

» ORIGINAL WESTSIDE:
TRAINING TEMPLATE

» OPTIMAL POST
WORKOUT NUTRITION

» BIG EVIL'S LAIR:
MIND TRICKS

"POWERLIFTING USA."

AUGUST 2010 » VOL. 33 NO. 10

RAW UNITED MIKE WITMER MEMORIAL OPEN

BOB
GAYNOR'S
ALL-TIME
RECORD PULL
OF 680 LB.
AT 198

POWERLIFTINGUSA.COM

AUGUST 2010
«VOL. 33 NO. 10»
\$3.95 USA \$4.95 CAN



0 74470 76692 6 08

PLUS MORE
RECORD LIFTS
INSIDE!

CON-CRĒT®

THE FUTURE OF CREATINE



Creatine Micro-Dosing®

- No Loading
- No Cycling
- No Side Effects

"THE CHOICE OF ERIC KUPPERSTEIN"
2010 Arnold USAPL Raw Champion

- Proven superior solubility (potency)
- Proven superior plasma uptake
- Unique Creatine Micro-Dosing® based on body weight
- No loading, no cycling, no side effects (no cramping, bloat, water retention, or GI issues)



www.con-cret.com

AVAILABLE AT:



CON-CRĒT is free of banned substances. CON-CRĒT is patent pending.

WE MADE OUR WRAPS EVEN BETTER!

(SORRY, WE JUST COULDN'T HELP OURSELVES!)



20% MORE STORED ENERGY WITHOUT ANY ADDITIONAL MASS

ALL OUR WRIST WRAPS FEATURE MILITARY GRADE APLIX BRAND HOOK AND LOOP FASTENERS THAT ARE

30% STRONGER THAN VELCRO



THE FIRST KNEE WRAP WITH A SPECIAL FINISH THAT HELPS IT ADHERE TO ITSELF AND PREVENT SLIPPAGE!

KNEE WRAPS

OUR STIFFEST MATERIAL! CREATES A **CAST LIKE WRAP** FOR BIGGER AND MORE POWERFUL SQUATS!

2 METER LENGTH \$25.00
2.5 METER LENGTH \$34.00



FEATURES 2" WIDE APLIX BRAND HOOK & LOOP THAT'S 30% STRONGER THAN VELCRO!

WRIST WRAPS

HEAVY DUTY ¾" ELASTIC THUMB LOOP!

12" \$14.95
50cm \$15.95
24" \$17.95
36" \$22.95



TITANIUM KNEE WRAPS

DESIGNED FOR MAXIMUM REVOLUTIONS AROUND THE KNEE RESULTING IN **MORE COVERAGE AND ENERGY OUT OF THE HOLE!**

2 METER LENGTH \$25.00
2.5 METER LENGTH \$34.00



SPRINGIER AND MORE FLEXIBLE FOR MAXIMUM REVOLUTIONS AROUND KNEE!

TITANIUM WRIST WRAPS

HEAVY DUTY ¾" ELASTIC THUMB LOOP!

12" \$14.95
50cm \$15.95
24" \$17.95
36" \$22.95



FEATURES 2" WIDE APLIX BRAND HOOK & LOOP THAT'S 30% STRONGER THAN VELCRO!

RED DEVIL KNEE WRAPS

EXCELLENT WRAP FOR BEGINNERS TO INTERMEDIATE. **AN EXCELLENT BALANCE OF POWER AND COVERAGE!**

2 METER LENGTH \$16.50
2.5 METER LENGTH \$21.00



SOFTER AND MORE STRETCHY FOR GREATER COMFORT WITHOUT LOSING POWER!

RED DEVIL WRIST WRAPS

HEAVY DUTY ¾" ELASTIC THUMB LOOP!

12" \$9.00
50cm \$10.00
24" \$11.00
36" \$12.00



FEATURES 1" WIDE APLIX BRAND HOOK & LOOP THAT'S 30% STRONGER THAN VELCRO!



www.titansupport.com
800-627-3145

ALWAYS THE ORIGINATOR NEVER THE IMITATOR™

'POWERLIFTING USA,

August 2010 » Volume 33 » Issue 10

FEATURES

49 RAW UNITED MIKE WITMER MEMORIAL OPEN

Spero Tshontikidis takes us inside the Mike Witmer Memorial Open, where Ryan Celli made an all-time record total of 1840 pounds in the 198 class and Bob Gaynor pulled an incredible all-time record 680 at 198

54 ORIGINAL WESTSIDE: TRAINING TEMPLATE & EXERCISES

Ron Fernando gives insight into the training methods and equipment utilized by the original Westside Barbell crew

60 OPTIMAL POST WORKOUT NUTRITION

Scott Mendelson of Infinity Fitness gives lifters strategies for rapid fat loss, muscle growth and recovery

MIKE WITMER MEMORIAL OPEN

(Clockwise from top) Ryan Celli, Mike Tuchsherer and Jenn Rotsinger all made record lifts at the meet courtesy Spero Tshontikidis



MATT KROCZALESKI

— World Record Holder,
Team MuscleTech Iron Punisher



THE WORLD-RECORD HOLDER

JACKS UP STRENGTH

with Nitro-Tech!

WITH FEATS OF STRENGTH THAT DEFY LOGIC, World Record Holder Matt "Kroc" Kroczaleski has shown the world he's the best at hauling huge amounts of iron. How has he done it? Intense training sessions, proper nutrition and, without a doubt, Nitro-Tech Hardcore Pro Series.

In a six-week study on 36 test subjects, the core ingredients in Nitro-Tech Hardcore Pro Series were shown to **increase subjects' bench press by more than double** the results of those subjects taking whey protein (34 vs. 14 lbs.). That's a huge difference in strength! And who doesn't want every advantage in jacking up max bench?

Matt Kroc is a World Record Holder and a seasoned veteran – he knows what works. That's why he's on Nitro-Tech Hardcore Pro Series. Get on it and feel the strength for yourself!

- **Subjects Taking the Core Ingredients in Nitro-Tech Hardcore Pro Series DOUBLED the Bench Press Results of Subjects Who Took Whey Protein!**
- **25% MORE PROTEIN per Serving than the Previous Nitro-Tech Formula!**
- **Each Maxed-Out Daily Serving Delivers 11 g of Leucine and 13 grams of Additional BCAAs!**

AVAILABLE AT



Read the label before use. The MuscleTech® brand of supplements is America's #1 selling sports supplement brand. Facebook logo is owned by Facebook Inc. Twitter logo is owned by Twitter Inc. YouTube logo is owned by Google, Inc. The owner of the Nitro-Tech trademark is NITRO US TRADEMARK LTD. © 2010.





- 8 JUDD'S CORNER: KEA VS. GANT** Judd Biasiotto
- 10 STARTIN' OUT: TRAINING MEETS** Doug Daniels
- 12 BOBBY MYERS INTERVIEW** Ben Tatar
- 14 BIG EVIL'S LAIR: MIND TRICKS** Jamie Harris
- 16 POWER FORUM** Bob Gaynor
- 18 DOC HOLLOWAY INTERVIEW** Larry Miller
- 20 HARDCORE GYM #99: SPEED THROUGH POWER** Rick Brewer
- 22 WESTSIDE: PROGRAMMING & ORGANIZATION** Louie Simmons
- 24 POWER NUTRITION** Anthony Ricciuto
- 26 APF SC BATTLE OF THE BAD** Will Millman
- 28 POWER RESEARCH: NOP-47** Team MuscleTech
- 30 GOODSON WABDL WORLD CUP** Gus Rethwisch
- 32 INNER STRENGTH, INNER PEACE EXCERPT** Tim McClellan
- 34 ASK THE DOCTOR** Dr. Mauro Di Pasquale
- 38 ALL TIME TOP 50: MEN 275 BENCH** Michael Soong
- 39 ALL TIME TOP 50: WOMEN SHW BENCH** Michael Soong
- 70 COMING EVENTS**
- 79 TOP 100 LIST: 275 LB. CLASS**
- 112 POWER PHOTO OF THE MONTH** Ted Arcidi

ON THE COVER

Bob Gaynor pulling a record deadlift at the RAW United Mike Witmer Memorial Open
photo courtesy Spero Tshontikidis



'POWERLIFTING USA.

"...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success...through their own love for the sport...this is their magazine."

PUBLISHER Mike Lambert
EDITOR IN CHIEF Mike Lambert
CONTROLLER In Joo Lambert
STATISTICIAN Michael Soong
ART DIRECTOR Kelly Anglin
ADMINISTRATOR Priscilla Ramirez

POWERLIFTING USA (ISSN 0199-8536) is published monthly for \$36.95 by Powerlifting USA Magazine Co., 2486 Ponderosa Dr. North, Suite D-216, Camarillo, CA 93010. Periodicals postage paid at Camarillo, CA, and additional mailing offices. POSTMASTER: Send address changes to POWERLIFTING USA, P.O. Box 467, Camarillo, California 93011.

PRINTED IN THE USA

SUBSCRIPTION RATES:
 USA addresses, 12 issues.....\$36.95 USD
 USA addresses, 24 issues.....\$67.95 USD
 First Class Mail, USA, 12 issues.....\$60.00 USD
 Outside USA, Air Mail, 12 issues.....\$96.00 USD

CONTACT US:
PHONE 1.800.448.7693 or 805.482.2378
FAX 805.987.4275
EMAIL info@powerliftingusa.com
 Advertising rates available upon request

WWW.POWERLIFTINGUSA.COM

© POWERLIFTING USA 2010. Reproduction of this magazine, in whole or part, is prohibited without written consent. Opinions expressed herein are those of the writer only, and may or may not be in agreement with Powerlifting USA.

'POWERLIFTING USA.

SUBSCRIPTION FORM

CHECK ONE:
 NEW RENEWAL ADDRESS CHANGE
 *If address change, indicate previous address as well

NAME _____
 ADDRESS _____
 CITY _____
 STATE _____ ZIP _____

SEND TO:
 Powerlifting USA | P.O. Box 467 | Camarillo, CA 93011
 We accept: check, Visa, Mastercard, Discover, and PayPal
 Orders can also be made through www.powerliftingusa.com
 or by calling us at 1.800.448.7693
 SEE ABOVE FOR SUBSCRIPTION RATES

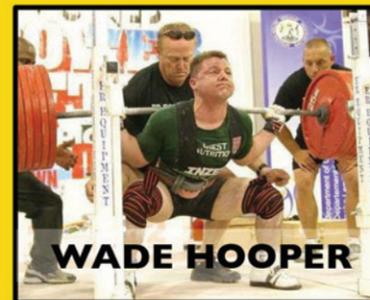
Q BAR COMPETITION STARTER SET

— comes with a FREE DL HELPER —



Ivanko Plates = 233.5 KG

New lower price of **\$1850**



WADE HOOPER

SYNERGY 5X5

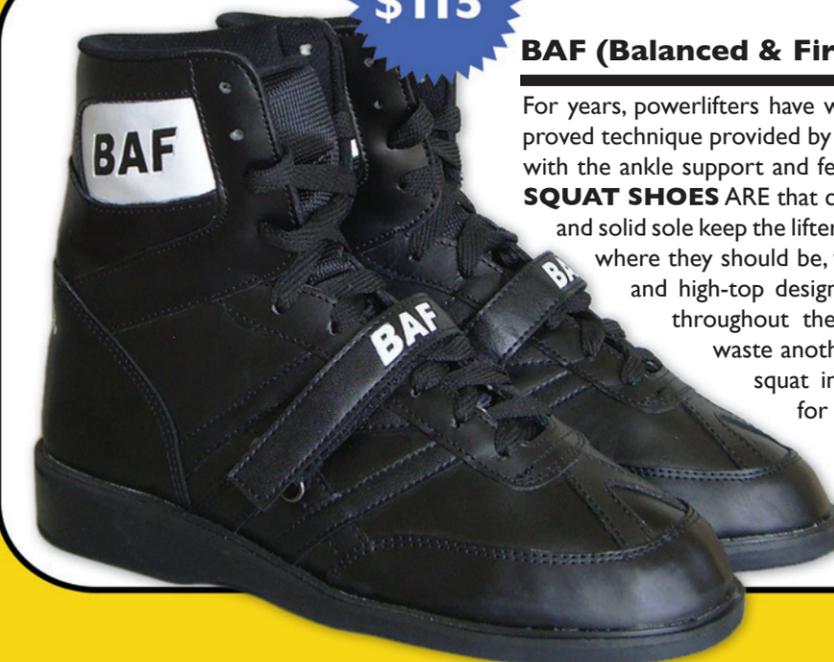
The All-in-One Formula

- 35g Protein
- 25g Carbs
- 5g Glutamine
- 500% Vitamin C

2 for **\$70 Special!**



\$115



BAF (Balanced & Firm) SQUAT SHOES

For years, powerlifters have wanted the stability and improved technique provided by an Olympic shoe combined with the ankle support and feel of a high-top. Well, **BAF SQUAT SHOES** ARE that combination. The raised heel and solid sole keep the lifter balanced and on their heels where they should be, while the firm construction and high-top design keep the lifter supported throughout the setup and the lift. Don't waste another day in the gym trying to squat in shoes that weren't made for squatting. **BAF SQUAT SHOES** are the combination that you need.

Sizes: Men's 7.5 - 13.5

WWW.QUEST-NUTRITION.COM
 888-357-8378
 IVANKO AUTHORIZED DEALER

QUEST NUTRITION



MHP

Brian Siders
IPF World Record Total
2,601 lbs. @ SHW

Joe Mazza
IPA World Record Bench
705 lbs. @ 165 lbs.

Vlad Alhazov
World Record Squat
1,250 lbs. @ SHW

Rob Luyando
World Record Bench
832 lbs. @ 220 lbs.
905 lbs. @ 242 lbs.
947 lbs. @ 247 lbs.

Ryan Kennelly
Greatest Bench Ever
WR 1,075 lbs. @ 308 lbs.

HardcorePowerlifting.com

MHP dominates the powerlifting world with a team of the most respected world record holders. This elite group of athletes continuously breaks their previously set records time and time again to raise the bar and leave their competitors in the dust. What is it that fuels these strongmen to accomplish these unimaginable feats? The answer is simple – Our athletes use only MHP products to power their bodies and bring their lifts to unbelievable heights. MHP supplementation is the key to their continuous record-breaking feats of strength.



Michael Cartinian
All-Time World Record Total
2,265 lbs. @ 181 lbs.



Jeremy Hoornstra
World Record "Raw" Bench
615 lbs. @ 242 lbs.



Brian Schwab
World Record Total
2,045 lbs. @ 165 lbs.



Shawn Frankl
World Record Total
2,630 lbs. @ 198 lbs.



Joe Ceklovsky
World Record Bench
600 lbs. @ 147.6 lbs.

THE WORLD'S STRONGEST MEN ARE POWERED BY MHP

Find us on Facebook! Search for:
Maximum Human Performance
Follow us on Twitter!
www.twitter.com/mhpstrong

Call Now or Go Online Today!
1.888.783.8844 • www.MHPSTRONG.com



© 2010 Maximum Human Performance, Inc. All rights reserved. These statements have not been evaluated by the FDA. This product is not intended to diagnose, cure, treat or prevent any disease. Your results may vary.



“DARK RAGE has helped me take my training to a new level of power and intensity.”

RYAN KENNELLY – Team MHP Member
Greatest Bench Press Ever!
World Record 1,075 @ 308 lbs.

**THERE'S STRONG...
THEN THERE'S MHP STRONG!**

PREPARE FOR THE MOST INCREDIBLE WORKOUT OF YOUR LIFE!

Get ready for a completely new workout experience as you feel the power of **DARK RAGE**. Within seconds of drinking **DARK RAGE**, psychotropic factors and ergogenic energizers kick in to elicit an intense feeling of heightened euphoria and focus. When you enter the gym, you will feel the adrenaline pulsing out of your adrenal glands as the euphoria turns into a feeling of intensity, aggression and rage. You'll grab that iron barbell with total confidence and command as you begin an animalistic assault on your body for the best workout of your life.

From your very first rep, you will feel **DARK RAGE**'s EPO Blood Doping Technology force more blood through your hemovascular, nitric oxide-induced garden hose veins. A surge of raw power is triggered by the most advanced creatine matrix and cell volumizers, allowing you to lift more weight than ever before. Not only are you stronger, but your muscles are fueled and prepared to work harder and longer and fight through fatigue with beta-alanine and pH buffering co-factors so you can push yourself further, recover faster and grow bigger and stronger.

Prepare to enter a state of raw aggression, extreme intensity and explosive power known as a **DARK RAGE!**

EVERY GREAT WORKOUT BEGINS WITH DARK RAGE!



Available at:



Find us on Facebook! Search for:
Maximum Human Performance



Follow us on Twitter!
www.twitter.com/mhpstrong

Call Now or Go Online to Order Today!

1.888.783.8844

www.MHPSTRONG.com



© 2010 Maximum Human Performance, Inc. All rights reserved. These statements have not been evaluated by the FDA. This product is not intended to diagnose, cure, treat or prevent any disease. Your results may vary.

POWERLIFTING FLASHBACK: KEA vs. GANT

as told to Powerlifting USA by Judd Biasiotto, Ph.D.

This series is designed to relive some of the most memorable moments in powerlifting history. These iconic moments will not necessarily be comprised of events that took place strictly on the lifting platform, but rather prominent moments—moments, either good or bad, where the times, the competition, and the circumstance literally changed the face of powerlifting forever.

By 1984, at the age of 27, Lamar Gant had already established himself as one of the greatest powerlifters of all time. Figuratively speaking, he was a lifting demi-god much on the order of Hatfield, Pacifico, and Kazmaier. He was one of only three powerlifters who had won nine or more world titles; the other two were Japan's 43-year-old Hideaki Inaba, who had won 10 titles, and the great Pacifico, who at 39 years of age had won nine world titles. Most experts in the field of powerlifting believed that if Gant continued to compete he would easily win at least 20 world championships before retiring. They felt that his lifting prowess was otherworldly and that he was literally invincible...unconquerable.

He won his first world title at the age 18 when he won the 123 pound class at the 1975 World Championships in Birmingham, England, and in the process, he became the youngest man in powerlifting history to become a world champion. (It might be noted that over the last 35 years no one has come close to breaking that record.) After winning his world title in 1975, he never lost a single meet in national or international competition. In actual fact, up until that time, he lost only one meet in his entire life, a second place finish at the world championships when he was sixteen years old. From that moment on, Gant was literally unbeatable in powerlifting competition. Over a span of nine years, he shattered 26 world records, won 9 world titles, and 9 national titles. Again, his lone defeat was recorded when he was literally a child. Actually, he never was a real child. He was more like a man-child. It has been said that when he crawled out of his mother's womb he picked the doctor up by his feet, slapped him on the butt and then took a cab to the nearest gym. Apparently, he had been residing there ever since.

He just didn't beat his opponents either; he literally destroyed them. It was not uncommon for him to win by 200-300 pounds in national and world competition. Think about that for a second. Here is a guy that competed hundreds of times against the greatest powerlifters in the world and literally embarrassed them. When most lifters in his weight class were struggling



Lamar Gant is the penultimate deadlifter in the history of the 123 lb. and 132 lb. classes in IPF competition...how long will his IPF World Records continue to stand?

with 400 pounds in the deadlift, Gant was consistently breaking the 600 pound barrier. In practice, he was able to deadlift 615 pounds for five repetitions and 500 for 20 reps.

If you have ever seen Gant in person, you have a pretty good idea why he is so successful in the deadlift. He is perfectly built for the deadlift. His trunk is extremely short for his height,

giving him a significantly shorter lever arm than most, if not all, of the lifters in his weight class. Needless to say, all things being equal, an individual with a shorter lever arm can lift more than an individual with a longer lever arm. Just as significant, Gant's arms are also unusually long. At five foot one, he has a 32" inseam. Consequently, he is able to lock out his deadlift

EVERY WORKOUT ENDS WITH DARK MATTER!



Rob Luyando - Team MHP Member
World Record Bench Press
909 lbs. @ 275 lbs.

THERE'S STRONG... THEN THERE'S MHP STRONG!

Watching Rob Luyando train is an eye-opening experience. The amount of intensity he puts into every workout is mind blowing. The fact that his body can withstand so many grueling workouts day after day defies human physiology. How does this phenom of strength do it? **DARK MATTER!**

After every workout, Rob refuels his body with **DARK MATTER** — the ultimate post-workout recovery and growth accelerator. **DARK MATTER** takes a quantum leap forward into a new dimension of post-workout muscle growth called the Anabolic Axis. The Anabolic Axis is the time and point at which insulin levels simultaneously peak with amino acids, creatine and glycogen transport into muscle tissue during the critical 1-hour period immediately after your workout. **DARK MATTER** blasts open the critical "Anabolic Window" faster, wider and longer, allowing you to enter the Anabolic Axis for the most powerful anabolic reaction you've ever experienced!

