

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

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# JANE IVANOVA



**WHO ARE YOU IN 10 WORDS OR LESS?** “Do not look for the beaten path, find your own and follow it!” “The greatest victory is the victory over yourself!” “Romantic, forever wandering in search of truth.”

**WHERE DO YOU TRAIN?** When I moved to the USA I trained in Aurora, Colo., at Rocky Mountain Lifting Club with my friend Jennifer Rey Gaudreau and her husband, Dan Gaudreau. They have a really great lifting club, it has a special energy of all people who really love powerlifting. They come to push their bodies as hard as they can and realize all their potential. Everyone is friends, they all help each other and listen to what Jennifer and Dan taught because they have great competition experience.

**DO YOU HAVE A NICKNAME?** Sometimes I go by the nickname Jane, but my real name is Zhanna. (It’s French.)

**ARE YOU MARRIED? HAVE KIDS?** I’m not married and do not have any kids, but I’m looking for the man of my dreams and I think children are God’s biggest gift to us.

**WHAT IS YOUR AGE AND WEIGHT CLASS?** I’m 27 and my birthday is the 4th of July. From 2001 to 2008 I was in 67.5-kg. (148 lbs) weight class, and in 2008 in the World Championship (Canada) I moved to 60-kg. (132 lbs) weight class because of my back injury. That was a good idea, because when I compete in a lighter weight class I don’t need to squat so much!

**HOW DID YOU GET INTO POWERLIFTING?** This is very interesting and special story. My dad brought me into this sport. First we did general preparation, and then for two years after that I was doing all the competitive training. At 8 years old, I was introduced to a large audience at the Ukrainian championship in 1992 in Kiev; however, it was behind the scenes. I did a deadlift of 50-kg. (110 lbs) and 30-kg. (66 lbs) bench press, naturally, without any equipment. I was marveled at by everyone. A year later I officially competed and performed the standard of Candidate Master of Sports. This perhaps was the only case in the Ukraine with performances at such an early age in our sport.

**DO YOU INTIMIDATE A LOT OF DUDES?** Never. I am always friendly with guys in gym. They themselves are intimidated of my results!

**WHAT IS YOUR FAVORITE LIFT AND WHY?** My favorite lift is the squat. I think it is the most dynamic and impressive. I always had the best results in squat. In 2005 at the WPC World Championship in Finland I squatted 250 kg. (551 lbs) I like to watch how in the 105-kg. (232 lbs) weight class men squat more than 400 kg. (881 lbs) I enjoy it really, how powerful they are at that moment.

**WHAT IS THE TYPICAL REACTION WHEN PEOPLE FIND OUT YOU ARE POWERLIFTER?** Different people have different

reactions. But usually I hear, "Really? You so small, you do not have big muscles." People don't realize that girls in powerlifting can be pretty if she is working with the bar, but we have so many nice beautiful girls, especially in the lighter weight classes.

**DO YOU THINK YOU GET EXTRA ATTENTION BECAUSE YOU ARE A GIRL?** Oh yes, men are crazy about my ass and my body! But I think what is most important is what you have inside, what you can show and what you can teach other people.

**WHAT ARE YOUR PRS IN EACH LIFT?** In the 67.5-kg (148 lbs) weight class my greatest results were at WPC WC 2005: squat, 250 kg. (551 lbs), bench press, 145 kg. (319 lbs), deadlift, 225 kg. (496 lbs) In the 60-kg (132 lbs) weight class I showed the biggest squat in World Games 2009 (IPF): 217.5 kg. (479 lbs), a national record. At 60 kg. (132 lbs) my best bench press was 125 kg. (275 lbs) and deadlift, 190 kg. (419 lbs) in Canada WC 2008.

**WHAT IS THE FURTHEST YOU HAVE TRAVELED FOR A MEET?** I cannot tell you because the world is so small for my mind. I feel it like one part inside me. If we talk about traveling from Ukraine to other countries for meets, I think its China (Taipei). It was 17 hours of flying and I really enjoyed this special place. Also I was in Canada (Newfoundland). It's a very special place, so quiet and wild. Now I'm living in New York, I have two sides inside me about this city. But it's like me: non-stop.

**WHAT DO YOU DO FOR WORK?** Before I worked as a personal coach in Ukraine, I really like the process of helping people to achieve their goals, to help them feel better, to feel their body more and understand it. Now I am doing different stuff. I like the USA because this country gives everybody big choices and opportunities, you can be free to do what you want, to try yourself in different ways.

**WHAT OUTFIT MAKES YOU FEEL THE HOTTEST?** High heels. I think all women became more beautiful when they can show themselves in nice clothes and shoes. We should not just concentrate on one style, we can be sexy in any clothes.

**WHO IS YOUR FAVORITE LIFTER?** My favorite lifter is Jaroslaw Olech from Poland. I like his way of victory, of feeling that his mind

controls all processes, never showing in his shoulders that the weight is so heavy, so that people enjoy every one of his lifts.

**HOW HAS POWERLIFTING BENEFITED YOU?** It makes me strong inside, it teaches me to achieve all of my goals, to believe in myself, and to know that I can do anything I want.

**DO YOU HAVE ADVICE FOR OTHER GIRLS WHO WANT TO GET INTO POWERLIFTING?** First, understand that powerlifting is a sport, not an adventure, and that it is a painful kind of sport, and if you want to be successful you must forgot about words, "I cannot." Second, believe that you're special and that your story makes this sport. **PM**

