



MUSCLEPHARM POWER SPOTLIGHT:

BY MICHELE ATKINSON

TRESTON EUGENE SHULL

What are your stats? I'm 27 and I compete in the 308-lb. class and the SHW class. I am 6 feet, 1 inch, and have been lifting in the multi-ply class for four years. Prior to that, I did single-ply for about seven years.

What are your best lifts? My best meet lifts are a 1,030-lb. squat, 727-lb. bench and 744-lb. deadlift, and my best total is 2,502 lbs. I say meet lifts because people always mention their gym lifts, but no one cares what your gym lifts are. If it's not done in a meet, no one cares.

What are your biggest powerlifting accomplishments? I set multiple records as a teen that still stand, which is pretty cool. I set the world record in the bench-only division as a junior in the APA. I have an elite total in 275, 308 and the SHW class. I have a pro total in the 308 and SHW class. As an amateur I took first place two years in a row at the Pro/Am in Cincinnati, Ohio.

Squatting 1,000 lbs was one of my all-time goals that I finally accomplished, and it was huge for me. When I started powerlifting, I remember when Steve Goggins squatted 1,000 lbs, and it was the one lift I always wanted. Oh, and my record for the amount of fold-out chairs that I've broken at meets? Probably around 12.

What is your favorite lift? Why? My favorite lift is the squat. Why, you ask? It's because I'm better at it than the other lifts!

Where do you train? I train at the best gym in the world, the best in the west, the strongest in the west, Super Training Gym in Sacramento, Calif. It's the only gym worth lifting at in Sacramento, and there are a ton of gyms in the Capital city.

Who is your coach? How has he helped you? My coach is the one and only Mark Bell. Also, I think of all my teammates at Super Training Gym as coaches. We all criticize, critique and help each





other. It really is a great gym to be at. When I first called Mark and asked if I could come train at ST, he said sure, just be prepared to work. The first day I was there he put me through the ringer so hard that I went to my truck, lit a menthol cigarette and really debated on just starting the truck and driving off, because I didn't think I was worthy to be there. Right when I put out my cigarette I said f*ck it. I went back inside and did reverse band deadlift because Mark told me to.

To explain how much Mark and ST has helped me in the last four years would take all day. The proof is in the numbers. When I walked in on Nov. 27, 2007, my total was 1,680 lbs. Within three months my total was 2,000 lbs. And now, four years later, my total is 2,502 lbs. That's 822 lbs. on my total since the day I joined and 125 lbs. a year on my total since my first meet representing Super Training Gym. That is what Mark and Super Training Gym have done for me. Mark is not only a great coach, but he's also become a great friend of mine.

How and when did you get into powerlifting? I started lifting when I was 14 for football. I was really into it and when I was 15, I found out that there was going to be a Strongman comp near me in Modesto, Calif. I entered the competition in the adult light-weight class because there were no other teenagers lifting and I didn't want to compete against myself. I tied for second place.

At that competition I met a pro Scottish gamer named Charlie Kapture. He told me I should do the Scottish games the following month in Sacramento. I went to the games just to watch, and Charlie and Kevin Kinzy, another Strongman and Scottish gamer, made me do it. I entered the C class and took first, second or third in all of the events and was the youngest competitor at the games, and at the time the youngest competitor in Scottish games in America. At the Scottish Games a competitor named Mike Benton from Modesto, who competed at the Strongman competition I did

the month before, approached me and told me I should do a powerlifting meet in Fresno, Calif., the next weekend. It was the Ironman put on by Bob Packer, an APF meet. I went to that meet and lifted raw at 15 years old in the 220-lb. weight class. I squatted 405 lbs., benched 275 lbs. and deadlifted 435 lbs. I took first in that meet in my age and weight class

and was instantly hooked in all the strength sports. At the end of the meet, Mike Benton gave me my first squat suit and bench shirt. It was a red Inzer champion suit and a red inzer standard blast shirt.

Do you have a background in other sports? I played football for six years, competed in Strongman for seven years until 2006 (still occasionally throwing in the Scottish games) Olympic lifting for four years, and I was also a stuntman on the cheer squad in high school. I know it's not very manly, but it's a great way to meet chicks and that was the only way into the weight room after football season was over.