- Increases Protein Synthesis by 600% • Absorbs Faster Than Whey
- Spikes Insulin Dramatically • Maximizes Creatine Uptake and Glycogen Replenishment

THE WORLD'S STRONGEST MEN ARE POWERED BY MHP.



Available at:



Find us on Facebook! Search for: Maximum Human Performance

Call Now or Go Online to Order Today!

1.888.783.8844



Follow us on Twitter!
www.twitter.com/mhpstrong

www.MHPSTRONG.com



TRAINING MEETS

as told to Powerlifting USA by Doug Daniels

The best measurement of performance in any sport is realized in actual competition. No amount of practice or training can be an adequate substitute. Major sports like pro basketball and baseball, etc., have pre-season games or leagues where teams can try out new players and plays under game situations. But in these games, the score does not matter all that much. Coaches and players are able to gauge where they are at so they can make adjustments in both personnel and coaching practices. Powerlifting is no different. Lifters need to be able to gauge their progress or try different things under meet conditions. But peaking properly for a meet requires a lot of hard work, which, if done too often, can deter progress in the long run. So what's the answer?

Training meets can be a partial answer. What exactly are training meets? In short, a training meet would be a competition a lifter would compete at, but not design his training cycle to peak out for. This may include not trying to make weight and competing at a higher than usual weight class. In addition, maximal attempts may not be taken on the platform.

Lifting at a training meet can make sense when a lifter is peaking for an important contest a few weeks away and needs to gauge his progress. Knowledge gained at this type of competition may be used to make adjustments in training or expectations at the upcoming target meet. By not worrying about making weight, a lifter would not lose strength because of cutting weight, which could hinder strength building or hitting a contest peak. Not going all out also would prevent any premature burnout or unnecessary injury that could affect his performance at a meet when it counts.

Let's take an example of a 148 class lifter who has chosen the state meet in October as his targeted meet of the season. However, there is a local meet 3 weeks prior the state meet. He would still begin his contest preparation phase 12 weeks prior the state meet. At weeks 7 and 8, he would try hitting some 90% of max singles to quickly prepare for the local meet at week 9. Normally, he would drop 6-8 pounds to be able to compete at 148, but for this training meet, he would lift at whatever weight he was at, even having a good dinner the night before weigh-in. At the meet, he could consider taking only 1-2 attempts on the squat and deadlift while taking 2-3 cracks at the bench, which is the lift he most needed to gauge. By analyzing any problems or successes he had, he can resume training with squat depth, bench press lockout unevenness or deadlift grip. Not going all out reduces the chance of peaking out too soon or chance of injury on max lifts.

Single lift meets are great for training meets. A bench meet, relatively close to a major 3-lift event, can provide a good opportunity. A meet a week or two after a major contest can also be used as a training meet. Pass if you are excessively fatigued or have an injury or pain. But if you feel good, go for it! I would suggest not cutting weight in this scenario also. Treat yourself as a superheavy for this one, not needing to make any certain weight; compete at whatever bodyweight you show up at.

Not cutting weight may reveal that you should consider moving up a weight class. This can be evident if you lift considerably less at your lighter weight or have a hard time getting down. Your lifts may take off at a higher weight. I've always stated that over time lifting will make you bigger. Keeping your weight down may be holding back your bench press or squatting power. Many experts agree it takes a year to "grow" into a weight class, so be patient. Bodyweight changes affect the bench the most followed by the squat and lastly, the deadlift.

Lifting at a training meet should be considered a workout too. Take 2-3 days off before going back to the gym. If you lifted at a one-lift meet, you can train the others lifts as scheduled. Resume your training where you should be in your cycle for that week. I would suggest no more than 1-2 training meets per year. Any more and you will not be able to devote proper time to peaking for meets that count. Lifters that compete too often usually do not improve.

With more experience and confidence, the need for training meets

may decrease or disappear altogether. Newer lifters generally feel the need to gauge their progress more frequently than veterans do. This is mostly due to lack of confidence. Many elite lifters compete only at National and World meets and a token qualifying contest. You should learn from every meet you lift at. Lifters are not the only athletes who use the training meet concept. Runners compete at races of varying distances and regard them as training sessions, experimenting with controlling their speed throughout the race for better times at races that count. Approach training meets as another tool in your quest for those big lifts. ◀



KILO BANDS

LiftingLarge.com has just added Kilo Bands to their ever increasing product line. These bands are made to our specifications drawn from our 30+ years of powerlifting experience. Kilo Bands come with a 1 year warranty against defects and at a price that cannot be beat. Band packages are available to save even more money. The bands are in stock and ship the same day you order worldwide. Check out the complete line of Kilo Bands at www.LiftingLarge.com.

THE MOST ANABOLIC BCAA FORMULA!



Joe Mazza - Team MHP Member
IPA World Record Bench
705 lbs. @ 165 lbs.

THERE'S STRONG... THEN THERE'S MHP STRONG!

BCAA 3300 - POWERED BY TWICE THE LEUCINE!

MHP's **BCAA 3300** sets a new standard in strength-building sports supplementation by providing the most highly anabolic branched chain amino acid complex in a timed release formula. **BCAA 3300** delivers a highly anabolic 4:1:1 BCAA ratio, making it far superior to all other BCAA products on the market that use a 2:1:1 ratio.

The newest scientific research reports that the amino acid leucine is the anabolic powerhouse due to its major role in activating protein synthesis and stimulating a higher rate of muscle growth and repair via the mTOR anabolic pathway. This makes leucine the most critical BCAA for promoting overall protein synthesis for peak muscle building and strength enhancement. **BCAA 3300** utilizes a highly anabolic 4:1:1 branched chain amino acids ratio that contains four times the amount of the leucine to isoleucine and valine. The unique timed release delivery system provides a steady supply of these key BCAAs to keep you anabolic and avoid catabolic muscle breakdown. This allows for a continual supply and maximum absorption and utilization of these critical aminos for superior strength and muscle building, anti-catabolic muscle protection, energy production and recovery compared to conventional BCAA formulas.

MHP's **BCAA 3300** is the most sophisticated, advanced anabolic BCAA formula available and is a must-have for all serious powerlifters looking to up their lifting poundages to record-setting levels!



Available at:



Find us on Facebook! Search for: Maximum Human Performance

Follow us on Twitter! www.twitter.com/mhpstrong

Call Now or Go Online to Order Today!

1.888.783.8844 • www.MHPSTRONG.com



POWERBUILDER BOBBY MYERS

as told to *Powerlifting USA* by Ben Tatar of *Critical Bench*

Today we are here with powerlifter and bodybuilder, Bobby Myers. Bobby, tell us about yourself!

Hello, my name is Bobby Myers. I am 45 years old. Born in Niceville, Florida, on August 3, 1964, and have been a Florida resident my entire life. I have been married for 26 years to a wonderful woman, Carol Ann. We have a 25 year old daughter, who graduated from the University of West Florida with a degree in education, and now teaches in Ocala, Florida.

You and your wife Carol Ann own a powerlifting gym. Tell us about it.

Carol Ann and I own a small private powerlifting/bodybuilding gym in Defuniak Springs, Florida. We only have 10 members, but most are elite powerlifters, and also cross over to bodybuilding, figure and bikini.

How did you get involved in powerlifting?

The main sport I participated in was hunting. Especially catch and release wild boar...what a rush! In the late '90s I watched an APA meet in Montgomery, Alabama. I was amazed at the huge numbers that these guys were putting up, and the gear was something I had never seen. I was very interested, and later was hooked. Little did I know my own numbers would far exceed anything I saw that day!

What a story, that's great! You're sponsored by Shawn "Bud" Lyte. How do you like working with Shawn?

Bud is a very cool guy when you get to know him. He has a very unique outlook on what he would like to support in the sport. He and I have become very good friends. At times we both give and take from each other's opinions.

It is awesome being sponsored by Shawn; the one word that comes to mind is "GUARANTEEED." Bud has done everything he has told me he would do. Bud has been very reliable. He has sponsored all of our powerlifting meets in one way or another. He pays for all of my and Carol Ann's entry fees, membership cards and a portion of our travel expenses. Up front!

I know some people say what's an entry fee? Well in this economy, it is money you don't have to take out of your own pocket. Bud has been very supportive of all our ventures, and it is very much appreciated.

What is your favorite thing about being a powerlifter?

It has to be the camaraderie—seeing old friends from past events, making new friends, helping all that need help, and the high I get from PRs, especially the deadlift!

What federations do you and Carol Ann compete in? What are your best lifts?

We have lifted in multiple federations. WABDL, APF, APC, APA, SPF. All are great, and we had a blast in all of them, but at this point in my life, I favor the APF & APA. I would love to do a USPF meet in the future! We both compete in the NPC for bodybuilding.

My best lifts to date are: squat 915 – Titan Boss, bench 585 – Inzer 2-ply EHPHD, deadlift 765 – Titan Boss. All at 242 lb.

Directly related to our powerlifting is our bodybuilding! When we started powerlifting, we had no idea it would take us into bodybuilding. We are now both Elite powerlifters in two different weight classes, and also both national level bodybuilders. I don't know if this is true, but we have been told that we could be the only married couple in the country to reach this level in both sports together.

What are your 5 tips for a bigger bench?

Well, being I am not a big bencher, this may not be the best subject for me. When I am training someone in the bench, these are what we work on and look at.

First and foremost is technique. Perfect technique will take you to new levels.

Second is speed. If there are lifters of equal strength, but one moves the weight faster, he will win 9 out of 10 times!

Strength—don't forget this and don't just rely on your shirt. Never be afraid to take that shirt off and do some raw work. It will definitely convert to a bigger equipped bench.

Here's where more lifters mess up than anything else: picking the shirt for you. Most lifters see someone hit a huge bench. So they want one of those shirts. That doesn't mean that it is the shirt for you. Your shirt should be picked based on technique, and body type.

Don't over train. You need light weeks, and heavy weeks for a reason.

What are your 5 tips for a bigger squat?

I would say, the squat and bench are pretty much the same! These are the two lifts you can get the most out of powerlifting gear. The reason being, you can change your leverage points. Leverage points are everything. You simply change the mechanics of the lift!

What are your 5 biggest tips for a bigger deadlift?

Pull reps—usually not less than 6 reps; I rarely pull a single in training! Singles tend to beat you down.

We use no bands or chains. Just pull from the floor, and do rack pulls.

Form is critical, whether you pull sumo or conventional.

If it doesn't feel good, quit and go home!

Don't push it. You should never miss a rep in training. You need to feel the deadlift!



Bobby has real credentials as a bodybuilder

If you compete in gear, train in gear!

Bobby, what is the best and worst advice you were ever told?

Best advice: we have had the pleasure of training with some of the best powerlifters in the southeast, and got lots of good advice. Joe Ladnier of Power Pit in Biloxi, Gary Frank of Hardcore Barbell in Baton Rouge, LA, and last but not least, Jon Grove of North Georgia Barbell in Kennesaw, GA.

Gary Frank of Hardcore Barbell once told me, "You have to feel the deadlift." This is the truest statement I have ever heard.

Jon Grove of North Georgia Barbell told me "Once you get to a certain weight, it all feels



Vlad Alhazov - Team MHP Member
King of the Squat!
1,250 lbs. Squat

THERE'S STRONG... THEN THERE'S MHP STRONG!

It's Good to be KING!

When it comes to testosterone, T-BOMB II is King! It takes seriously high testosterone levels to squat 1,250 lbs. That's why MHP Team Member Vlad Alhazov uses the "King of testosterone formulas" T-BOMB II. What makes T-BOMB II so powerful is its exclusive hormone manipulation compound, Optimone-5. This patent pending 5-stage complex manipulates your entire hormonal profile by cranking up testosterone 400% and destroying male-deadly hormones such as estrogen and DHT. It also crushes sex hormone binding globulin (SHBG), allowing for more of your testosterone to be "free" and bioactive to dock on your steroid receptors. Topping off this powerhouse Test formula is a proprietary 2nd Messenger Complex that enhances androgen receptor sites, allowing you to soak up and utilize even more testosterone.

"T-BOMB II – The King of Testosterone Formulas"



Call Now or Go Online to Order Today! 1.888.783.8844 • www.getMHP.com



MIND TRICKS

as told to Powerlifting USA by Jamie Harris, aka. Big Evil » www.bigevilslair.com

THE MIND. It is such a important part of powerlifting success. A strong mind can move mountains—not just in powerlifting, but in any avenue of life. Strong minds separate world champions from common folk, that's for sure. Just look at the world's top powerlifters from today and yesterday—different sizes, different techniques, but I assure you one thing they have in common, they all have the mental tools to be a champion and leave the regular gym rat in the dust. Champions are born and not made, you ask? Is this true, Big Evil? I say, anyone with enough desire and mental toughness can just about accomplish anything they set out to do. Now, the real question is how bad do you want it? Are you the lifter willing to put the time and effort into reaching your goals? Okay, okay, I know you're a hardcore, win-at-all-costs juggernaut. Now the next question, is your mind properly focused to achieve your goals? Are your meet results and training results not moving because you let your mind defeat you and overcome you with anxiety and self doubt? I thought so, well listen to this.

In 1998, I returned to powerlifting to reclaim the all time biggest bench press in history. I felt being away for a few years helped clear my mind and point out some of the mental training mistakes I made on my previous campaign. I also sought out the help of a good sports hypnotist, which was a big help in getting into the proper mindset to set world records. I am now going to share with you some of the key points I have learned that helped my training tremendously. Read on and prosper.

One of the philosophies that I first had in the beginning of my powerlifting career was that the competition was the enemy and that all your mental focus was on beating the individual that holds the all time world record. That sounds simple enough, right? But does it make any sense? Understanding that whatever another lifter lifts has no direct bearing on you and most importantly all the mental energy you waste on placing higher than them in the meet will not help you with your battle with the real enemy—the bar. James Earl Jones said it best in Conan, "The riddle of steel, the steel is the only thing that lasts and is a constant, the steel is true power." Let's look at this in powerlifting terms. All powerlifters face the steel, the steel doesn't care who you are or if you feel strong or weak that day; it has no mercy and it will take you out and injure you in a split second. Either you will be greater than the steel this day or it will be greater than you. It's that simple. To reiterate, do everything in your power to mentally prepare to face the steel, not a competitor. I found when you look at this sport with this mindset, you can achieve your goals a lot more quickly. Focus on your numeric goals and take them



The Big Evil, Jamie Harris, has returned to powerlifting to give back to the sport and its lifters

down systematically. Leave the hype to professional wrestling (I love hype and pro wrestling, it just doesn't apply to your lifting). Now that we have talked about mindset, let's talk about some of the things we can do to mentally prepare ourselves for the platform.

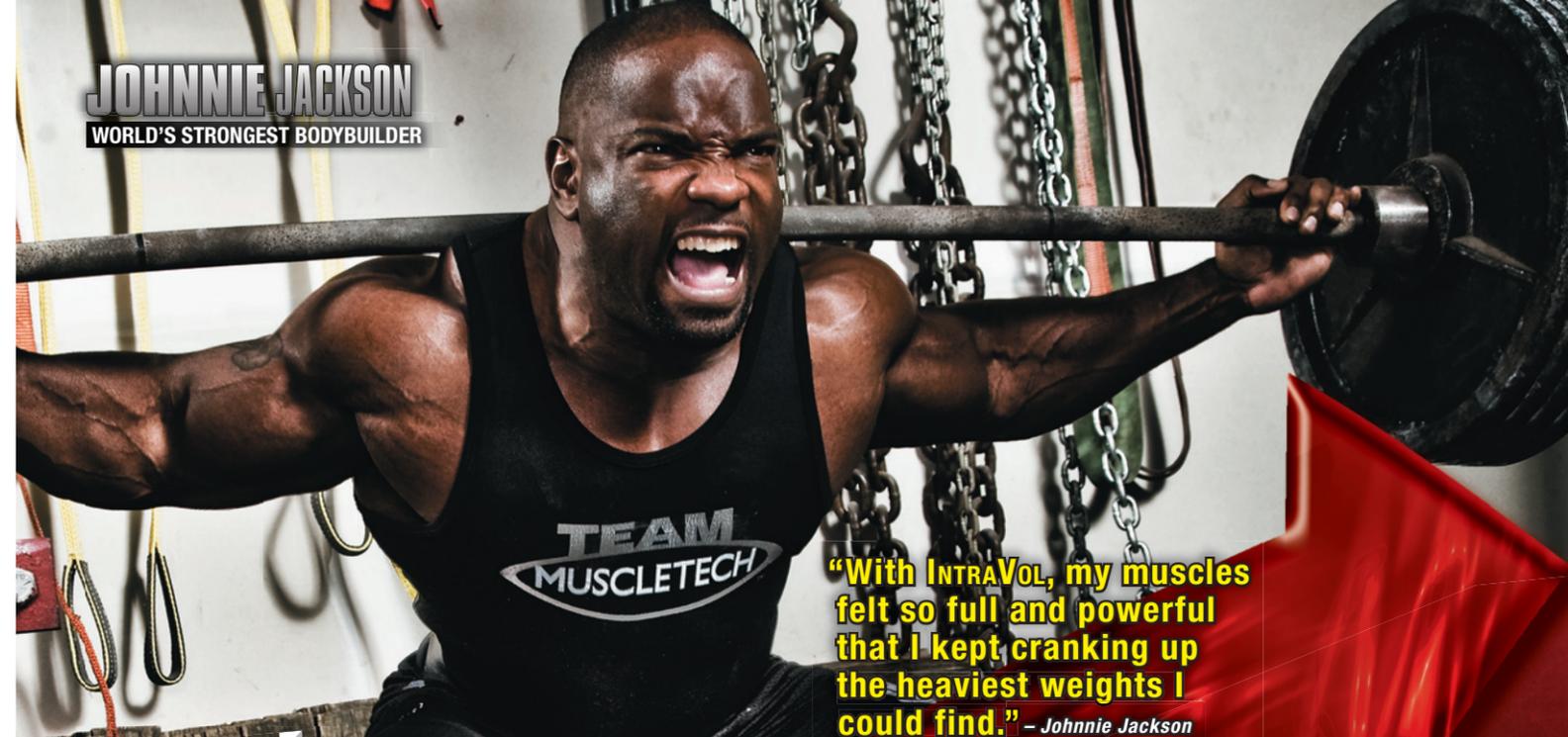
The most important part of mental training is visualization. If you can see yourself mentally

doing something, the odds are better in your favor that you really can do it. Now, these are in terms of realistic goals, of course. Increasing one hundred pounds on your bench in ten weeks would be a little unrealistic and will lead to disappointment. We want to stay positive by setting realistic, achievable goals, where a twenty pound gain is a lot more realistic. Start

photos courtesy Bert Wagner

page 88 »

JOHNNIE JACKSON
WORLD'S STRONGEST BODYBUILDER



"With INTRAVOL, my muscles felt so full and powerful that I kept cranking up the heaviest weights I could find." — Johnnie Jackson

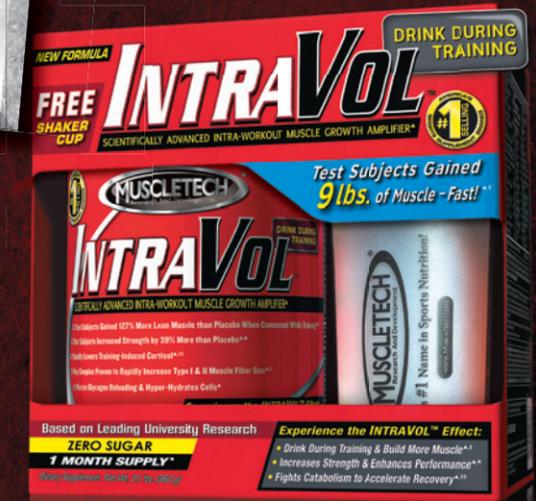
Haul HEAVY WEIGHT

Even Johnnie O. Jackson, the World's Strongest Bodybuilder, doesn't rely on back-breaking training sessions and genetics alone. He swears by the intra-workout strength and musclebuilding power of INTRAVOL!

INTRAVOL is designed to capitalize on the untapped window of musclebuilding opportunity that exists during training sessions! In fact, a research study shows just how powerful this intra-workout supplement is.

