with my 200-lb. raw bench. Damnit, now I guess I have to get another one because that is not nearly enough! I would like my raw lifts to end up somewhere in the neighborhood of 325 squat, 225 bench and 375 pull. After my boyfriend gets all his gear, we'll talk about finding some gear for me to mess around with and get stronger. But, I think I would still want to compete raw.

POWER: What's next?

GROVE: Summer is the best season at our gym. We have Crossfit Regionals coming up and we are also hosting a series of meets at our gym in Lynnwood — powerlifting, Olympic lifting and Highlander/Strongman competitions. I will hopefully be competing in at least one of each and helping run the rest.

POWER: What do you have to say to women who don't lift weights because they think they'll get too bulky?

GROVE: I say you are right! Go find some bagels and an elliptical and get to work! More weight for me!

POWER: Who's your favorite powerlifter?

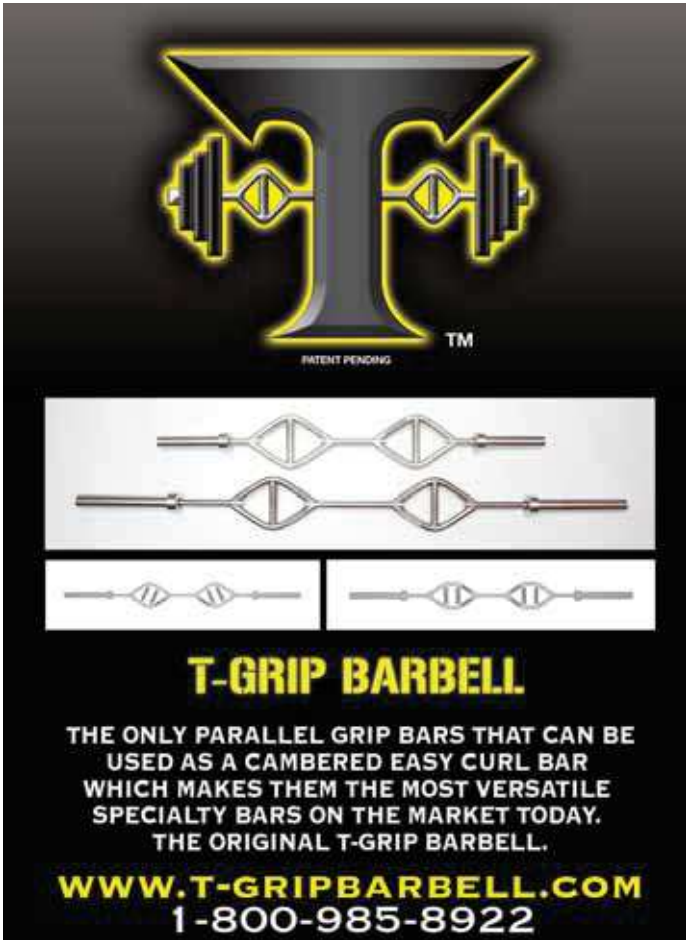
GROVE: Ryan Kjolso

POWER: You like to do Crossfit games, and from what I hear you are outstanding in the contests. Do you feel powerlifting is a big reason why you do so well?

GROVE: Yes, if for no other reason than when I started Crossfitting it put a barbell in my hands almost every day. I weigh around 125 to 130 lbs., and in everyday workouts the weight prescribed generally didn't seem that bad. But when Crossfit started getting more keen on competition, they jacked all their weights up, which squished a lot of girls my size. Seeing that happen got me more into powerlifting. So, for Crossfit I force myself to do workouts and scale the prescribed weight upward. From there I have laid a Westside regimen as the groundwork for my training, along with Crossfit. I find that powerlifting has allowed me to be more efficient in Crossfit training and, conversely, Crossfit has allowed the same in powerlifting. **PM**



A promotional poster for Lexen Xtreme. At the top is a stylized logo featuring a skull with wings and the text "LEXEN XTREME". Below the logo, the text reads: "LEXEN XTREME PRESENTS THE PRO/ELITE COALITION MEET", "MARCH 5TH, 2011 (SAME WEEKEND AS THE ARNOLD CLASSIC)", "BRAND NEW STAGE!", "CATCH A GLIMPSE OF THIS AWESOME NEW STAGE WHEN IT PREMIERS AT THE IPA STATE MEET ON JULY 10TH, 2010", and "614-554-8824 WWW.LEXENXTREME.COM".



An advertisement for T-Grip Barbell. It features a large image of a barbell with a T-shaped grip in the center, highlighted in yellow. Below this are three smaller images showing different views of the barbell. The text reads: "T-GRIP BARBELL", "THE ONLY PARALLEL GRIP BARS THAT CAN BE USED AS A CAMBERED EASY CURL BAR WHICH MAKES THEM THE MOST VERSATILE SPECIALTY BARS ON THE MARKET TODAY. THE ORIGINAL T-GRIP BARBELL.", "WWW.T-GRIPBARBELL.COM", and "1-800-985-8922".