Have you faced any major challenges along the way in your powerlifting career? In February 2006 I was in a car accident. On July 29, 2008, when I was 23, my father died of natural causes when he was only 52. It was the hardest day of my life. I didn't want to train or do anything after he passed. I was supposed to do my first Pro/Am in Ohio, but I couldn't afford it because of all the expenses my family incurred. I showed up at Super Training a week after the funeral and the team came together and gave me \$450 to help me get to the Pro/Am. They knew that's what my father would want. At that meet I received my very first elite total.

What are your 2012 goals? To get a 2,600-plus-lb. total, squat 1,100 lbs., bench 750 lbs. and deadlift 800 lbs.

Long-term goals? To squat 1,200-plus lbs., bench 800-plus lbs., deadlift 900-plus lbs., total 2,900-plus lbs. and get a top-five all-time total.

What do you do for work? I'm a union labor relations representative and union organizer for the Laborers International Union of North America and a member of Laborers Local 67 in Oakland, Calif. I love my job and couldn't think of doing anything else.

Who are your biggest fans? My friends, family and, of course, my beautiful fiancée Laura. My mom has always encouraged me and never pushed me to do anything I didn't want to do. But whatever I chose to do, she was always there yelling at me and cheering me

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on. You couldn't ask for a better mother, and if you disagree then I will fight you. My fiancée is very supportive. She is very special to me and I can't wait to marry her. She has been to all my meets and always has my back whenever I need something. I couldn't get through a meet without her anymore. She is one hell of a woman and I can't even imagine my life without her.

Do you have any meet superstitions? I never change anything about my life just because I have a meet the next day. I stay up late, sometimes only getting three or four hours of sleep before a meet. I never eat before a meet because I usually never eat when I

wouldn't change one bit of it, though. Powerlifting has made me strong, not just physically but also mentally. To excel in any sport you have to become disciplined. What we do on the platform doesn't come easy; it takes a lot of guts and mental strength to get through a meet. Hell, I know some guys who have lifted for four-plus years saying they'll do a meet but never do. They don't have the discipline or the mental strength to compete, and they are not powerlifters no matter what they say.

If you weren't powerlifting, what would you be doing? I'd probably be sitting at home playing World of Warcraft, weighing 500 lbs. eating Ding Dongs if I didn't lift. I really don't know what I would be doing because I can't see my life without powerlifting in it. I've been doing it now for almost 13 years and it's just a part of me, it's who I am. Even if I couldn't lift anymore I would be training people, anything to still be in the weight room.

What lifter do you admire most? Why? I admire lots of lifters. When I first got started, I looked up to guys like Ed Coan, Gary Frank, Louie Simmons and Steve Goggins. I still look up to them because to me, they pioneered this sport. Lifters today that I look up to are Chuck V., Brandon Lilly, Dave Hoff, Donnie Thompson, Mark Bell, A.J. Roberts — the list could go on and on. I admire them all because they put themselves through hell, and for what? Money,

fame, recognition? Hell no! They do it to say they are the best at what they do. It's about self-respect. Can anyone reading this article look in a mirror and say that they have given it their all, or done the best they can do? No, except for a very few, like those I mentioned above. They know what it's like to sacrifice day in and day out, and I admire these men exactly for that reason: They have given up so much of themselves for nothing in return.

Is there anything else you would like to add? I would like to say thank you to my friends and family, who have supported me for 13 long years in this sport. People like my mom, sister, fiancée and grandpa, my buddies who don't powerlift but understand why I don't see them and they don't give me shit for it. Also a huge thanks to everyone at Super Training Gym. There are more than 20 of them so I'm not going to name names. And last but not least, thanks to Power and Muscle Pharm for choosing me as the spotlight lifter. It truly is an honor and a pleasure to have done this interview. **PM**



wake up before I go to work. Also, I never lift without my Lifewave patches. I've been wearing them for four years and stand by them 100 percent. They stimulate different acupressure points on the body. Basically I just try to be myself, like any other day.

What do you do to get amped before a meet or before an attempt? I usually stay very quiet and try to stay by myself at a meet. I'm a calm guy most of the time. Even on meet day I try to be my normal self and just screw off and joke around with everyone. Two things I do though right before I take an attempt is imagine the weight crushing me and killing me. That makes me really concentrate on the lift. The other is I ask my father for help. I know he's at every meet watching me.

How has powerlifting changed your life? As any powerlifter will tell you, we sacrifice a lot to do what we do. We lose friends, sleep, nights out partying and sometimes the women we love. It takes a special type of person to be around powerlifters. I