In a 12-week study at Charles Sturt University on 32 test subjects divided into four groups training twice per week, those subjects using the key complex in INTRAVOL during training jacked up their one-rep leg press strength by 39 percent (463 vs. 334 lbs.) more than the placebo group and added a shocking 9.04 pounds of raw muscle – the placebo group only gained 3.97 pounds!

INTRAVOL works for Johnnie; see what it can do for you. Get on INTRAVOL today and make the most of every hardcore training session.



- TEST SUBJECTS INCREASED STRENGTH BY 39%!
- SUBJECTS ALSO GAINED OVER 9 LBS. OF RAW MUSCLE!
- DRINK DURING TRAINING TO MAKE THE MOST OF YOUR INTRA-WORKOUT MUSCLEBUILDING WINDOW!

AVAILABLE AT

GNC LiveWell.
SHOP NATIONWIDE OR AT GNC.COM

BODY BUILDING.com

Read the label before use. © 2010.



THE IPF WORLDS

The purpose of the forum is to have an open dialogue concerning our sport. The subjects will range from training, nutrition, equipment and powerlifting standards. Each month, a topic will be picked and 10 or 12 powerlifters—this includes administrators, judges and lifters, past and present—will express their opinion and possible steps for improvement. The panel will be from different backgrounds—raw, single-ply, multi-ply, tested/non-tested. With a well rounded panel we should be able to present all points of view. Hopefully the discussion will lead to improvement in our sport.

We would also like to involve our readers in this forum. If a reader has a subject they would like to see discussed, please submit to: Powerlifting USA, Attn: Power Forum, P.O. Box 467, Camarillo, CA 93011 or email it to bobgaynor@comcast.net with "Powerlifting USA Forum" as the subject. We would also like to have that reader include their opinion which will be included when their topic is discussed. As you will see, the current panel are all well respected members of the powerlifting community. If you would like to be included in future forums as a panelist, please email bobgaynor@comcast.net.

This month's forum question is why the United States men's team is no longer a dominant force at the IPF Worlds.

The first Worlds were held in 1971, hosted by York barbell, and it was mainly U.S. lifters. For almost the next 25 years the U.S. was the dominant team.

Why have things changed and what is the cause? The following are the opinions of the forum members.

AL CASLOW: Though I am a multi-ply lifter, I am a fan of powerlifting as a whole. From my understanding and knowledge (or lack of) based on what I read, the participation for Worlds seems to have dropped off significantly in the last few years. The U.S. Team appears to be low in numbers. I can guess as to why and assume with a few ideas, but the team for Worlds is low. You have to factor in drug testing as well. How accurate and how strong is their component in terms of who to test, how often and WHEN? When being the key. I don't for once buy the notion of training, and that their training is better. I do agree with a lot in that they have some better opportunities to be in position to lift more frequently and more dedicated. It's a lifestyle for some, a job in European countries. NOT IN AMERICA.

BILL ENNIS: Since I ref in both the USAPL and USPF (and have done so for years), I have the opportunity to observe men competing in both organizations.

Therefore, it is my humble opinion that the best male lifters in the U.S. choose not to compete in a drug tested organization. This is not to say that there are no strong drug-free lifters in the U.S. Brad Gillingham, Wade Hooper and Scott Layman, to name a few, are at the top of their respective weight classes. However, the vast majority of truly strong competitors avoid the USAPL/IPF like the plague. I also would like to add that many non-USAPL lifters would pass any drug test given to them. This is not an indictment against any organization, but I really don't care if anyone is offended if they think that it is.

RYAN CELLI: I would have to say one reason is because there is not much interest in it. I don't follow the IPF too closely myself. I would bet I could ask 100 lifters at any non USAPL/IPF meet who the current IPF Men's World Cham-

pion is, and not get one correct answer. I wish this was different because I believe these two organizations are the most prestigious organizations going.

Another reason may be money. Do the Europeans get paid to compete? I don't know. Again, unfortunately I don't have much experience with the IPF.

WADE HOOPER: First, when this sport first began there were not that many countries involved in the sport. Competition was not as tough because we had only a handful of countries to worry about, and the U.S. was definitely way ahead of the curve back in the late '70s and through the 1980s. The U.S. dominated with superstar athletes such as Ed Coan, Mike Bridges, John Kuc, Gene Bell, Dan Austin, Lamar Gant, and the list goes on and on. But as this sport gained popularity overseas, many tremendous lifters started competing in this sport. Other countries were producing their own superstars—and many of them. Consequently competition became much, much harder. It isn't that the U.S. was getting worse, because most of our top lifters competing at the World Championships today would have won World Titles with their totals back in the 1980s.

Second, and probably the biggest reason, was the creation of so many powerlifting federations. This has only served to dilute the talent that we have in our country. Back in the '80s, it was nothing to go to a national championship and have to compete in a weight class that had two or more world champions competing in it—with many of the other lifters in that class being competitive enough to probably win a title had they gone to the Worlds. This made for fierce competition, and only made the winner of the weight class better for it. With all the federations in our sport in the U.S., all of which have their own national championships, a lifter could easily win a national title without even having someone in their weight class. Obviously, the best way to produce the most competitive team possible, would be to have fewer federations. This would make competitions much more competitive and make for a better lifter.

DAVE RICKS: I have lifted as a member of the U.S. men's team in the mid '90s when the USPF was the qualifying organization to select the US men's team, and recently I have lifted as a member of the USAPL, who now selects



Brian Schwab has competed at the highest levels of the WPO and in raw competition

the U.S. team membership. The USAPL does not get all the top athletes representing the U.S. men's team due to the large number of multiple lifting U.S. federations. Also, several of these federations have their own world championship, so for the average citizen it is confusing to understand which world championship has more meaning. One method is to increase the awareness of the IPF championships so that more of the non-USAPL athletes may want to aspire to reach that level.

BRIAN SCHWAB: Do you really want the real answer to this? The U.S. obviously has access to the most up to date training methods as well as the best equipment and gear. I think the answer is obvious. The USAPL and IPF are drug tested, not drug free. If you look at the IPF's suspended list, the vast majority of the countries listed are from overseas. Maybe the U.S. lifters are actually following the rules whereas the other countries are doing their best to get around them. I guess we can't know for sure.

Another explanation is that our federations in the U.S. are too watered down. This actually supports my previous reason. Many of the best U.S. lifters gravitate toward the untested federations whereas the countries overseas don't have the opportunity to compete in as many federa-

"They Don't Think You're That Stupid, Do They?"

Did you ever notice that many supplement ads use juiced-up pro bodybuilders to pimp their products? We would never insult your intelligence like that...

No roided-out bodybuilders. No off-season "I look like I'm 8 months pregnant" before shots. No about-to-turn-pro bodybuilders positioned as regular Joe's. None of that crap in our ads to trick you.

Instead, we feature real people who have achieved unreal results by using our products along with their nutrition & rigorous training.

If you truly want to get life-altering results from your supplements, I strongly suggest you stop listening to guys on six-figure food & drug plans and start using what smart people 'round the world are doing to transform their bodies. There's a reason why we keep getting flooded with real before & afters & success stories. USPlabs products work!

Get on The Jack3d Stack™ today – You can thank me later.

Best

Jacob Geissler - CEO USPlabs

P.S. - Listen, USPlabs customers work their tails off. That's what separates them from the wanna-be's. So if you're a nancy-boy & are scared to work hard in the gym and eat right, turn the page because you're not worthy. But, if you have the desire to bust your ass & be dedicated - no matter how close or far you are from your goals - welcome aboard - you've found your home.

The Asteroid Stack plus Jack3d = The Jack3d Stack!



New Flavor! Tropical Fruit Punch

Want to be featured in this ad? Visit www.usplabsdirect.com/transformation for more info on how you can be the next star.

Real People. UnReal Results!

Matt Vinopal – Madison, WI

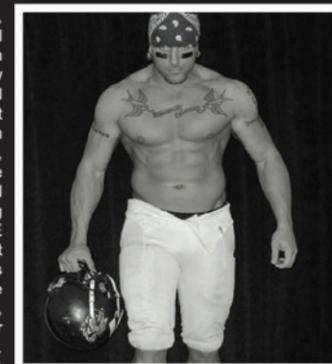


Advice from Matt – "My training is focused on big, multi-joint movements. Multi-joint movements are the foundation of any strength training program. Examples of this include the Squat, Bench, Deadlift, and Standing Military Press. My program is structured in a fashion that I train each exercise once every 10 days. My main training days are Monday, Wednesday, and Friday with Tuesday and Thursday being devoted to weak point training, cardiovascular training and last, but certainly not least, mobility work. I utilize the big multi-joint movements to build strength (rep ranges 1-5) while also using higher rep accessory work for hypertrophy and balance in my training (rep ranges 10-50).

Training Tips:

- Have defined both short and long term goals.
- More is not better - better is better.
- Progress slowly and measure your progress (always WRITE IT DOWN!)

Chad Herlehy - Pensacola, FL PRO FOOTBALL FREE AGENT & COMBAT VETERAN



"I am a U.S. Marine Corps combat veteran, Personal Trainer and Semi Pro football player/Pro football Free agent. I have been training since I was 12 yrs old. I am now 32 and achieving new goals...unexpected goals. If there has been a supplement out there...I've tried it and/or taken it. From protein, carbs, and weight-gainers to andro, tribulus, NO's, glutamine, glucosamine and multi-vitamins. Recently I stumbled across The Jack3d Stack. I was looking for something to help give me that EDGE on the field and during training. The first time I tried it before my season opener was AMAZING! My explosiveness was off the charts! My closing speed, my explosion, was unlike I've ever experienced! So for the rest of the season...The Jack3d Stack... every game day & training session! We won the championship and I was selected to the All-star Team. Thanks to those who turned me on to USPlabs Supplements... it honestly brought my game to another level and has gotten me scouted for the next level too!"

Want to know the best way to use these supplements & get personalized professional advice? Visit www.usplabsdirect.com/howtostack



www.USPlabsDirect.com

DAMARRIO "DOC" HOLLOWAY

as told to *Powerlifting USA* by Larry Miller, D.D.S.

Doc, why don't you give us some background information about yourself, age, occupation, family, etc.

My real name is Damarrio C. Holloway. I am 29 years old. I am a high school mathematics teacher at Clarke Central High School in Athens, GA. I have a wife of almost 3 years, Courtney Holloway, who is my greatest friend and fan of over 10 years.

Where do you reside?

I live in Duluth, GA, about 30 miles north of downtown Atlanta.

How did you get the nickname Doc?

My mother gave me that name as a young child because not only do our last names rhyme, but I also had the characteristics of Doc Holiday, the cowboy.

How long have you been competing in the sport of powerlifting?

I've been competing in powerlifting for nearly 11 years (1 year off due to injury in 2008).

What sports were you active with in high school and college?

In high school I played basketball and ran track. I was mediocre (at best) in both sports, but I've had several years in martial arts and baseball before HS. In college, the only sport I did was powerlifting.

How did you get started in powerlifting?

Well, when I got to Louisiana Tech University, I wasn't doing much the summer going into my freshman year. I was just working out, but not in the weight room though. As a matter of fact, I hated weights all through high school, skipping all weight-training workouts during track season. The fall of my freshman year, my RA asked me if I wanted to join the PL team as he saw me walking into the building. I had no idea what it was because it wasn't big in Arkansas, where I'm from. I just said "yeah" and he told me to come to practice. I might as well; I didn't have anything else to do at the time.

What are your best lifts for each weight class you have competed in?

At 114—squat 400, bench 193, deadlift 490. At 123—squat 463, bench 303, deadlift 573. At 132—squat 573, bench 341, deadlift 589. So far at 148—squat 606, bench 374, deadlift 611.

What have been the highlights of your career to date?

So far the highlights of my career is honestly meeting the hundreds of great people I've met over the years and being able to help as many people in the sport. That's what I've enjoyed more than lifting in this sport. Another highlight was being honored as one of the all-time top 25 men to compete in the Men's Open National Championships.

What remaining goals would you like to accomplish?

I've won a Junior World Championship in 2003, but have yet to win an Men's Open World Championship. I've gotten top three, but I'd really like to hear the United States National Anthem during one of the light-weight medal ceremonies. I'd also like to break a world record, either raw or equipped—especially in the deadlift. If I do that, I'll also achieve one of my other goals which are to qualify for the Arnold deadlift competition as a 148.

Who are some of the lifters you enjoy watching and what lifters amaze you with their strength and lifting prowess?

Dan Austin is one of the many lifters that I look up to. I've read many articles about him in the past and have much to shoot for now that I'm in the 148s. I try to be as technical as possible when lifting, so he is one that I try to mimic as often as possible. As far as deadlifting, he and Char Gahagan are the ones I enjoy watching the most. Mike Mastrean is another



Doc deadlifting at the 2003 USAPL Nationals

lifter who I enjoy watching. We are pretty good friends and talk about training and other things sometimes between meets. He amazes me with the power of his squats. The lifters who inspire me the most are the ones I see who do the sport strictly for enjoyment, on either the novice or elite level. I honestly don't think you can make this sport grow to its potential unless there are many on all levels that enjoy the sport and are willing to share experiences before, during, and after competitions.

What kind of training program are you on?

I'm currently doing a modified Sheiko, mixed with a bit of other things. A few of the guys are doing programs that Michael Tuchscherer writes, so they have recommended a few things that he has written too. The way I primarily train depends on what I've learned from the last competition, whether it's what my weaknesses were or what I've learned from watching or talking with another lifter. I usually don't make major changes to my method of training from meet to meet. I just make small adjustments per lift regarding technique, and if I make a change to my technique, then I have to strengthen a few smaller muscles that I haven't utilized as much in order for that technical change to be effective.

What are your recommendations for beginning lifters?

ENJOY IT!!! This is such an individual sport that it can easily negatively affect your daily life. When I'm training, I generally don't think about all of the other things I have going on in my life. That's actually hard to do because I have to train at 4:30 in the morning, before I get my day started, and my day starts pretty quickly as a teacher. I try to appreciate the ability to compete in this sport and thank God for that ability every workout. If I have a bad day in the gym or at a previous meet, I have learned over the years that there will be another day to train and another meet to compete. Also, I would recommend watching as many lifters as you can at the meets and learn something from them at every meet; even you have to ask for advice afterwards.

photos courtesy Mike Lambert/PL USA

page 91 »



Pushing past the brink of unconsciousness... firing off gravity defying numbers...

Matt Kroczaleski will do whatever it takes to defend his UPA World Record. That's why he only trusts the power of *Cell-Tech Hardcore Pro Series*™ to jack up his lifts. Why? In a 28-day study, subjects taking the core ingredients in *Cell-Tech Hardcore Pro Series* with a hardcore training program significantly increased their raw strength on the bench press compared to those using just creatine. Subjects in the same study also built significantly more mass than subjects taking creatine alone (4.34 lbs. vs. 0.16 lbs.). And let's face it, more strength and more mass is exactly what you want!

What makes it so powerful? It's engineered with a 10,000 mg (that's right – 10 grams!) super-dose of creatine. That's at least twice as much creatine per serving than other top brands. *Cell-Tech Hardcore Pro Series* is also the only creatine supplement with a patent-protected, 75 grams of dextrose to spike insulin and drive more creatine into muscles. "Since taking *Cell-Tech Hardcore Pro Series*, all my lifts have increased across the board. I only wish I could have gotten my hands on this stuff sooner," testifies Matt Kroczaleski. So what are you waiting for? **Get on *Cell-Tech Hardcore Pro Series* and jack-up your top-end power today!**

→ **Test subjects gained significantly more explosive strength than with regular creatine.**

→ **Powered by 10,000 mg of creatine – at least 100% more creatine per serving than other top brands!**

→ **Engineered with 75 grams of dextrose to dramatically boost insulin levels for accelerated creatine transportation.**

In a placebo-controlled, 28-day study on 32 individuals divided into four groups and conducted at a physiology lab in Greenwich, CT, subjects taking the core ingredients in *Cell-Tech Hardcore Pro Series* with a hardcore training program built significantly more mass than those taking creatine alone (4.34 vs. 0.16 lbs.). *Cell-Tech Hardcore Pro Series* is patented. © 2010.

GET IT NOW!

GNC LiveWell.
SHOP NATIONWIDE OR AT GNC.COM

RITE AID **GNC LiveWell.**
In Select Rite Aid Locations

Vitamin Shoppe
Answers for Every Body™

BODY BUILDING.COM

#99 SPEED THROUGH POWER

as told to *Powerlifting USA* by Rick Brewer of House of Pain » rick@houseofpain.com



Local kids training at STP as part of their PAL program (Bill McDonough photos)

Two months ago, we talked about The WAR House (#97)—but I didn't tell you where it was. I told you it was in a secret part of the country that is FULL of strength athletes, but no one was immediately able to guess the gym location—at least not before the next issue of *Powerlifting USA* magazine—so we went to a gym in the Salt Lake City area instead.

Last month we talked to Brad and Jody from Extreme Ripped Fitness (#98). Their story started in MT, but the gym dream finally came together in UT. Meanwhile, about two dozen of you correctly guessed that the WAR House gym was in MO. The first correct answer came from lifter D. Manuel (from PA) who won a free HOUSE OF PAIN shirt for his efforts! It was a size 4X tee, so he must be a big boy!

That correct answer means that we can go back to the St. Louis area to visit a new hardcore gym from this new hot-bed of powerlifters! Because I was at the Texas Fire Olympics powerlifting meet yesterday, it seems like this next gym should be tied to police or fire in some way. PL USA reader Bill Duncan told me about STP, and the owner (different Bill) is a cop. That works for me! I'll let Bill McDonough tell you all about Speed Through Power; it is Hardcore Gym #99.

My name is Bill McDonough. I am the owner of Speed Through Power (STP), and I have been a police officer for 22 years. I am the founder and coach of the St. Louis Metropolitan Police Department's (SLMPD) powerlifting team. This is where the SLMPD team trains. STP is also a civilian training facility which trains athletes in strength and conditioning. I'm an ISSA certified specialist in sports conditioning, and half of the facility (2500 sq. ft.) is set up with astro-turf, power cages, plyo(metric) boxes and other strength and conditioning aids.

The other half is set up as a powerlifting

only gym. I have approximately 40 members who are all competitive powerlifters. Our biggest name—as well as member—is Jeff Lewis. We have IPF competitor and Arnold RAW winner Nick Weite (SLMPD member) and many other strong powerlifters. In the middle of the power room sit four platforms; one with an ER Rack, the second with a heavy duty platform bench, the third with a free standing squat rack, and the fourth a deadlift platform. We refer to this area as the "alter." The prayer from the Boondock Saints is placed at the front of the "alter" area. Remember, we're mostly cops in the toughest city—this year anyway—in America.

As for hardcore, we meet that, I believe. We have one mirror in the entire gym and that's over the sink in the bathroom. The building is an old printing company that I've changed to meet our needs. While the training facility side is painted and has nice carpet and equipment, the power room is a well lit dungeon—with more weight than Jeff "King Louie" Lewis can handle and top of the line powerlifting equipment.

On Sunday afternoons I run a Police Athletic League (PAL) powerlifting program for the youth of St. Louis and the members help coach. It's common to have 40+ kids in there getting instruction from some of the best in the business. The kids range in age from 5th grade through high school. This publicity would be great for PAL incidentally. One of the article photos shows these PAL kids training in a group with Big Jeff, and another photo shows the Police Athletic League in a group shot.

The third photo with this article is of my 16 year old son, Colin McDonough, pulling 505 lb. on the deadlift section of the altar. (Great DL for a 16 year old! RB) This is a

shot of the power room as well. Colin is a sophomore at St. Mary's High School, playing football and baseball, as well as competitive powerlifter, having already qualified for the USAPL Teen Nationals.

It is obvious that Bill is rightfully proud to be a St. Louis cop, and I happen to know that he is third generation SLMPD, tracing his police roots back to a grandfather who started at SLMPD in 1910. His family has 100 years of history with the St. Louis Metropolitan Police Department! I know that SL is a tough city, so I asked Bill if the SLMPD cops were the toughest in the USA. Here is his answer:

I wouldn't make such a statement saying we're the toughest cops around, but we are some of the strongest. The SLMPD powerlifting team has competed throughout the USA as well as Barcelona (Spain), Quebec (Canada), and Adelaide (Australia). While powerlifting is a single person event, we train together and support each other as a team. All the STP powerlifters are very close, and thus we only allow approximately 40 people to belong to the group. It is by invitation only, and one must show the ability and desire to work hard—and not be an ass.

The gym website is www.STP-Fitness.com. The pictures on the website depict the training area in greater detail. The contact info is all found on the website and the email is STPfitness@gmail.com.

Thanks to Bill for info on this elite group of lifters, and the STP Gym! Other powerlifting gyms of note in the St. Louis, MO, area include: Eagle Gym, The Firm Gym and Strong Gym. Maybe we'll talk about them in upcoming months, or maybe we'll go talk to Ricardo, Mike, and Jose. I wonder where they train?

Until next month, eat big, lift big, and then eat big again! ☺



The Police Athletic League (PAL), including Jeff "King Louie" Lewis (back left in the blue shirt) and STP owner Bill McDonough kneeling on the right



Bill's son, Colin McDonough, pulling a massive 505 lb. DL on the "alter" at STP

PROGRAMMING AND ORGANIZATION OF TRAINING

as told to Powerlifting USA by Louie Simmons » 614.801.2060 » www.westside-barbell.com

When training for a meet, there must be organization of systems of training. This is called periodization. In 1917, Kotov, of the former Soviet Union, wrote a series of texts about training that considered general preparatory and specific needs. Most lifters would use a progressive gradual overload system. Here, the reps were high in the beginning with light weights. Then over time the weight became heavier and the reps lower, leading up to a contest. This is simply a detraining system. The muscle-building phase is first, along with speed strength. As the weights grow larger and the reps are decreased, the hypertrophy is lost. The maximal strength phase begins, but bar acceleration speed is lost and contest training consumes the bulk of the training. This makes peaking for a meet very unpredictable.

Dr. Matveyev realized in 1981 a more sophisticated wave periodization must be utilized than his first models in 1964. Sports scientists such as Verkhoshansky, Vorobyev, and Ermakov found the same to be true. The system of equal loading of skill and strength training was common in track and field. This was also considered by Bondarchuk, but Bondarchuk's idea was to develop skill first to take advantage of the strength increases. Top Olympic lifters in the former Soviet Union would use over 50% of their training on special exercises to increase the totals. Around 80 special exercises and 20 skills, while wave loading, were given priority for about 5-8 weeks at a time by Verkhoshansky in the late 1970s. This was to contribute to the next wave of 5-8 weeks. This system was for highly qualified athletes and lifters.

Westside training is much more weighted toward special exercises. Our waves never last longer than 3 weeks for speed strength and 2 weeks for strength speed. For Olympic lifters, squatting was front and back squats with only one bar. Westside can change volume in the same intensity zones by using a wide variety of special bars, but what about programming? What does it consist of? What do you change during the year? I feel top powerlifters should compete two times a year in a full power meet and maybe one bench meet or one deadlift meet. There are four phases of training in a yearly plan. They should start after a meet. As the training continues, it is important to know the terminology and what is expected during each and every training phase leading up to an important contest. Let's look at each phase independently starting with the accumulation phase.

ACCUMULATION PHASE

First many would consider this off-season training, but athletes cannot have time off: no



Westside trainees benefit from the training insight of Louie Simmons



Training at Westside has brought dozens of lifters to unheard of heights in powerlifting

vacation, just training and work toward increasing their ability. At Westside, we concentrate on improving bar speed in all squatting and deadlifting workouts on Friday and on Sunday for speed strength benching, commonly known as the dynamic day. We rotate many special bars to change the volume while maintaining the same bar speed at the same intensity zone, or percentages. The training must be dense, meaning very short rests between sets. You must work to raise your training volume at all percentages; adding hypertrophy, increasing bar speed, and perfecting technique are

essential. This period of training was intended to increase speed of movements in all sports, especially track and field, but we use this period after a meet for all aspects of increasing special strength gains as we work on weaknesses to increase skills in all lifts and also increasing GPP. After all, you must recover from more difficult workouts to succeed in any sport.

INTENSIFICATION PHASE

In this phase of training the lifter or athlete will push his or her training toward the sport itself. For a powerlifter the 3-week wave style of

photos courtesy of Wayne Stover

page 96 »

Leo "The Freak" Ingram
Total: 1,855 lbs.
POWERED BY
SIX STAR MUSCLE

TEST SUBJECTS GAINED

4x

THE MUSCLE[†]

The chalk dust has settled. Your grip is locked in and you're ready to pull. This day isn't any ordinary day. Why?... Because you know that you're bigger, stronger and downright more powerful than ever before. That's right! You're ready to crush your PB with this gravity-defying lift. You've been training for more muscle and strength with Six Star Muscle Whey Protein and now you're ready to wreak havoc on the iron. Loaded with a massive 7,024mg dose of accelerators on top of 52g of protein, every two-scoop serving of Six Star Muscle Whey Protein will help you pack on more strength-inducing muscle.

Here are the facts: In a 6-week study, test subjects taking the core ingredients in Six Star Muscle Whey Protein gained, on average, 4 times the muscle than the placebo group!¹ In the same third-party study, subjects also gained over 2 times the raw strength than those using regular whey protein.² With muscle and strength gains like this, just imagine the ground-shattering poundages you'll be pulling!

KEY INGREDIENTS SUPERIOR TO REGULAR WHEY PROTEIN[‡]

- Test Subjects More Than Doubled Their 1-Rep Max![‡]
- Test Subjects Built 4x The Muscle in Just 6 Weeks![†]
- Key Ingredients Shown to Trigger Massive Muscle and Strength!

POWER NUTRITION Q & A

by Anthony Ricciuto, B.Phed. C.F.T. S.P.N. S.W.M. F.T. » aricciuto@nutritionxp3.com » www.nutritionxp3.com

CAN VITAMIN C HELP PREVENT CANCER?

Q: I really liked the article you did about junk food being as addictive as heroin. Oh my gosh, once I saw the title you had me hooked to read the entire thing from start to finish. You are so right too; many lifters do have a bad reputation among other sports being known as the big fat strong guys and I know you don't have to be fat to be strong. Some good examples are Marius Pudzianowski who won the World's Strongest Man multiple times and Derrick Poundstone who has won the Arnold Classic Strong Man as well. These guys are massive strong men yet they sport a lean and strong physique. Now that so many strongman competitors are leaning up, I think this is something our sport should be trying to follow in as well. All that extra body fat is not healthy and for all the guy lifters who are proud of a big gut that sticks out like they are nine months pregnant with quintuplets, you need to screw your head on straight thinking that this is good for your heart health. Yeah, you might be able to belly bench a lot with that big gut, but at what cost to your heart and cardiovascular system. I agree with you fully that lifters eat way to much junk food and I want to thank you for making an attempt to educate us on how to live a stronger and healthier life. I am not saying we need to be bodybuilders here, but where do we draw the line? When a male lifter is packing over 35% body fat there is something wrong here with the picture. It's time to step away from the ice cream and get your fat ass on the treadmill. Anyways, sorry for the ranting, but I had to get this off my chest. My question is about Vitamin C in relation to cancer. I heard someone at the gym saying it may prevent or help fight cancer. Is this true? If you can give me some insight on this topic that would be great. Thanks in advance for getting back to me and if you can print your reply in the magazine I would love that.

Sincerely, Julie Rotondi

A: I am so happy to hear that you liked my article last month. I try to bring you new and cutting edge information every issue and help educate the powerlifting community on the finer aspects of natural performance enhancement and health longevity. Wow, you really know how to sock it to all these lifters, eh? I thought I was hard on them and then you come and lay the smack down like some kind of Nutrition Gestapo. All joking aside, it is good to see someone that wants to see change in the sport because it will not only improve the health of these lifters, but also their performance in the long run. When I had read your question, you had me on the ground about getting your ass on the treadmill and to push away the ice cream. Your sense of humor is fantastic. Now in relation to your question about Vitamin C and cancer prevention, your friend at the gym was correct indeed. You see, in a couple recent studies they have found some very promising results that everyone reading this will be glad to hear. I am going to attempt to put this information into some basic lingo. This is something I will try to do so that you don't simply turn the page. I know if I get too scientific on you and lose your interest it won't benefit any of us. As I was scouring through some studies I found one in the Journal of Angiogenesis Research that really had some great information. It showed that when there are high levels of Vitamin C in the blood it can be beneficial in fighting this horrible disease due to its effects on preventing angiogenesis. Basically this big word here just means that it prevents the new growth of blood vessels that feed these cancerous tumors. This is very important because the large majority of cancer treatments have this main goal—to cut off the supply of blood vessels that nourish and feed these tumors. One of the many downsides of using pharmaceuticals to promote angiogenesis is that there are some horrible side effects and anyone that has used these drugs in the past or know someone that has can attest to what it can do; basically make you feel like crap.

The scientists used two different assays to take a look at both out-



Many time WORLD'S STRONGEST MAN, Mariusz Pudzianowski, belies the myth that you can't be both BIG and RIPPED at the same time

comes. The first was done as an ex vivo study performed on rat tissue. The second study was performed as an in vivo study performed on mice. Now both of these studies showed that by using high dose Vitamin C intravenous infusions new blood vessel growth was inhibited. These little mice were given a substantial dose here which was around 430 mg. of Vitamin C per kg. of weight. When they looked at the in vivo assay, the Vitamin C treated tissue had 30% less blood vessel growth than the tissue that was not infused with any Vitamin C at all. This 30% reduction was for both the number of vessels and also the vessel densities as well. This is fantastic news to say the least. So as you can see, taking Vitamin C has another health benefit that many were unaware even in the nutrition and medical communities.

As I dug deeper into this topic, more good news seemed to sprout up before my eyes and, of course, I have to share it with all my loyal readers. In another journal that I know is read by the large majority of powerlifters (sorry for the blatant sarcasm, but I couldn't withhold myself), another new study published in Biochemical and Biophysical Research Communications had some interesting information in regards to Vitamin C supplementation and Mesothelioma. For those of you who don't know what this is it is a rare and deadly form of cancer that currently has no cure. I know this really sucks, but never give up hope. Even radiation, chemotherapy and surgery have not beaten this horrible strain of cancer that affects tens of thousands of Americans. Japanese researchers decided to take a look at the effects of high dose Vitamin C and its relations to this disease. The researchers used pharmaceutical grade ascorbic acid (Vitamin C for all you non nutrition gurus) in high concentrations and found that in vitro (which is

photo courtesy Mike Lambert/PL USA

page 92 »

HARDCORE MEDICINE

WWW.METABOLIC



DOC.com

NOW OFFERING VIRTUAL SERVICES

NEW!



CONFIDENTIAL PHONE CONSULTATIONS!

unlimited consulting - 30 minute calls

[costs deduct from annual retainer upon enrollment -see website for details]

Celebrating 5 YEARS of Specialized Service



STILL LIFTING BIG SMASHING RECORDS

KNOW YOUR LABS

Private Lab Tests from your Local LAB!

100% CONFIDENTIAL

FINALLY...

... A DOCTOR FOR LIFTERS!



Thomas O'Connor, M.D.

Board Certified Internal Medicine Physician
Current Connecticut APA Masters 1 Recordholder at 198 & 220 lbs.

SPECIALIZING IN THE MEDICAL CARE OF WEIGHTLIFTERS, BODY BUILDERS AND TESTOSTERONE REPLACEMENT FOR MEN

NITRO-TECH NOP-47

The World's First & Only Pre-Workout Protein Formula with NOP-47!

as told to Powerlifting USA by Team MuscleTech

You take protein supplements in the morning and after every insane workout because you know how important the amino acids in protein are for building not only muscle, but strength—the most important thing for any heavy lifter. Amino acids are the key components of protein, and taking in the right amounts of protein at the right times of day allows your body to maintain that ever-critical muscle and strength-building state. These facts about protein are pretty well-known, but very few take heed to the fact that protein can also be beneficial when taken before a workout. Taking a protein supplement before training helps ensure BCAA-rich protein is available to hardworking muscles during training, when they can really use protein for various metabolic processes.

Until very recently, pre-workout protein supplements were essentially unheard-of... But it's definitely time for the powerlifting industry to welcome the dawn of this new way to supplement with protein—pre-workout. Some lifters might say that a protein formula is a protein formula and that it doesn't matter which one you take, but there is a science to it. You don't want to take just any old protein supplement! The very recent discovery of a novel whey protein hydrolysate that's extracted from whey protein for its significant vasodilating effects has taken pre-workout protein to an entirely new level; in essence, it has changed everything!

THE SCIENCE BACKING NEWLY DISCOVERED NOVEL NOP-47

The renowned Team MuscleTech™ researchers at the heart of the eminent pre-workout protein movement present to you the NEW pre-workout protein Nitro-Tech® NOP-47™! NOP-47 (pronounced en-oh-pea-47) is a whey protein hydrolysate (aka, a specifically chosen amino acid sequence) that is painstakingly extracted from whey protein and used for its significant vasodilating effects in the new Nitro-Tech NOP-47 formula. This peptide is extracted using a resource-intensive process called Peptide Mining Technology in which the NOP-47 peptide is precisely selected and then mined (or "cut") from longer chains of amino acids (whey protein). By isolating and extracting this specific protein hydrolysate, the very real vasodilating efficacy of the NOP-47 peptide is revealed! Renowned engineers behind Nitro-Tech NOP-47 knew that this unique protein peptide had to be made available to those who would truly respect its capabilities. So, with a third-party patent pending, NOP-47 is now found exclusively in the new Nitro-Tech NOP-47 pre-workout protein formula. You simply will not find NOP-47 in any other sports nutrition supplement!

Here's the hard scientific study backing the effectiveness of NOP-47: In a placebo-controlled, cross-over study conducted at the University of Connecticut on 20 subjects, acute ingestion of the protein hydrolysate NOP-47 after two weeks of use was shown to significantly increase hyperemic blood flow at 120 minutes compared to placebo (29.9 vs. 27.5%/min)! And, in this same study, the peptide NOP-47 was found to significantly improve flow-mediated dilation response at 30, 60 and 90 minutes post-ingestion over the placebo (8.9 vs. 7.5%; 9.9 vs. 7.2%; and 9.0 vs. 7.6%, respectively).

As the study results show, NOP-47 is a vasodilating peptide that significantly expands blood vessels! With the amino acid rich protein provided by Nitro-Tech NOP-47 and its vasodilation effects thanks to NOP-47, it's the pre-workout protein formula unlike anything else available today!

ANOTHER KEY COMPOUND IN NITRO-TECH NOP-47 BUILDS MUSCLE & STRENGTH

In addition to its newly discovered, novel vasodilating peptide NOP-47, the protein component in NEW pre-workout Nitro-Tech NOP-47 also provides your muscles with amino acid rich protein pre-workout so it's available to muscles during training! Plus, an additional key muscle and strength-building compound was added to the formula and research shows it primes the body for gains in muscle and strength! But don't take Nitro-Tech NOP-47 based

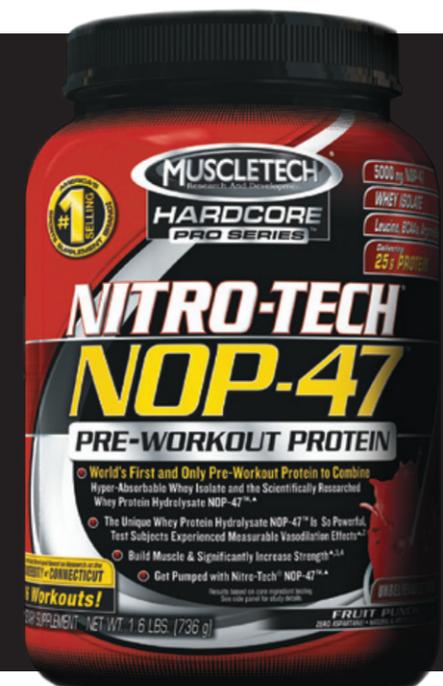
on faith alone; check out the real, documented research on this key musclebuilding agent: In a third-party study published in the Journal of Applied Physiology, nine untrained males were given the same dose of this additional key musclebuilding ingredient found in Nitro-Tech NOP-47. Researchers discovered a significantly elevated muscle concentration of this key ingredient in only 28 days! By elevating this compound, muscles become primed for gains in muscle and strength.

PLUS, in yet another third-party study on 31 weight-trained subjects divided into three groups, subjects using the same key ingredient in the Nitro-Tech NOP-47 formula increased their strength capacity on the bench press compared to baseline in only 10 days. That's right, just 10 days!

CREATING A NEW STANDARD: NITRO-TECH NOP-47 IS THE FUTURE OF PRE-WORKOUT PROTEIN SUPPLEMENTATION

As the world's FIRST and ONLY pre-workout protein formula available with NOP-47 and ultra-pure whey protein isolate, NEW Nitro-Tech NOP-47 has created a new standard for pre-workout protein supplementation. Because now, not only can you take in BCAA-rich, ultra-pure whey protein isolate before you train, you can also experience significant vasodilating effects through this same pre-workout protein formula. Quite simply, Nitro-Tech NOP-47 is changing the way powerlifters across the industry supplement with protein! «

“...the protein component in NEW pre-workout Nitro-Tech NOP-47 also provides your muscles with amino acid rich protein pre-workout so it's available to muscles during training!”



A World's **FIRST** for **PRE-WORKOUT PROTEIN**



The FIRST and ONLY of its kind, Nitro-Tech NOP-47 is the NEW pre-workout protein formula with vasodilating NOP-47!

The truth is out: You can't afford to overlook pre-workout protein supplementation. Taking protein *before* training can be very beneficial, as it makes amino acids readily available to your muscles *during* training! But not just any old protein formula will do. You need something with **high-quality, leucine and BCAA-rich whey protein isolate**, plus an additional cutting-edge advantage... You need NEW Nitro-Tech® NOP-47™!

Nitro-Tech NOP-47 is the **first and only pre-workout protein formula available with the newly discovered, vasodilating peptide NOP-47!** NOP-47 is meticulously isolated and extracted from whey protein using the extremely resource-intensive Peptide Mining Technology. Because this process is so detailed and precise the NOP-47 peptide is very unique. In fact, you won't find it in any other sports nutrition supplement; it's *only* in Nitro-Tech NOP-47!

With 25 grams of protein delivering 5,000mg of scientifically researched NOP-47 as well as ultra-pure, rapid-absorbing whey protein isolate providing BCAAs (critical building blocks of muscle), **Nitro-Tech NOP-47 is a truly revolutionary pre-workout protein formula.** Add to that its additional key strength and musclebuilding agent and you've got a recipe for strength and muscle gains!

NOP-47 (en-oh-pea-47)

(noun) A rare whey protein hydrolysate (aka, an amino acid sequence) that is meticulously extracted from whey protein for its use as a cutting-edge vasodilating agent in NEW Nitro-Tech NOP-47!

- World's FIRST and ONLY Pre-Workout Protein Formula with Vasodilating NOP-47!
- Significantly Increase Strength and Build Muscle!

DRINK IT.



TRAIN.



GET JACKED!



Available at **GNC LiveWell.** SHOP NATIONWIDE OR AT GNC.COM

FOR MORE INFO, VISIT:

Facebook logo is owned by Facebook Inc. Twitter logo is owned by Twitter Inc. YouTube logo is owned by Google, Inc. Read the label before use. © 2010.

POWER STUFF

**AN EXCERPT FROM
INNER STRENGTH, INNER PEACE**

Chapter 44: Control - Mike Bridges

as told to Powerlifting USA by Tim McClellan

I was hot and heavy into the powerlifting world in the late 1980s. In 1988, the American Drug Free Powerlifting Association (ADFPA) joined the newly formed World Drug Free Powerlifting Federation. This gave competitors who preferred not to use strength enhancing drugs a fair platform. Once the association became official, the first drug-free World Championships were set to be held in Reading, England. The United States would send winners from the 1987 ADFPA National Championships as the USA team. A notice was put in *Powerlifting USA* magazine that all parties interested in being considered for head coach should contact Brother Bennet, the ADFPA president. As I had coached several of the 1987 champions, I thought I had a good chance of getting the job.

When I called Brother Bennet to ask what I need to apply, he told me off the record that he had just decided, and I would be head coach. I was honored to have been selected without ever applying, and thrilled by their vote of confidence. The following year I coached the USA team in England. USA lifters won all eleven weight classes and went home happy. Thanks to the efforts and accomplishments of the lifters, I was asked to be head coach again in 1989. That year the world championships were scheduled for Chicago.

When I arrived in Chicago for the meet, I was in for a huge thrill. I would have the honor of coaching 181 pound lifter Mike Bridges. Mike Bridges may be the greatest powerlifter in the history of the world in any weight class. He had just come off a retirement of several years and was in full support of the ADFPA.

As I had hoped, coaching Mike Bridges was a pleasure and an honor. What I hadn't anticipated is learning the lesson of self-control that he inadvertently taught me.

In powerlifting, each competitor has three attempts in each event, which are the squat, the bench press and the deadlift. A competitor has to make one lift in each of the three events to secure a total. The lifter with the highest total is the winner, and those who do not complete one successful lift in each of the three contested categories are eliminated from the contest, regardless of how well they perform in the other two events.

As expected, Mike sailed through the squats, breaking Bill Schmidt's previous world record. He did the same in the bench press. Everything seemed so effortless—like he didn't try at all. After all, every one else would yell, bark at the bar, sniff ammonia capsules, slap each other in the face, or do whatever they felt necessary to succeed. Mike did none of that, but squatted and benched like no one else could. He reached the third and final lift, the deadlift, with a commanding lead. Mike and I sat down to strategize the best plan for optimizing both his deadlift and total score.

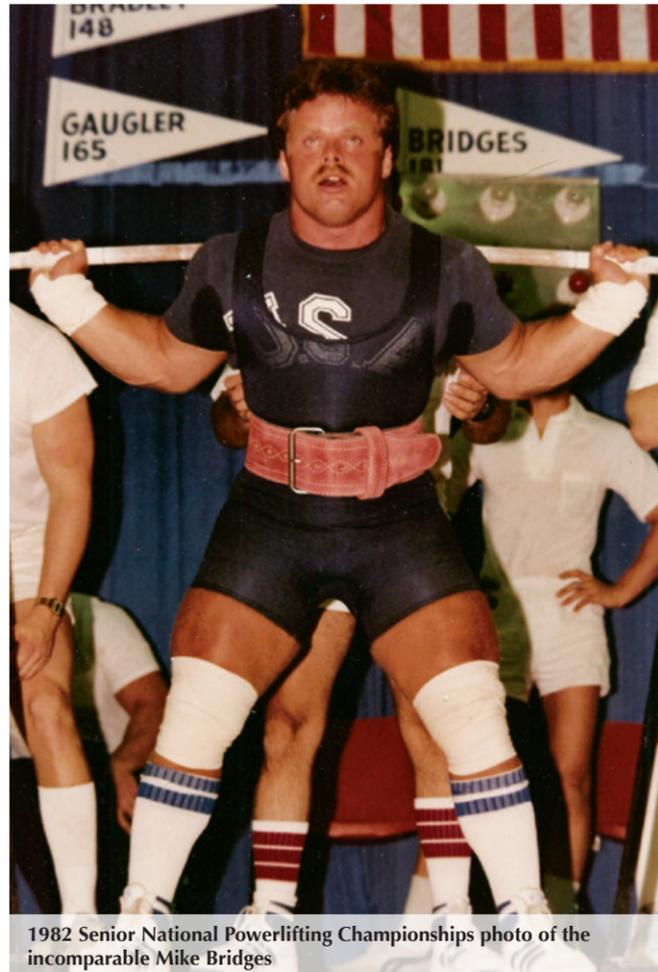
We agreed that for his first attempt, he would take an opening weight that would be fairly conservative for him. We selected 622 pounds, which he crushed. In my eyes this was enough to put him way out of reach; he was a cinch to be the 1989 Drug Free World Champion. The only question was what else did he want to accomplish to make this event meaningful.

After assuring, reassuring and reassuring again, Mike felt comfortable that the meet was out of reach for others. Then he said, "Tim, I want to deadlift 737, but that is over a 100 pound jump, and I am a little tired, and I know I'll have to go up there soon. I feel like I need more rest."

"Mike, correct me if I'm wrong, but that would be more than you have ever deadlifted in your life, at any time, in any organization. Am I right?"

"Yes, but I know I can do 737. I know that's the right weight. I don't think I could do more, but I'm sure I can do that."

"You know," I said, "You are talking about deadlifting more weight



1982 Senior National Powerlifting Championships photo of the incomparable Mike Bridges

than you, the great Mike Bridges, have ever lifted at any time in your career. You're a guy coming out of retirement. You haven't competed in years, and you're talking about out-pulling the best Bridges has ever pulled."

"Tim, I believe I can do it, but I'm afraid I can't today. I'll have to pull it in five minutes and I need more rest. I know I can do this. I'm just disappointed it won't work out that way."

With that in mind, I devised a miracle plan for Mike Bridges. In my scenario, he would call for 737 pounds for his second attempt, but he would pass taking the lift. The weight would then be dropped down so other competitors could take their third lift. The meet would end with Mike asking for his third lift to be 737 pounds, only this time he would actually try it. This would give him the rest he needed, and the opportunity to do what no one else imagined he could do: pull more weight than he had ever pulled in his life.

photo courtesy Tim McClellan

page 110 »

IRON WRAPS Z

The most powerful, most popular, most effective knee wrap in the world!



- Super tight, extreme rubber strand design for the super rebound.
- Gets tighter, easier, during the movement even when not wrapped to total tightness.
- When wrapped to total tightness, generates the most energy and power of any wrap in the world.
- Smoke all your lifts with the *Iron Wraps Z!*

IRON WRIST WRAPS Z

The super powerful Iron Wrist Wraps Z deliver the most supreme support of all wrist wraps.



- Provides excellent comfort and perfect support.
- The best wrist wraps in the world make it the choice of champions worldwide.
- Strong grip Velcro straps fasten the *Iron Wrist Wraps Z* securely in place.
- The Velcro straps are wide for strength and long for generous adjustment advantage.
- Strong, durable and wide elastic thumb loops are secured in place with long lasting construction.

SEE MORE SELECTION AT INZERNET.COM

INZER
ADVANCE DESIGNS
The World Leader in Powerlifting Apparel

QUESTIONS ANSWERED

by Mauro Di Pasquale, MD, MRO, MFS » mauro@metabolicdiet.com » www.metabolicdiet.com



Dr. Mauro Di Pasquale

DEAR MAURO: I have been using TestoBoost on and off the past five years. At first I used it during and after doing a cycle of steroids and it worked well for me both ways. Now I'm off steroids after being on and off since the 1990s and don't intend or want to use again. I also stopped taking the TestoBoost when I stopped the steroids since I wanted to get back to normal. My problem is that my testosterone levels are now too low even though I've been off for four months.

I'm not sure what the problem is but would you recommend TestoBoost to help me increase my testosterone level? If so, is there anything else you would recommend to get me back to normal? I'm kind of desperate as I don't want to go back to using again if I can help it.

Thank you very much for your time and your great product.

George

GEORGE: I formulated both TestoBoost and GHboost to help maximize functioning of the HPTA as a natural and healthy alternative to the use of anabolic agents including steroids, growth hormone and IGF-1.

However, even though I didn't formulate TestoBoost to be used while on steroids and as post cycle therapy, it's being used for that purpose by many athletes who swear by it.

One of the major problems of using steroids is that it can seriously affect a person's ability to make his own testosterone. That's because the control mechanisms for testosterone production in the body are dampened down by steroid use. Since the body is being provided with testosterone, the main components involved in the internal production of testosterone are no longer needed.

As such, the factory, represented by the brain-testicular axis or more correctly the hypothalamic-pituitary-testicular axis (HPTA), basically shuts down.

In some cases, such as high dosages and long term use, and also if a person is particularly affected by the steroids used, even if the use is moderate and for short periods, the HPTA just doesn't ever get back to normal. These people then suffer with what is known as hypogonadotropic hypogonadism (HH)—the axis no longer works like it should and accepts low levels of testosterone as normal. This is essentially a downregulation of the HPTA at multiple levels.

Why the system doesn't return to normal isn't known, but it might be because the machinery itself has been dormant too long and even though it's still able to function, it's now become dysfunctional. It's even possible that in some cases the machinery, including the testicles, have been irreparably damaged and thus can only function at a lower level than it could before steroid use.

Regardless of the causes, there are various ways to treat this problem although there's no guarantee of success. Current methods include the use of compounds that decrease estrogen effects in the body (such as clomiphene and anastrozole), human chorionic gonadotropin that stimulate the testicles to produce testosterone, menotropins, and gonadotropin releasing hormone agonists (I've copied the abstract of a recent study below that used a single dose of triptorelin to normalize the HPTA in a long term steroid user—this case the treatment worked, but that's not necessarily the case with many others).

My suggestion is to see your doctor about your HH and get his or her input. If you need more info on the various treatments, let me know and I'll send it to you so you can show your doctor.

However, regardless of what therapy your doctor recommends, including waiting it out a bit longer to see if things get back to normal on their own, I also recommend that you go on both TestoBoost and GHboost for several months regardless of what your doctor recommends as treatment, and hopefully with his blessing.

As I mentioned, I formulated both as an alternative to drug use. As such, in those not using drugs, TestoBoost works to help optimize physiological levels of testosterone while GHboost works on growth hormone and IGF-1.

Both also have beneficial effects on the testosterone and growth hormone machinery even with the use of exogenous testosterone and growth hormone by stimulating the endogenous system to some degree and thus both provide some of the intermediate compounds that normally wouldn't be produced, and by preventing the complete shutdown of the machinery. And both for the same reasons are both useful for post cycle therapy.

As an adjunct to treating HH I've found that it's necessary to optimize the level of both

as the growth hormone axis is also involved in normalizing the HPTA. Growth hormone is involved in the secretion of sex steroids in complex ways. As such, treatment of hypogonadotropic hypogonadism secondary to various factors, including the use of anabolic steroids, should involve the growth hormone axis, including IGF-1 and other insulin like factors.

For example, IGF-1 can stimulate the expression of GnRH gene in the hypothalamus, may influence the growth, maturation and differentiation of GnRH neurons, accelerates LH and FSH secretion and can regulate the proliferation and differentiation of adult Leydig cells, and control the biosynthesis of testicular hormones (Liu XP, Wang Y, Qin DN. Effects of insulin-like growth factor-1 on the regulation of hypothalamus-hypophysis-testis axis. Zhonghua Nan Ke Xue. 2007 Feb;13(2):171-4 - see abstract below).

Both TestoBoost and GHboost are complex formulations that do a lot for all athletes as well as helping people with androgen and growth hormone problems, including helping with replacement therapy. You should read what I've written on TestoBoost and GHboost at www.mdplusstore.com—click on the PDF link of both supplements for the full info pieces—both of which are around 40 pages long. The direct link to the GHboost PDF file is <https://www.mdplusstore.com/pdfs/GHboost.pdf> and the one for TestoBoost is <https://www.mdplusstore.com/pdfs/testoboost.pdf>. You might want to print them out and bring them to your doctor.

Best of luck and let me know how things go.
Mauro

NEWS FLASH!

If you like getting the latest tips on lifting issues, sign up for Dr. Mauro's Elite Performance Newsletter. Every month Dr. Mauro will be covering topics ranging from diets, nutritional supplements and the nutritional supplement industry, to performance enhancement, drug testing, scams, and more.

To sign up for the monthly newsletter email Dr. Mauro at: mauro@metabolicdiet.com

ABSTRACTS ON EFFECTS OF ANABOLIC STEROIDS

Fertil Steril. 2010 Apr 21. [Epub ahead of print]

ANABOLIC STEROIDS PURCHASED ON THE INTERNET AS A CAUSE OF PROLONGED HYPOGONADOTROPIC HYPOGONADISM.

Pirola I, Cappelli C, Delbarba A, Scalvini T, Agosti B, Assanelli D, Bonetti A, Castellano M. » Internal Medicine and Endocrinology Unit, Department of Medical and Surgical Sciences, University of Brescia, Brescia, Italy.

ABSTRACT—OBJECTIVE: To report a case of hypogonadotropic hypogonadism due to the chronic abuse of anabolic steroids purchased over the Internet. **DESIGN:** Case report. **SETTING:** Endocrinology unit of the University of Brescia. **PATIENT(S):** A 34-year-old man. **INTERVENTION(S):** A single dose (100 mug) of triptorelin (triptorelin test). **MAIN OUTCOME MEASURE(S):** Clinical symptoms, androgen normalization, levels of serum testosterone, follicle-stimulating hormone, and luteinizing hormone. **RESULT(S):** Within 1 month, the patient's serum testosterone was in the normal range, and he reported a return to normal energy and libido. **CONCLUSION(S):** The World Anti-Doping Code has proved to be a very powerful and effective tool in the harmonization of antidoping efforts worldwide, but it is insufficient to combat this illegal phenomenon. To tackle the serious side effects caused by doping we believe that it is necessary to increase monitoring and adopt severe sanctions, particularly with regard to Internet sites.

Zhonghua Nan Ke Xue. 2007 Feb;13(2):171-4.

[EFFECTS OF INSULIN-LIKE GROWTH FACTOR-1 ON THE REGULATION OF HYPOTHALAMUS-HYPOPHYSIS-TESTIS AXIS]

[Article in Chinese]
Liu XP, Wang Y, Qin DN. » Department of Physiology, Shantou University Medical College, Shantou, Guangdong 515041, China. xiaoxiaoliu1982@163.com

ABSTRACT—It has been demonstrated that insulin-like growth factor-1 (IGF-1) stimulates the proliferation and division of cells, facilitates the individual growth and development and regulates the material metabolism. Furthermore, it regulates male reproductive development and testicular endocrine functions. IGF-1 can stimulate the expression of GnRH gene in the hypothalamus of prepubertal male mice. However, it has no effect on or even inhibits GnRH gene expression in adult mice. IGF-1 may influence the growth, maturation and differentiation of GnRH neurons. It also accelerates LH and FSH secretion in hypophysis. IGF-1, produced locally in the testis and combined with its specific receptor, can regulate the proliferation and differentiation of adult Leydig cells, cause Sertoli cells to play different functions and control the biosynthesis of testicular hormones.

In the MILITARY?
Become an ISSA Certified PERSONAL TRAINER

ISSA's nationally accredited online fitness education programs are flexible to fit your life, no matter where you're stationed. ■ If you're into fitness, we'll help you transition into one of the fastest growing, most rewarding professions today. ■ Best of all, Armed Forces Tuition Assistance can cover 100% of your tuition. And if your husband or wife is interested in personal training, Military Spouse Financial Assistance can cover 100% of your spouse's fitness education. ■ Call an ISSA Military Advisor or visit us online today. We'll show you how we've helped over 150,000 people in 85 countries since 1988!

Approved for Active Military and Spouse Tuition Assistance! Pass it on!

ISSA MILITARY

Call an ISSA Military Advisor toll-free at **1.866.998.2905**
1.805.745.8111 (international)
or visit **ISSAmilitary.com**
Mention plusa0810

DANTES G.I. JOBS MILITARY FINANCIAL SERVICES NIBPE AFFILIATE

ISSA • 1015 Mark Avenue • Carpinteria, CA 93013



2010 46th USPF OKLAHOMA STATE Powerlifting Championships
March 13, 2010 Shawnee, Oklahoma

USPF 46TH OKLAHOMA STATE		M. Fleming 550 340 600 1490			
MAR 13 2010 » Shawnee, OK		Open			
BENCH		198 lbs.			
FEMALE		Junior			
148 lbs.		A. Rodenberg 225 185 310 720.0			
Masters		Open			
181 lbs.		T. Solo 410 245 600 1255			
A. Bittman —		Lifetime			
123 lbs.		J. Leal 225*			
Open		Master			
C. Raincrow 135		C. Caputo 425 345 525 1295			
MALE		Open			
165 lbs.		C. Raincrow 220			
Junior		MALE			
R. Crain 260		181 lbs.			
Master		Junior			
G. Gill —		E. Birdwell 335 210 440 985			
242 lbs.		Open			
Open		D. Dillon 350			
Junior		198 lbs.			
B. Bohot 450		Open			
275 lbs.		B. Carter 425			
Master		242 lbs.			
R. Henshaw 380		Master			
Powerlifting		A. Warner 350			
FEMALE		BP DL TOT			
165 lbs.		Open			
Open		J. Severson 155 130 225 510			
181 lbs.		Master			

WNPf WESTERN PA CHAMPIONSHIPS
MAY 1 2010 » Beaver Falls, PA

BENCH		220 lbs.			
Raw		(50-54)			
165 lbs.		A. Retucci 220 29			
(17-19)		(60-64)			
C. Leonelli! 300		W. Hewlitt 215 24			
220 lbs.		Ironman			
(50-54)		FEMALE			
A. Retucci 350		148 lbs.			
(60-64)		Lifetime Raw			
W. Hewlitt 340*		A. Sargent 130 275* 405			
275 lbs.		MALE			
(17-19)		181 lbs.			
Desantes IV 275*		Open Raw			
(50-54)		M. Lyden 545			
DEADLIFT		220 lbs.			
275 lbs.		Open			
(17-19)		L. Eleuteri 600			
Desantes IV 520		Desantes IV (50-54)			
BENCH for Repts		Powerlifting			
181 lbs.		SQ BP DL TOT			
Open		L. Eleuteri 600*			
D. Malarick Jr 175 25		(45-49) (S)			
		210 250 430 950			
		242 lbs.			
		Police/Fire (S)			
		B. Shannon! 690* 435* 660* 1785*			
		Lifetime (S)			

C. Donati Jr (35-39)	510	370*	520*	1400*
C. Donati jr Raw	510	370	520	1400
123 lbs. (13-14)				
J. Braddock (17-19)	125	85	150	360
165 lbs. (17-19)				
B. Didiano	385	275*	510*	1170
K. Braddock	325	185	365	875
T. Braddock	275	210	325	810
Lifetime				
M. Hart	420	290	590	1300
181 lbs. (17-19)				
M. Brozich	250	205	325	780
198 lbs. Open				
J. Raymer	500	370	560*	1430*
(55-59)				
P. Rosenstern	415*	240*	605*	1260*
220 lbs. (20-23)				
J. Lyras!	575	425	630	1620
T. Ellis	550*	395*	555*	1500*
242 lbs. (20-23)				
B. Ericsson	500	355	540	1395
T. Jackowski	480	340	500	1320
Open				
T. Baker (40-44)	450	325	475	1250
G. Oliver	475	335	585	1395
275 lbs. (20-23)				
J. Neal	515*	345*	550*	1410*
Lifetime				
J. Battaglia	525	325	525	1375
Lifetime Federation				
275 lbs. Lifetime Raw				
R. Mankevich	500*	335*	530*	1365*

in a strong total in the open division as did master lifter Greg Oliver on their way to a win. In the 275 lb. class Jared Neal set all new state records winning the junior division and John Battaglia turned in a strong total in the lifetime division. Jared also set a new state record in the deadlift only event. In the ironman event female Abby Sargent did some strong lifts setting a new record in the deadlift in the 148 lb. lifetime division. David Malarick turned in a strong total in the 181 lb. open class and also took home a first in the bench for reps doing 175 lbs. for 25 reps. Teen Chris Mosely set two new state records with a win in the 220 lb. class. In the raw bench only event teen Carmen Leonelli put up a strong lift in the 165 lb. class and took home best lifter. Master Andrew Retucci did a strong lift in the 220 lb. class and also took a first in the bench for reps doing 220 lbs. for 29 reps. (60-64) master William Hewlitt set a new state record in the bench along with taking home a first in the bench for reps doing 215 lbs. for 24 reps, 275 lb. teen Nello Desantes IV set a new state record in the bench and also took home a first in the deadlift only event. Other lifters in the deadlift only event were teen Jeremy Anesetti who set a new state record in the 181 lb. class and junior Matt Lyden who did another strong lift in the 198 lb. class. Master Lou Eleuteri has been working hard for the past three years and finally hit his 600 in the deadlift winning two divisions setting a new state record. It was go to see him finally reach his goal. Thanks to my crew who always makes running a meet easy and to the staff at Black Hawk High School.
» courtesy Ron Deamicis

USAPL FLORIDA STATE FEB 20 2010 » Davie, FL

BENCH		Open			
FEMALE		J. Ullvang 501			
165 lbs.		242 lbs.			
Masters (50-59)		Master (40-49)			
S. Miller 132		C. Calvano —			
MALE		Open			
132 lbs.		C. Calvano —			
HS Varsity		275 lbs.			
D. Tu 165		Masters (50-59)			
Teen (16-17)		A. Suzrez 462			
D. Tu 165		E. Paul 341			
Raw		Open			
D. Tu 165		A. Suarez 468			
165 lbs.		Raw			
Open		K. Morris 413			
M. Campbell 237		E. Paul 341			
Teen (18-19)		275+ lbs.			
M. Kobayashi 231		Masters (50-59)			
Raw		B. Campbell 551			
M. Kobayashi 231		DEADLIFT			
181 lbs.		132 lbs.			
Master (40-49)		Masters (40-49)			
M. Alkinany 462		D. Covenah 171			
Raw		148 lbs.			
J. Hill 424		Collegiate			
Open		J. Hazel 479			
M. Alkinany 462		165 lbs.			
198 lbs.		Teen (16-17)			
Masters (60-69)		M. Kobayashi 308			
B. Sander 204		198 lbs.			
H. Anhaus 149		Teen (18-19)			
Teen (18-19)		Q. Zou 457			
Q. Zou 259		275 lbs.			
Raw		Raw			
Q. Zou 259		K. Morris 644			
220 lbs.		Police/Fire/Military			
Masters (40-49)		D. Sansom 462			
J. Ullvang 501		BP DL TOT			

Open				
J. Schmidt	72	156	228	
Masters (60-69)				
J. Schmidt	72	156	228	
181 lbs. Masters (60-69)				
D. Reiss	83	55	138	
Masters (70-79)				
M. Pares	50	105	154	
198 lbs. Raw				
P. Busacca	171	275	446	
Masters (50-59)				
P. Busacca	171	275	446	
MALE				
123 lbs. Teen (16-17)				
D. Bui	165	270	435	
132 lbs. Teen (16-17)				
N. Barrett	143	248	391	
165 lbs. Teen (16-17)				
K. Fraser	248	336	584	
198 lbs. Teen (14-15)				
P. Scott	215	402	617	
Teen (16-17)				
C. Connell	242	396	639	
Teen (18-19)				
Q. Zou	259	457	716	
220 lbs. Teen (14-15)				
R. Silverwood	242	424	666	
Teen (16-17)				
C. King	253	407	661	
Open				
R. Germaine	281	501	782	
Masters (50-59)				
S. Eisman	358	352	710	
Raw				
S. Eisman	358	352	710	
242 lbs. Teen (14-15)				
R. Busbee	259	402	661	
Teen (16-17)				
C. Clark	259	391	650	
275 lbs. Teen (16-17)				
M. Sanders	253	396	650	
Open				
J. Kennedy	352	440	793	
Masters (50-59)				
E. Pauli	341	451	793	
Open				
K. Morris	413	644	1057	
E. Pauli	341	451	793	
Raw				
D. Sansom	363	462	826	
Powerlifting				
SQ				
FEMALE				
105 lbs. Collegiate				
R. Rojas	171	72	165	407
Open				
A. Shumaker	292	220	319	831
Master (40-49)				
A. Shumaker	292	220	319	831
115 lbs. Open				
Shuttleworth	270	176	264	710
132 lbs. Collegiate				
L. Godlewski	165	88	215	468
198 lbs. K. Curtis —				
83 83				
275+ lbs. Collegiate				
M. Hammer	—	473	325	798
Open				
B. Campbell	484	551	517	1552
Master (50-59)				
B. Campbell	484	551	517	1552
Raw				
Venue: Don Taft University Center Arena, Nova SW University. Meet Director: Robert Keller.				
198 lbs. Open				
N. Edelson	—	220	127	347

198+ lbs. Master (40-49)				
N. Edelson	220	127	402	749
MALE				
123 lbs. Teen (16-17)				
D. Bui	226	165	270	661
132 lbs. Collegiate				
W. Serrano	341	286	402	1029
148 lbs. Teen (18-19)				
M. Lattanzio	248	270	363	881
Collegiate				
D. Morais	—	—	—	—
J. Hazel	264	226	479	969
Raw				
M. Lattanzio	—	248	270	517
165 lbs. Teen (16-17)				
K. Fraser	314	248	336	897
J. Johnson	—	—	—	—
181 lbs. Teen (16-17)				
M. Johnson	—	—	286	286
Collegiate				
S. Shill	248	270	380	897
Lombambardo	242	215	341	798
Open				
G. Gibson	418	220	506	1145
A. Parra	275	259	418	952
J. Crowell	—	380	—	380
Master (70-75)				
G. Gonzales	—	—	121	121
M. Paugh	204	116	352	672
198 lbs. Junior (20-23)				
C. Endres	385	297	501	1184
Collegiate				
Z. Nicholas	457	308	534	1299
A. Loiacano	473	264	407	1145
Master (50-59)				
R. Penland	380	259	440	1079
Raw				
D. Callins	270	204	336	809
220 lbs. Teen (14-15)				
R. Busbee	341	259	402	1002
Collegiate				
J. Utz	501	286	495	1283
Open				
M. Otero	650	462	650	1762
Master (40-49)				
J. Bragg	385	314	418	1118
242 lbs. Junior (20-23)				
H. Hernandez	468	242	484	1195
Collegiate				
V. Roppo	—	451	385	837
H. Hernandez	468	242	484	1195
Raw				
P. Callovi	501	369	551	1420
H. Hernandez	468	242	484	1195
275 lbs. Teen (14-15)				
N. McCoolle	275	352	501	1129
Open				
J. Kennedy	402	352	440	1195
Master (40-49)				
J. Hernandez	330	264	429	1024
Master (50-59)				
S. Pares	600	501	661	1762
Raw				
K. Morris	573	413	644	1629

At the AAU Reinhoudt Classic: (l-r) Patrick Murray, R.L. Murray, Don Reinhoudt, Ryan Murray, and Steve Rogers. Ryan had just returned from Afghanistan, so it was great to honor
--

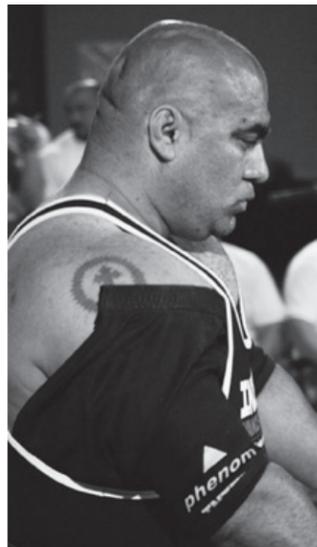
MEN'S 275 LB. (125 KG.) WEIGHT DIVISION » BENCH

Bench Press	X-Bwt	American Male Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1. 1030.7 (467.5)	*3.75X	Scot Mendelson/69 12/12/09 (467.5 kg. @ 275.0 lb.) (Camarillo, California) (APF)
2. 948.0 (430.0)	*3.69X	Rob Luyando/70 7/13/08 (430.0 kg. @ 116.6 kg.) (Dubuque, Iowa) (UPA)
3. 865.3 (392.5)	*3.16X	Richie Briggs/84 9/6/08 (392.5 kg. @ 274.0 lb.) (Omaha, Nebraska) (APF)
4. 859.8 (390.0)	*3.22X	Alberto Franco/73 11/5/06 (390.0 kg. @ 121.0 kg.) (Lake George, New York) (APF/WPC)
5. 845.0 (383.3)	*3.07X	Bill Crawford/71 6/25/05 (845.0 lb. @ 275.0 lb.) (Glens Falls, New York) (APF)
6. 843.3 (382.5)	*3.23X	John Zemmin/69 1/20/07 (382.5 kg. @ 118.6 kg.) (Dubuque, Iowa) (APF)
7. 840.0 (381.0)	*3.06X	Ron "Scott" Yard/82 9/30/06 (840.0 lb. @ 274.5 lb.) (New Castle, Delaware) (APF)
8. 832.2 (377.5)	3.02X	John Stewart/64 8/9/08 (377.5 kg.) (Dallas, Texas) (WABDL)
9. 826.7 (375.0)	*3.07X	Andy Fiedler/66 8/7/04 (375.0 kg. @ 269.0 lb.) (Dubuque, Iowa) (APF)
10. 826.7 (375.0)	*3.08X	Tommy Harrison/74 11/17/07 (375.0 kg. @ 268.2 lb.) (Anaheim, California) (WABDL)
11. 825.0 (374.2)	*3.12X	Dave "Neutron" Hoff/88 6/28/09 (825.0 lb. @ 264.1 lb.) (York, Pennsylvania) (IPA)
12. 820.0 (371.9)	*3.18X	Greg Panora/80 6/28/09 (820.0 lb. @ 258.0 lb.) (York, Pennsylvania) (IPA)
13. 815.0 (369.7)	*3.26X	Jeremiah Frey/81 8/23/09 (815.0 lb. @ 249.8 lb.) (Sharonville, Ohio) (SPF)
14. 815.0 (369.7)	*3.08X	Harley Timbs/70 2/13/10 (815.0 lb. @ 265.0 lb.) (Nashville, Tennessee) (SPF)
15. 804.7 (365.0)	*2.92X	Sebastian Burns/72 6/21/08 (365.0 kg. @ 125.0 kg.) (Vaudreuil-Dorion, Quebec, Canada) (WPC)
16. 804.7 (365.0)	*3.05X	James Grandick/68 9/6/08 (365.0 kg. @ 264.0 lb.) (Omaha, Nebraska) (APF)
17. 800.0 (362.9)	*3.16X	Bill Carpenter/73 4/14/07 (800.0 lb. @ 253.0 lb.) (Lake George, New York) (APF)
18. 785.0 (356.1)	*2.85X	Brian Carroll/81 2/27/10 (785.0 lb. @ 275.0 lb.) (Orlando, Florida) (APF)
19. 777.1 (352.5)	*2.82X	Mike Womack/83 11/19/06 (352.5 kg. @ 275.2 lb.) (Las Vegas, Nevada) (WABDL)
20. 775.0 (351.5)	*2.83X	Joel "Cuban Bull" Toranzo/71 9/15/07 (775.0 lb. @ 273.75 lb.) (New Castle, Delaware) (APF)
21. 771.6 (350.0)	*2.92X	Josh McMillan/78 11/1/08 (350.0 kg. @ 120.0 kg.) (Dubuque, Iowa) (UPA)
22. 770.0 (349.3)	2.79X	Marcus Coulter/73 8/27/05 (770.0 lb.) (Beaver Springs, Pennsylvania) (USA)
23. 770.0 (349.3)	*3.02X	Kyle Robertson/81 5/12/07 (770.0 lb. @ 255.0 lb.) (Mocksville, North Carolina) (APF)
24. 770.0 (349.3)	*2.97X	Travis Bell/85 12/5/09 (770.0 lb. @ ~117.5 kg.) (Nashville, Tennessee) (SPF)
25. 767.5 (348.1)	*2.81X	Vincent Dizenzo/69 12/14/03 (767.5 lb. @ 273.0 lb.) (Canterbury, Connecticut) (APA)
26. 765.0 (347.0)	*2.78X	Ryan Kennelly/74 9/6/03 (765.0 lb. @ 275.5 lb.) (Kennewick, Washington) (APA/WPA)
27. 760.6 (345.0)	*2.83X	Curtis Rabon/64 1/26/08 (345.0 kg. @ 122.0 kg.) (Clayton, North Carolina) (APF)
28. 760.6 (345.0)	*2.76X	Jason Laskowski/66 6/20/09 (345.0 kg.) (Houston, Texas) (WABDL)
29. 755.1 (342.5)	2.74X	David Lewis/72 2/20/10 (342.5 kg.) (Madison, Wisconsin) (WABDL)
30. 755.0 (342.5)	*2.88X	Richard Putnam/77 11/20/04 (755.0 lb. @ 262.0 lb.) (Shamokin Dam, Pennsylvania) (IPA)
31. 749.6 (340.0)	*2.76X	Sam Aumavae/72 3/14/09 (340.0 kg. @ 271.8 lb.) (Oregon City, Oregon) (AAPF)
32. 744.1 (337.5)	*2.71X	Marc "Spuds" Bartley/68 3/4/06 (337.5 kg. @ 124.4 kg.) (Columbus, Ohio) (WPO)
33. 744.1 (337.5)	2.70X	Allen Baria 4/3/10 (337.5 kg.) (New Martinsville, West Virginia) (USPF)
34. 738.5 (335.0)	*2.68X	John "Chester" Stafford/76 3/4/06 (335.0 kg. @ 124.8 kg.) (Columbus, Ohio) (WPO)
35. 733.0 (332.5)	*2.84X	Brad Kelley/71 4/24/09 (332.5 kg. @ 117.2 kg.) (Dubuque, Iowa) (UPA)
36. 730.0 (331.1)	2.65X	Dave Gullledge/81 9/17/05 (730.0 lb.) (Kansas City, Kansas) (APF)
37. 730.0 (331.1)	*2.68X	Joey Smith/74 5/12/07 (730.0 lb. @ 272.0 lb.) (Mocksville, North Carolina) (APF)
38. 730.0 (331.1)	2.65X	Terry Gibson/68 3/30/08 (730.0 lb.) (Pittsburgh, Pennsylvania) (APF)
39. 728.6 (330.5)	*2.64X	Kenny Patterson/72 11/11/95 (330.5 kg. @ 125.0 kg.) (Chicago, Illinois) (APF/WPC)
40. 727.5 (330.0)	*2.66X	J.L. Holdsworth/78 6/6/04 (330.0 kg. @ 124.0 kg.) (Baton Rouge, Louisiana) (APF/WPC)
41. 727.5 (330.0)	*2.85X	Aaron Wilson/74 2/4/06 (330.0 kg. @ 115.8 kg.) (Dubuque, Iowa) (APF)
42. 727.5 (330.0)	*2.81X	Patrick Parnell/66 2/21/09 (330.0 kg. @ ~117.5 kg.) (Humble, Texas) (WABDL)
43. 725.0 (328.9)	*2.66X	Dan Steltenkamp/77 1/27/07 (725.0 lb. @ 272.4 lb.) (Columbus, Ohio) (APF)
44. 724.2 (328.5)	*2.66X	John Bogart/71 9/13/09 (328.5 kg. @ 123.7 kg.) (Cleveland, Ohio) (USAPL/IPF)
45. 722.0 (327.5)	*2.90X	Chris Senese/80 8/26/06 (327.5 kg. @ 112.81 kg.) (Woodstock, Georgia) (AAPF)
46. 722.0 (327.5)	*2.88X	Chip Tallman/68 9/13/08 (327.5 kg. @ 113.7 kg.) (Woodhaven, Michigan) (AAPF)
47. 722.0 (327.5)	*2.68X	Anthony Carlquist/79 3/22/09 (327.5 kg. @ 122.0 kg.) (Omaha, Nebraska) (APF)
48. 722.0 (327.5)	*2.79X	Jason Patrick/72 4/25/09 (327.5 kg. @ 117.4 kg.) (Dubuque, Iowa) (UPA)
49. 720.0 (326.6)	2.61X	Drex Welch/76 10/14/07 (720.0 lb.) (Circleville, Ohio) (APF)
50. 720.0 (326.6)	*2.65X	Roger Manns/63 10/25/09 (720.0 lb. @ 271.5 lb.) (Columbus, Ohio) (IPA)

(* indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient. Records accurate as to my knowledge.



Joe Smith – the pride of North Carolina in the world of Bench



Alberto Franco – successful protege of the Mendelson Method



Richie Briggs – bringing it for the Big Iron Gym of Omaha, NE



Anthony Carlquist – monster strength out of North Dakota



Scot Mendelson leads the way with his historic 1031 record lift



Tommy Harrison – a trans-federational superstar of benching

WOMEN'S SHW (90+ KG.) WEIGHT DIVISION » BENCH

Bench Press	X-Bwt	American Female Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1. 600.8 (272.5)	*2.50X	Becca Swanson/73 3/8/08 (272.5 kg. @ 240.0 lb.) (Omaha, Nebraska) (APF)
2. 531.0 (240.9)	*1.98X	Shannon Pole-Summers/84 3/18/06 (531.0 lb. @ 268.6 lb.) (Piedmont, South Carolina) (APA)
3. 500.0 (226.8)	*1.41X	Melissa Garrett/78 12/6/08 (500.0 lb. @ 161.4 kg.) (Murfreesboro, Tennessee) (SPF)
4. 451.9 (205.0)	*1.63X	Lisa Miller/76 6/30/07 (205.0 kg. @ 126.0 kg.) (Willowbrook, Illinois) (APF)
5. 450.0 (204.1)	*1.79X	Karen Sizemore/64 3/30/02 (450.0 lb. @ 252.0 lb.) (Charleston, West Virginia) (IPA)
6. 425.0 (192.8)	*2.00X	Sandi "Candyazz" McCaslin/64 7/12/08 (425.0 lb. @ 213.0 lb.) (Bradford, Pennsylvania) (SSA)
7. 424.4 (192.5)		Machia Dudley/86 2/04 (192.5 kg.) (Omaha, Nebraska) (APF)
8. 420.0 (190.5)	*1.57X	Deborah Ferrell/64 5/27/06 (190.5 kg. @ 121.25 kg.) (Miskolc, Hungary) (USAPL/IPF)
9. 412.3 (187.0)	*1.25X	Liz Willett/72 5/1/04 (187.0 kg. @ 330.6 lb.) (Villa Park, Illinois) (Bench America2)
10. 407.9 (185.0)	*1.51X	Jean Putnam 2/15/04 (185.0 kg. @ 270.5 lb.) (Manchester, New Hampshire) (USPF)
11. 407.9 (185.0)	*1.54X	Kate Radon/81 11/5/06 (185.0 kg. @ 120.3 kg.) (Lake George, New York) (APF/WPC)
12. 402.3 (182.5)	*1.40X	Rachel Nutter/71 7/11/09 (182.5 kg. @ 130.0 kg.) (Dubuque, Iowa) (UPA)
13. 402.3 (182.5)	*1.40X	April Mathis/87 1/30/10 (182.5 kg. @ 117.5 kg., without a BP shirt.) (Tampa, Florida) (RUM3)
14. 400.0 (181.4)	*1.85X	JoLynn Arvin/67 2/8/98 (400.0 lb. @ 98.0 kg.) (Columbus, Ohio) (APF)
15. 400.0 (181.4)	*1.86X	Jessica Watkins-O'Donnell/80 8/9/08 (400.0 lb. @ 215.0 lb.) (Dayton, Ohio) (USAPL)
16. 400.0 (181.4)	*1.83X	Dana Shealey/79 6/13/09 (400.0 lb. @ 219.0 lb.) (Edison, New Jersey) (APA)
17. 391.3 (177.5)	*1.11X	Roberta Collins 1/1/03 (177.5 kg. @ 353.0 lb., without a BP shirt.) (West Liberty, Ohio) (NASA)
18. 385.8 (175.0)	*1.94X	Jan Harrell-Gable/59 7/1/87 (385.75 lb. @ 199.0 lb.) (San Diego, California) (APF/WPC)
19. 380.3 (172.5)	*1.49X	Sidney Thoms/53 6/28/08 (172.5 kg. @ 115.8 kg.) (Willowbrook, Illinois) (AAPF)
20. 374.8 (170.0)		Kelly Franklin 11/14/04 (170.0 kg.) (Reno, Nevada) (WABDL)
21. 369.3 (167.5)		Krista Van Amerongen 6/9/07 (167.5 kg.) (Olympia, Washington) (WABDL)
22. 369.3 (167.5)		Heather Tillinghast 3/27/10 (167.5 kg.) (Greenwell Springs, Louisiana) (APF)
23. 365.0 (165.6)		Brandy Hirai/63 1/28/06 (365.0 lb.) (Waianae, Hawaii) (USAPL)
24. 363.8 (165.0)	*1.79X	Kym Allen 5/13/06 (165.0 kg. @ 92.42 kg.) (Turner, Maine) (APF/WPC)
25. 358.3 (162.5)	*1.66X	Kristy Reske/77 6/4/05 (162.5 kg. @ 216.3 lb.) (Detroit, Michigan) (APF/WPC)
26. 352.7 (160.0)		Harriet Hall/50 3/11/06 (160.0 kg.) (Anchorage, Alaska) (USAPL)
27. 352.7 (160.0)		Randolyn "Hoku" Nohara/90 9/30/06 (160.0 kg.) (Waimanalo, Hawaii) (WABDL)
28. 350.0 (158.8)	*1.40X	Artemia Watson/67 8/7/04 (350.0 lb. @ 250.0 lb., without a BP shirt.) (Waukegan, Illinois) (APA)
29. 347.2 (157.5)	*1.13X	Kimberly Pitts/70 11/6/04 (157.5 kg. @ 307.4 lb.) (Plano, Texas) (APF)
30. 347.2 (157.5)	*1.69X	Lazara Janet Loveall/70 12/13/08 (157.5 kg. @ 205.5 lb.) (Sacramento, California) (USPF)
31. 340.0 (154.2)	*1.62X	Karen Campbell/63 7/9/05 (340.0 lb. @ 210.0 lb.) (Newport, Maine) (APA)
32. 336.2 (152.5)		Juanita Trujillo/64 7/31/94 (152.5 kg.) (Houston, Texas) (USPF/IPF)
33. 335.0 (152.0)	*1.63X	Lisa Nawrocki/61 11/4/89 (335.0 lb. @ 205.0 lb.) (Lakeland, Florida) (APF/WBC)
34. 330.7 (150.0)	*1.54X	Victoria Gagne-Hembree/61 6/2/02 (150.0 kg. @ 97.4 kg.) (Riesa, Germany) (USAPL/IPF)
35. 330.7 (150.0)	*1.24X	Kayla Taelui/89 11/21/05 (150.0 kg. @ 267.4 lb.) (Reno, Nevada) (WABDL)
36. 330.7 (150.0)	*1.46X	Nicole Marie Jones/75 11/19/06 (150.0 kg. @ 225.8 lb.) (Las Vegas, Nevada) (WABDL)
37. 330.7 (150.0)	*1.38X	Stacey Motter/80 6/16/07 (150.0 kg. @ 108.6 kg.) (Daytona Beach, Florida) (APF/WPC)
38. 330.7 (150.0)	*1.65X	Jessica Porter-Work/86 1/31/09 (150.0 kg. @ 201.0 lb.) (New Martinsville, West Virginia) (USPF)
39. 325.2 (147.5)		Cynthia Regan/48 4/12/92 (147.5 kg.) (San Ramon, California) (ADFFA/WDFPF)
40. 325.2 (147.5)	*1.27X	Steph Dzumak/83 8/30/08 (147.5 kg. @ 116.2 kg.) (Charlotte, North Carolina) (USAPL/IPF)
41. 325.0 (147.4)	*1.51X	Stacey Manly/71 10/13/07 (325.0 lb. @ 215.0 lb.) (Tampa, Florida) (APF)
42. 319.7 (145.0)		Nancy Nutt/58 8/1/98 (145.0 kg.) (Summersville, West Virginia) (NASA)
43. 319.7 (145.0)		Taunya Malone 11/5/99 (145.0 kg.) (Portland, Oregon) (WABDL)
44. 319.7 (145.0)		Jamie Johnson/85 4/16/05 (145.0 kg.) (Baton Rouge, Louisiana) (USAPL)
45. 315.0 (142.9)	*1.49X	Jessica Handshue/88 7/16/06 (315.0 lb. @ 211.0 lb.) (Worthington, Ohio) (APF)
46. 315.0 (142.9)	*1.15X	Ame Rychlak/76 11/23/08 (315.0 lb. @ 274.4 lb.) (York, Pennsylvania) (IPA)
47. 314.2 (142.5)	*1.44X	Lorraine Costanzo/54 11/22/87 (142.5 kg. @ 218 lb.) (Dayton, Ohio) (APF/WPC)
48. 314.2 (142.5)	*1.55X	Shelby Corson/67 5/28/94 (142.5 kg. @ 92.0 kg.) (Rotorua, New Zealand) (IPF)
49. 314.2 (142.5)	*1.32X	Sarah Greenup/82 9/10/05 (142.5 kg. @ 107.74 kg.) (Fort Wayne, Indiana) (USAPL/IPF)
50. 314.2 (142.5)	*1.07X	Lana Allen/88 6/24/07 (142.5 kg. @ 132.9 kg.) (Guatemala City, Guatemala) (USAPL/IPF)

Listing compiled by Michael Soong » 70 King James Court, Savannah, Georgia 31419 » 912.920.2051 » soongm@comcast.net



Kate Radon at the 2006 Fit Expo event, went on to break the 400 barrier later that year



Vicky Gagne-Hembree at the 1980 Women's Nats, in pigtails!



Jan Harrell dominated the world of women's BP in her heyday



Cindy Regan – a USAPL Women's Hall of Fame distinction recipient



Janet Loveall at the '09 Fit Expo event at the LA Convention Ctr.



Becca Swanson is the first and only woman to bench 600 lb.

THE RAGE

The bench shirt that's storming the globe! The Rage is the superior bench shirt of the round-sleeve type shirts, and provided at an unbeatable price for this genre of bench press shirt! Bench more with The Rage than in any other round-sleeve, guaranteed!



- The **Round-Sleeve™** design is very user-friendly because it accommodates many benching styles.
- **Reinforced thicker neck.** No cheap, flimsy "low profile neck" here. The thicker neck on The Rage creates more support for explosiveness off the chest.
- **Stretchy-Back™** makes The Rage more effective and easier to get into. It allows the lifter to custom-fit on the spot by allowing the neck to be lowered down the body and the sleeves to be lowered down the arms. The fitting adjustments allowed by the Stretchy-Back™ provide the effect of an Open-Back but with a back that is completely enclosed. The Stretchy-Back fabric also breathes easier, creating comfort.
- **SOLID SEAM™** technology. The construction and stitching on The Rage is superior. The Rage seams lay flat which eliminates the digging into your skin that regular commercial seams do. Regular commercial seams are intended for fast-sewing efficiency to save on labor cost, and for loose-fitting, mass-produced T-shirts, not for Bench Shirts. Inzer Advance Designs, the originator of the bench shirt, has always been the forerunner of bench shirt technology and construction. The most important thing the Solid Seam™ does is eliminate the erratic bar wavering that another's shirts cause. Instead of the quarter-inch of open play between sleeve and chest-plate the pinched commercial seams create, the Solid Seam™ locks all parts of The Rage together making it so solid it might as well be welded together. The differences are sometimes subtle but when all these factors are added together it makes a big difference. These reasons alone would make The Rage the best Round-Sleeve™ bench shirt in the world, but there's much more The Rage offers for big benching.

RAGE X

A step above the shirt that's all The Rage in powerlifting. The RageX is the sensational shirt that's helping powerlifters sweep the earth with massive bench presses. The RageX is a step above all round-sleeve bench shirts in clear Quality and Effectiveness. The RageX is the most amazing poly bench shirt in the history of the game.



- **Extra Reinforced** front shoulder seams add support and security for this radical design. Thicker, Extra Reinforced neck.
- The combination of several new contours built into the pattern complement the already super RageX system.
- **SOLID SEAM™** technology keeps the sleeves where they are supposed to be, working in unison with the body, not jittering or faulting with the bar. You will increase your bench press and keep it safe to boot. Proven in numerous world records.
- **RAGE X IS FOR EXPERIENCED BENCH PRESSERS ONLY PLEASE!** RageX goes into new territory where unbelievable results from a poly shirt happen. The RageX will continuously amaze you at how much you can bench press. Bench pressers report regularly how much fun the bench press has become for them because of this amazing bench press shirt. The increased weight you will bench press will take practice to become accustomed to. Strength gains will result from handling the increased weight. Confidence will rise from one training session to the next.
- The RageX is the bench shirt for those who want an immediate step up to stratospheres of bench press power because it is a **MORE AGGRESSIVE** design than any other company knows how to make. This is not only about sleeve-angle and elementary things such as that. It is about numerous details creating a cumulative effect that is undeniably the best. The most Quality and Results are yours in the RageX.
- **RageX in DOUBLE LAYER.** Go Double Layer and increase the longevity and comfort of the RageX bench shirt. Or choose Single Layer for single-layer competition restrictions.
- **Guaranteed.** Absolutely guaranteed you will bench press more than in any other round-sleeve bench shirt.

SEE MORE SELECTION AT INZERNET.COM

PHENOM

The Phenom is an extreme top-end bench shirt that will provide you with phenomenal bench press performance, features and power. Guaranteed beyond any other. Made from the legendary *HardCore* material. The only technology of this kind, the Phenom will provide you with incredible power off the chest through the mid and top range of motion and it will keep this power; lift after lift, competition after competition.



- The design provides flexibility for your arm angle preference and bar placement, whether that's elbows in, out or in between; low, high, or mid chest range. Will enhance your bench press form, not limit your form.
- Spreads the stress over a wider area of the chest.
- Made from the exclusive *HardCore* material which will provide you with the most incredible rebound power available in the powerlifting world. *HardCore* material is also up to 40% heavier than the closest poly fabric on the market being used for powerlifting gear.
- Since the Phenom is made from the *HardCore* material, you will also experience many more performance benefits. The Phenom will keep it's memory and will not stretch out. You will be able to use the Phenom for countless workouts and competitions in the future. It's a true investment in powerlifting gear.
- The material of the Phenom has the perfect balance of non-stretch and rebound combination which will provide you with incredible power and momentum from start to lock out.

RADICAL DENIM

Extreme performance technology makes the *Radical Denim* the choice of most all the world record breakers who wear a denim shirt. The heaviest construction available for the maximum in benching prowess. The *Radical Denim* will provide you with the top end denim experience.



- The Radical Denim is the most extreme bench pressing experience for top level benching.
- Made from heavy quality denim that will withstand the pressure from the heaviest poundages.
- Proven in countless world record breaking bench press performances.
- Choice of Partial Open Back, Closed Back, Complete Open Back. With or without Velcro.

ULTIMATE DENIM

- The most sturdy bench shirt of all. Used by some of the world's best benchers with great success!
- The Ultimate Denim has virtually no stretch to it and works best for lifters with a beefier upper body.

SEE MORE SELECTION AT INZERNET.COM

INZER
ADVANCE DESIGNS
The World Leader in Powerlifting Apparel

INZER
ADVANCE DESIGNS
The World Leader in Powerlifting Apparel



Inzer Advance Designs Logo T-Shirts
This quality T-shirt with two color logo is an excellent value. Choose from a variety of colors: purple, navy blue, royal blue, california blue, yellow haze, yellow, misty green, jade, kelly green, forest green, khaki, canvas heather, oxford, natural, white, stars and stripes, pink, orange, maroon, red, and black.

\$8.00
(2X-3X add \$2.00 4X-5X add \$4.00)



Warm Up Pullover Crewneck
Keep warm in Supersweats Crewneck with embroidered two-color Inzer logo.

\$14.95



Warm Up Pants
This comfortable warm up pant with front pockets features leg-length, two-color Inzer logo on each pant leg.

\$23.95



Jersey Knit Short
50% polyester/50% cotton jersey knit, elastic waistband, six-inch inseam. Large two-color Inzer logos.

\$12.95



Beanies
Embroidered with two-color Inzer logo, available in black, grey, and red.

\$10.00



Hoodie
Supersweats Pullover Hoodie with embroidered two-color Inzer logo chases away the chills.

\$19.50



Gym Bag
This large deluxe embroidered gym duffel is easy to look at Inzer logos and "Strongest Sport, Powerlifting" design. Large main compartment and roomy pockets on each end. Heavy nylon. Great value. 29" X 13" X 12"

\$25.00



Suit Slippers
Suit Slippers will help you get your suit up quicker and easier. Pull Suit Slippers on your legs then slide the suit on. After you have the legs of the suit up, pull the Suit Slippers out from underneath the suit.

\$19.95



Fitting Gloves
Save your fingers when handling and fitting gear on workout partners or yourself! The Atlas Fitting Gloves also work great in strongman events!

\$4.95



Stickum Spray
Use this excellent tool for a variety of performance tweaks in training and competition.

\$5.95



Gym Chalk
Essential for workouts and competitions, magnesium of carbonate block chalk.

\$10.00



Elbow Sleeves XT
The high tech Elbow Sleeves XT have multiple applications to enhance the performance and pleasure of competing and training for any athlete.

\$55.00



Knee Sleeves XT
The high tech knee support advantage for strongman competitors and other athletes.

\$55.00



Meshback Lifting Gloves
Quality, standard leather workout gloves. Power-Surge.

\$4.95



Form-Foam™ Lifting Gloves
Custom gripping power and supreme stability control. Power-Surge.

\$12.95



Power-Surge Red Line Wrist Wraps
Power-Surge, Double Red Line Competition Wrist Wraps. Convenient wrist-cuff design. Velcro wrap-end. Full length. Extra thick. Strong support. Comfortable.

\$12.50



Power-Surge Red Line Knee Wraps
Power-Surge Double Red Line Competition Knee Wraps. Extra thick. Strong support. Easy to wrap to full tightness. Comfortable.

\$16.50



Iron Wrist Wraps Z
The super powerful Iron Wrist Wraps Z deliver the most supreme support of all wrist wraps.

\$17.00



Iron Wraps Z
The most powerful, most popular, most effective knee wrap in the world!

\$22.00



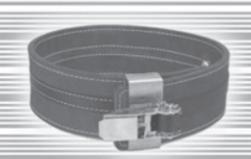
Forever Lever Belt 13MM
The 13mm thick Lever Belt is so quick and easy to use. Tighten your belt with a push of the patented Lever for the most support possible.

\$70.00



Forever Buckle Belt 13MM
The firmest, best belt in the world with unmatched buckle strength. Available in one or two prong zinc plated steel, seamless roller buckle.

\$70.00



PR Belt
A big step forward in Powerlifting Belts! For the first time ever a powerlifting belt provides you with the power to fit yourself differently each set, precisely how you need it.

\$140.00



Forever Lever Belt 10MM
All the manufacturing quality and Lever Belt action in a pliable 10mm thickness.

\$60.00



Forever Buckle Belt 10MM
Forever Belt quality in the 10mm choice. Available in one or two prong precision buckle.

\$60.00



Power Belt Quality Economy
Normally sold at much higher prices by others, this quality power belt will provide years of great use at an unbeatable price.

\$39.95



Max DL
The incredible propulsion of MAX DL will give you the explosive starts and super strong lockouts you need for extreme performance deadlifting.

\$145.00



Lifting Singlet
Classic design lifting singlet sports several finishing touches that make this singlet a pleasure to wear as minimum required attire over your bench shirt or for workouts.

\$33.00



Z-Suit
The legendary Z Suit provides fantastic support and excellent value. Now updated for even more power.

\$42.00



Champion Suit
Champion Suit has proven itself in countless competitions and world records over time. Enjoy the incredible support of Champion suit at an unbeatable price and value.

\$42.00



The Pillar
The Pillar will increase the poundage you can lift through several key designs built in. Feel the super support and power on your feet and in your lifting with this outstanding power shoe.

\$115.00



Standard Blast Shirt
Based on the original, legendary design. Made of unique material found in no other shirt. Many experienced athletes still prefer this bench shirt. Unbeatable value and price.

\$38.00



High Performance HD Blast
Steps above in Radical™ technology, the HPHD will enter you into the world of the more extreme designs. Made from quality, HD™ polyester material.

\$77.00



Heavy Duty Erector Shirt
HD Erector provides firmness with the right amount of rebound to help you achieve explosive deadlifts and stable, upright squats. When used properly it's like lifting with an extra erector muscle.

\$55.00



Heavy Duty Groove Briefs
Made from the Heavy Duty material to give you heavy support in your quest for bigger lifts.

\$26.00

RESULTS

USAPL WOMEN'S NATS

MAY 22-23 2010 » Cleveland, OH

Powerlifting 97 lbs.

	SQ	BP	DL	TOT
Junior				
A. Summers	248	160	264	672
Teen I				
S. May	220	127	231	578
Teen II				
S. Mayes	248	138	242	628
D. Estrada	215	105	275	595
Teen III				
M. Jaeger	253	127	259	639
105 lbs.				
Master IB				
K. Ryman	231	127	286	644
M. Thompson	220	121	259	600
Master IIIB				
B. Burns	116	77	154	347
Open				
M. VanDusen	341	138	352	831
K. Ryman	231	127	286	644
S. May	220	127	231	578
D. Anderson	264	—	303	567
Teen II				
M. VanDusen	341	138	352	831
S. Suarez	182	110	237	528
115 lbs.				
Junior				
R. Yamashita	325	204	319	848
Master IA				
Hartwig-Gary	380	215	369	963
Master IIIB				
S. Henry	143	—	198	341
Open				
Hartwig-Gary	380	215	369	963
R. Yamashita	325	204	319	848
Shuttleworth	275	209	275	760
S. Henry	143	—	198	341
Teen I				
A. Lopez	160	83	165	407
Teen II				
K. Durham	330	160	325	815
T. Franks	264	127	270	661
Teen III				
S. Binash	303	149	275	727
123 lbs.				
Junior				
J. Neeley	303	165	336	804
Master IA				
D. Snow	275	182	347	804
Master IB				
L. Hilliard	187	99	253	539
Master IIA				
D. Jackson	—	—	—	—
Master IIIB				
E. Trubic	154	72	193	418
Open				
K. Clark	363	198	358	919
R. Lopez	352	226	330	908
J. Brown	369	182	308	859
J. Najera	308	171	347	826
J. Neeley	303	165	336	804
D. Snow	275	182	347	804
Teen II				
Schmiedekne	209	116	253	578
N. Mueller	209	105	220	534
J. Hernandez	—	116	253	369
Teen III				
T. Mabile	281	171	297	749
132 lbs.				
Junior				
S. Baker	352	215	358	925
N. Drane	204	132	259	595
Master IA				
J. Mach	314	143	314	771
P. Tidmarsh	259	121	303	683
Master IIA				
M. Sobotka	209	165	286	661
Master IIB				
R. Carlsson	303	127	336	765
A. Kemmerer	193	127	281	600
Master IIIB				
F. Ireland	226	144	259	629

	SQ	BP	DL	TOT
Open				
K. Miller	385	198	407	991
J. Gaudreau	396	237	358	991
R. Carlsson	303	127	336	765
K. Singletary	—	165	314	479
Teen II				
B. Lancerio	264	132	303	699
148 lbs.				
Junior				
P. Bartz	424	198	396	1018
Master IA				
T. Crawford	275	132	314	721
J. Joiner	—	187	352	539
Master IIA				
D. Marts	341	226	358	925
Marksteiner	325	193	336	853
V. Engle	143	110	253	506
Master IIB				
D. Lehans	286	154	352	793
T. Lee	270	198	314	782
J. Sandberg	121	77	209	407
Master IIIA				
G. Moore	275	165	333	773
Open				
A. Hitchcock	457	253	501	1211
E. Waltermann	396	275	429	1101
D. Marts	341	226	358	925
Marksteiner	325	193	336	853
J. Joiner	—	187	352	539
L. Richardson	352	—	—	352
Teen I				
C. Smith	187	149	308	644
Teen II				
B. Crawford	336	171	358	864
S. Louque	314	154	358	826
B. Villarreal	297	143	341	782
S. Rogers	314	176	253	743
165 lbs.				
Master IA				
R. Clark	352	165	435	952
Master IB				
P. Houston	380	237	402	1018
Master IIA				
D. Bryant	358	193	369	919
Open				
S. Sebastian	429	248	462	1140
P. Ribic	407	275	435	1118
C. Smith	407	264	407	1079
P. Houston	380	237	402	1018
K. Bluell	385	187	396	969
R. Clark	352	165	435	952
D. Bryant	358	193	369	919
Teen II				
S. Noel	396	220	369	985
M. Hamm	374	204	363	941
A. Andrews	325	176	363	864
Teen III				
K. Bluell	385	187	396	969
181 lbs.				
Junior				
M. Stark	440	264	473	1178
Master IA				
S. Bohlen	319	182	314	815
Master IB				
L. Styrland	374	248	407	1029
Chaszczewic	204	127	248	578
Master IIC				
R. Hackney	220	165	275	661
Open				
L. Blyn	501	341	479	1321
L. Styrland	374	248	407	1029
R. Lair	374	209	336	919
Teen III				
K. Hower	473	215	374	1062
S. O'Brien	413	182	363	958
R. Bryant	286	165	330	782
198 lbs.				
Master IB				
M. Baum	347	231	363	941
Master IIA				
J. Arnow	396	287	414	1098
Open				
J. Arnow	396	287	414	1098
M. Baum	347	231	363	941
J. Dickens	347	226	308	881

	SQ	BP	DL	TOT
Teen I				
L. Garza	402	165	402	969
Teen II				
A. Contreras	391	215	369	974
S. Balajka	407	187	369	963
UNL				
Junior				
J. Rende	418	264	396	1079
Master IB				
N. Edelson	226	127	385	738
Master IIA				
S. Hallen	385	275	341	1002
P. Calhoun	160	237	253	650
Master IIB				
S. Cole	264	160	363	787
Master IIB				
J. Koenig	220	138	336	694
Open				
J. O'Donnell	539	380	551	1470
R. Cook	512	215	451	1178
L. Arnold	473	275	396	1145
J. Rende	418	264	396	1079
J. Morales	446	242	336	1024
S. Hallen	385	275	341	1002
Teen I				
K. Jones	297	165	347	809
Teen II				
R. Cook	512	215	451	1178
N. Luna	519	231	424	1174
R. Hernandez	413	215	451	1079
J. Avila	484	176	418	1079
S. Fretwell	418	231	352	1002
A. Bixby	330	160	292	782
Teen III				
J. Stewart	369	165	479	1013
M. Cuff	424	204	314	941
S. Lamb	391	138	341	870

NASA HIGH SCHOOL NATIONALS

MAR 27-28 2010 » OKC, OK

	SQ	BP	DL	TOT
148 lbs.				
FEMALE				
K. Harvey	226			
C. Oller	275			
165 lbs.				
FEMALE				
J. Martin	—			
C. Hankins	352			
Raw				
Frosh-Soph				
Power Press				
FEMALE				
Frosh-Soph				
D. Garcia	55	55	110	
123 lbs.				
T. Brown	127	88	215	
132 lbs.				
M. Dortch	132	83	215	
S. Lowe	127	88	215	
A. Reyes	99	83	182	
148 lbs.				
E. Floyd	132	83	215	
Piyamanothamkiel	83	99	182	
R. Allen	66	88	154	
165 lbs.				
M. Brinkley	160	116	275	
A. Lewis	132	121	253	
B. Jackson	121	83	204	
181 lbs.				
J. Beckett	127	99	226	
Piyamanothamkiel	94	88	182	
198+ lbs.				
A. Paris	165	143	308	
C. Govee	105	110	215	
MALE				
Frosh-Soph				
123 lbs.				
B. Etheridge	149	171	319	
148 lbs.				
Z. Williams	209	226	435	
165 lbs.				
T. Wendel	215	220	435	

M. Fitzgerald	204	220	424
B. Terry	193	160	352
181 lbs.			
C. McDaniel	253	264	517
A. Masters	187	176	363
C. Payne	176	187	363
M. Harris	176	143	319
198 lbs.			
J. Kleber			

THE #1 POWERLIFTING SHOE
UB Solid from the ground ↑

IPF Approved!
\$139.99 + S/H

www.liftersathleticwear.com
 1632 E. Main Street (P.O. Box 1364)
 League City, Texas 77573
 Phone 713.898.0927

Beyond A Century
 Performance Nutrition • Anti-Aging
We can save you money!

Beta-Alanine, 300gm.....	\$14.50
GABA, 100gm.....	5.25
Peak ATP™ (pure) , 20gm (80 days)	22.50
Ribose, 200gm	21.50
N-Acetyl L-Glutamine, 300gm	18.50
Acetyl L-Carnitine, 100gm.....	8.50
CLA, 750mg, 100 gelpacs	11.50
Creatine Mono. 99+% , Micronized, 1kg	15.00
Arginine base powder, 300gm	12.00
Arginine AKG, 150 gm	9.00
Citrulline, 100gm	11.50
Lipoic Acid Powder, 50 grams	9.00
Whey Protein 90% instant isolate, 24oz	18.75
Tribulus Ext. 45% 100gm.....	7.50
Long Jack 100:1, 20gm	37.50
Yohimbe 2% Std. Extract! 50gm	7.50
Glutamine 300gm/1kg	11.85/29.75
Glucosamine Sulfate, 250gm.....	9.50

Visit website for current specials & coupons
 Order toll free or call for catalog
 800-777-1324

Visit our website for free shipping coupon!
 Secure online ordering & digital catalog:
www.beyond-a-century.com
 Hundreds of Products
 Authenticity Guaranteed!
 Beyond a Century ~ Greenville ME 04441
 Since 1983

HIGHEST QUALITY SUPPLEMENTS DIRECT!!!
NO MIDDLE MAN!
 Free 48 Page **WHOLESALE** Catalog
 fully describing our 50 one-of-a-kind
 Bodybuilding supplement formulas
 that produce results!

CALL 1-800-798-9798
 TOLL FREE CATALOG ORDER HOTLINE
Fitness Systems Manufacturing Corp.
 104 Evans Ave., Dept. PL0810
 Reading, PA 19608
 1-800-822-9995 or Phone/Fax 1-610-670-0135

SWEAT GOOD

T.K. Bands for knee or elbow support
 provide stability and warmth.
 Prevent Injuries!
 Improve Circulation!
 Train Harder!

S,M \$39.95
 L \$42.95

T.K. WAISTBAND

**BURN FAT!
 SHRED YOUR ABS!**

T.K. Waist Bands are made with a
 specially formulated heat insulating
 material which retains body heat and
 provides thermogenic enhancement as
 well as support and comfort.

One Size Fits All
 \$29.95

POWERHOOKS

**REVOLUTIONARY TOOL TO
 PRE-LOAD AND SELF-SPOT DUMBBELLS!**

Powerhooks make your workouts
 More Intense • More Effective • safer
 which results in maximum exercise benefit.

NEW AND IMPROVED

ONLY \$49.95 pair
 FITS ALL DUMBBELL
 SIZES AND STYLES

POWER UP

COUNTRY POWER INC.
ORDER NOW!
 Addl just \$6.75 S&H per order
888.669.6316
 or send check or money order to:
 COUNTRY POWER INC. 85-979 Farrington Hwy. Wainco, HI 96792
WWW.POWERHOOKS.COM

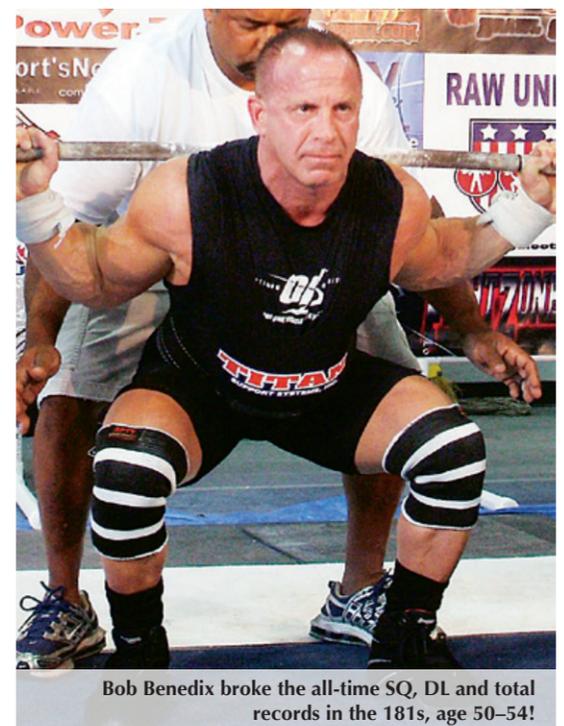
ELITEFTS

Accessories
 Briefs
 Wraps
 Deadlift Suits
 Bench Shirts
 Squat Suits

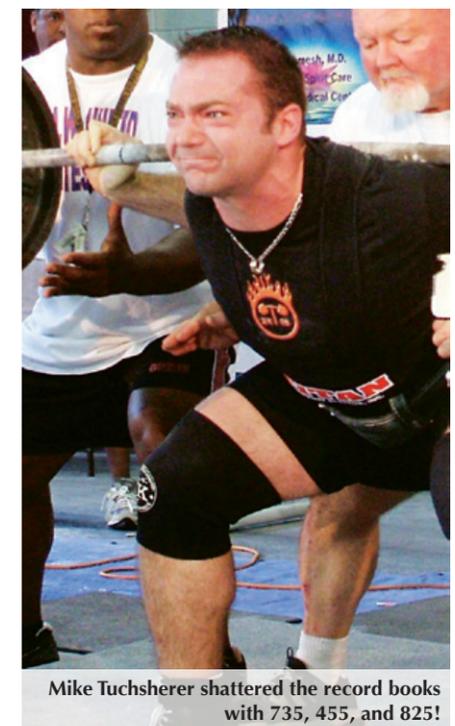
Exclusive Supplier:

 Elitefts.com/Metal
 888.854.8806

RAW UNITED'S
MIKE WITMER MEMORIAL OPEN
by Spero Tshontikidis



Bob Benedix broke the all-time SQ, DL and total records in the 181s, age 50-54!



Mike Tuchsherer shattered the record books with 735, 455, and 825!



Michael Francis pulled an all-time record 750 DL



(L-R) Kathleen Audef (Rev. Milton Simmons Memorial Award), Danny Aguirre (Mike Witmer Memorial Award), and Eric Talmant (MSG Gary Gordon Memorial Award) (S. Tshontikidis photos)

An incredible weekend of lifting was witnessed by all in attendance at the 2010 Mike Witmer Memorial Open!

From Bob Gaynor's amazing all-time record pull of 680 pounds in the 198s at age 64, to Ryan Celli's incredible all-time record total of 1840 pounds in the 198s, the energy never subsided! With all said and done, the contest proved to be a fitting tribute to Mike and his love for the sport

of powerlifting! Thanks to all that served on the contest staff, the lifters that came from all over the country to participate, and the crowd for their never-ending support and encouragement over the two day event! Before we get into the lifting, please give thanks to our Father in heaven, and »

MIKE WITMER MEMORIAL OPEN »



(L-R) Samantha Shores, Jenn Rotsinger, and Amanda Graham at the awards ceremony

pray for His protection and guidance over the brave men and women serving our great nation. And please say a special prayer of thanksgiving for Shawn "Bud" Lyte of BMF Sports for his generous donation toward the 2010 Armed Forces Championships at MacDill Air Force Base in Tampa, Florida on September 11-12. Bud maintains the federation's website (www.rawunited.org) and is a selfless supporter of all

we stand for! And one more prayer of thanksgiving for Danny Aguirre and the folks at ATP for their generous donation of elbow sleeves, knee wraps, belts, etc. These items were sold at the meet, and all the monies collected will be utilized to fund the 9/11 meet! Praise God! Special thanks to Danny Aguirre, Bill Beekley, Tony Conyers, Bob Gaynor, JD Gaynor, Denise Graham, Bob Lacey, Jack Stevens, Eric Tal-

mant, Caryn Tshontikidis, Mike Tuchsherer, and Andrew Yerrakadu for officiating; Bill Beekley, Tim Burns, Pete Classon, Tony Conyers, Josh Douglas, Larry Dromerhauser, Jesus Garcia, James Jacobs, James Klotz, Devin Murray, Kevin Serrano, Curtis Stellfox, Jordan Wong, Andrew Yerrakadu, and countless others for spotting and loading; Dave Kownack, Christopher James, and all the folks at Extreme Power TV for filming the event; powerlifting coach extraordinaire Dave Bates for running the live stream on Powerlifting Watch, Bob Gaynor and JD Gaynor for announcing; Sam Gough, Jack Stevens, Caryn Tshontikidis, and Sava Tshontikidis for scoring; Carmen Aguirre, Caryn Tshontikidis, Sava Tshontikidis, and Felicia Viperman for expediting; JD Gaynor, Amanda Graham, Denise Graham, Derek Fedo's mom and dad, and countless others for taking contest photos; Bill Beekley, Tim Burns, Larry Dromerhauser, Dave Kownack, Caryn Tshontikidis, Sava Tshontikidis, and countless others for helping set up and clean up; Sir Charles Venturella for the awesome cups and swords; Glenn Nichols of JNG Enterprises for the awesome staff shirts; and everyone not mentioned that helped make this such an incredible event - Thank you so much!

Session 1, Flight A consisted of members of the contest staff. Moriah Douglas of THE GYM posted personal bests across the board that included "power barriers" in the squat (135 pounds) and deadlift (200 pounds). Moriah's 412 total put her on the platform with Masters Champion James Jacobs for Best Lifter honors for Session 1. Her brother Josh, competing in the 165s, had an awesome day as well, nailing personal bests of 250, 160, and 345. After

completing his final deadlift, Josh assumed spot/load duties for the second flight and throughout the afternoon session. Powerlifting legend Bob Gaynor electrified the crowd with a massive 680 pound all-time record pull in the 198s, and went on to judge throughout the entire weekend. Bill Beekley, Lance Betts, Pete Classon, Larry Dromerhauser, Carol Gaskins, Bob Lacey (Bob also posted a qualifying total for the 2011 Raw Unity Meet congrats, my friend!), Tom O'Donnell, Jack Stevens, and Felicia Viperman all lifted extremely well before judging, spotting, and loading all weekend.

Thanks to everyone on the staff for their support of our lifters, our federation, and our mission! James Jacobs of the Florida Raw Dogs and teammate Beau Moore rocked the platform in Flight B, registering qualifying totals for Raw Unity and energizing the crowd! James went 630, 430, and 630 to capture top honors, and Beau's 820 pound deadlift was good for a new record in the supers. Teenage lifter Grigoriy "Ivan" Novoselov captured the overall Best Lifter award in the IRONMAN Teenage division, shattering the record books with lifts of 415, 425, and 500 in the 18-19/242s! Robert Mead of Universal Power & Fitness Gym in Orlando, lifting in his first meet, posted a very respectable 1465 total in the 242s, and Curtis Stellfox of Indialantic, Florida went 500, 355, and 505 before returning to the platform to help with the spot/load duties.

Saturday's afternoon session (Flight C) included the Men's 132-165 pound classes as well as 181 pounder Bob Benedix and 220 pounders Matt Levine and Korean War veteran and Purple Heart recipient Vito Lombardo. Wilmer Serrano started things off with a Raw Unity qualifying total as he shattered the record books with lifts of 345, 280, and 385 in the



A victorious Ryan Celli with his wife

132s. Ironman Best Lifter Johnny Ianno came back after slipping on the platform to nail lifts of 350, 275, and 500 without breaking a sweat! Johnny is just 125 pounds away from qualifying for Raw Unity, and his consistent progression this year could land him a spot on the National Team before year's end! Raw Unity director Eric Talmant buried a 500 pound record squat en route to his 1435 total in the 165s and a Best



Beau Moore rocked the platform

Lifter sword in the Raw division. Bob Benedix, who lifted in the flight with his sons Brett and Jake, broke the all-time squat (580), deadlift (560), and total (1480) records in the 50-54, 181s!

Eighteen lifters age eleven and under competed on Saturday afternoon as well, brining the crowd to its feet throughout the flight as the record books were shattered and personal

MIKE WITMER MEMORIAL OPEN JUN 19-20 2010 » Tampa, FL

Powerlifting	SQ	BP	DL	TOT
FEMALE				
Session 1, Flight A				
114 lbs.				
(14-15) INB				
M. Douglas!	135	77	200	412
123 lbs.				
(40-44) INB				
C. Gaskins	102	60	167	317
198+ lbs.				
(30-34) INB				
F. Viperman	160	122	—	—
Session 1, Flight A				
165 lbs.				
(16-17) INB				
J. Douglas	250	160	345	75
181 lbs.				
(60-64) Raw				
J. Stevens	390	185	455	1030
(50-54) INB				
Tshontikidis	352	225	452	1029
198 lbs.				
Dromerhauser				
345	215	465	1025	
(50-54) IB				
P. Classon	—	277	375	652
(60-64) Raw				
B. Gaynor	—	—	680	—

220 lbs.				
(40-44) IB				
L. Betts	405	405	485	1295
(50-54) Raw				
B. Beekley	440	300	540	1280
(60-64) Raw				
B. Lacey	465	260	550	1275
Session 2, Flight C				
132 lbs.				
(20-24) Raw				
T. O'Donnell	550	270	575	139
Session 1, Flight B				
242 lbs.				
(40-44) Raw				
J. Jacobs!	630	430	630	1660
R. Mead	510	385	570	1465
(25-29) Raw				
K. Phillipson	450	340	660	1450
(20-24) Raw				
C. Stellfox	500	355	505	1360
(50-54) Raw				
D. Poucher	—	335	535	870
(45-49) Raw				
A. Smith	—	405	—	—
(18-19) IB				
G. Novoselov!	415	425	500	1340
(40-44) INB				
J. Simmons	400	280	445	1125
(20-24) IB				
N. Harbert	—	320	455	775
(50-54) IB				
J. Barnes	—	450	—	—
(35-39) Raw				

S. Latour	—	440	—	—
308+ lbs.				
(40-44) Raw				
B. Moore	750	500	820	2070
(35-39) Raw				
M. Scheffel	465	425	435	1325
Session 2, Flight C				
132 lbs.				
(20-24) Raw				
W. Serrano	345	280	385	1010
(16-17) Raw				
J. Benedix	280	165	325	770
(18-19) IB				
M. Miller	240	205	317	762
(16-17) INB				
J. Gaskins	182	125	255	562
148 lbs.				
(14-15) Raw				
B. Benedix	310	150	350	810
(16-17) IB				
B. Viperman	205	147	315	667
165 lbs.				
(35-39) Raw				
E. Talmant!	500	280	655	1435
(40-44) Raw				
T. O'Brien	425	305	440	1170
(60-64) Raw				
A. Annunziato	—	242	455	697
(30-34) Raw				
J. Najjar	—	265	—	—
(20-24) IB				
J. Ianno!	350	275	500	1125
4th-DL-525				

N. Martin	310	215	430	955
(35-39) IB				
C. Holmes	320	220	395	935
181 lbs.				
(50-54) Raw				
B. Benedix!	580	340	560	1480
(20-24) Raw				
M. Levine	525	320	525	1370
(75-79) Raw				
V. Lombardo	—	175	—	—
Session 2, Flight D				
66 lbs.				
(8-9) INB				
B. Pimentel	50	25	85	160
(7-U) INB				
B. Holmes	35	15	45	95
77 lbs.				
(8-9) INB				
K. Rosario	55	35	105	195
(8-9) INB				
S. Lamba	55	—	—	—
88 lbs.				
(10-11) INB				
J. Lynch	75	45	135	255
123 lbs.				
(10-11) INB				
B. Levels!	120	67	170	357
(50-54) IB				
M. Cawthon	115	50	150	315
66 lbs.				
(7-U) INB				
P. Kage	45	30	90	165

L. Simmons	45	30	90	165
(10-11) INB				
J. Viperman	42	32	72	146
88 lbs.				
(8-9) IB				
Z. Seymour!	150	100	210	460
4th-DL-215				
(10-11) INB				
B. Levels!	120	77	187	384
K. Nunez	100	55	145	300
(8-9) INB				
J. Simmons	105	55	130	290
(10-11) INB				
J. Pimentel	95	40	130	265
97 lbs.				
(10-11) IB				
A. Seymour	125	85	155	365
(10-11) IB				
D. Kage	80	52	160	292
(10-11) INB				
E. Fuller	90	60	170	320
Session 3, Flight E				
198 lbs.				
(35-39) Raw				
R. Celli!	625	530	685	1840
(20-24) INB				
D. Brown	380	340	450	1170
(50-54) IB				
F. Frantz	—	275	450	725
4th-DL-465				
(40-44) IB				
D. Cieri!	—	535	—	—
(65-69) IB				

C. Corey	—	300	—	—
4th-DL-310				
275 lbs.				
(25-29) Raw				
M. Tuchsherer	735	455	825	2015
(20-24) Raw				
J. Elder	655	350	650	1655
INB				
D. Fedo	595	395	660	1650
Raw				
M. Germany	600	450	600	1650
(25-29) IB				
K. Morris	550	415	660	1625
(35-39) Raw				
T. Nash	—	370	—	—
(50-54) IB				
M. Francis!	—	—	750	—
Session 3, Flight F				
220 lbs.				
(30-34) Raw				
Z. Hichri!	585	395	720	1700
(35-39) Raw				
M. Bishop	585	415	685	1685
(18-19) Raw				
J. Wong!	580	345	540	1465
(20-24) Raw				
K. Mishler	440	355	555	1350
(18-19) Raw				
D. Murray	365	375	450	1190
(20-24) Raw				
N. Mouhteros	355	315	480	1150
(50-54) Raw				
G. Prescott	345	200	370	915

(30-34) IB				
T. James	—	340	—	—
Session 4, Flight G				
123 lbs.				
(30-34) Raw				
J. Rotsinger!	275	165	370	810
INB				
K. Audet	195	92	245	532
132 lbs.				
(50-54) IB				
J. Kral	—	80	—	—
148 lbs.				
(14-15) Raw				
S. Shores	217	100	255	572
(50-54) IB				
J. Andrews	255	160	305	720
181 lbs.				
(40-44) Raw				
D. Aguirre!	425	320	515	1260
(55-59) IB				
M. Teuchert!	375	230	495	1100
(30-34) INB				
D. Fullington	370	280	440	1090
(18-19) INB				
G. Tillman	352	240	425	1017
(35-39) INB				
E. Griffin	305	250	415	970
(20-24) IB				
M. Brandt	350	—	500	—
(45-49) IB				
J. Zubeck	—	330	—	—
Session 4, Flight H				
114 lbs.				

(16-17) IB				
A. Graham!	177	107	247	531
132 lbs.				
(50-54) Raw				
M. Quinn	160	135	230	525
INB				
T. Bishoff	130	100	255	485
4th-DL-270				
(55-59) Raw				
S. Carrington	100	60	170	330
148 lbs.				
(40-44) Raw				
M. Yerrakadu	135	80	240	455
4th-DL-247				
(40-44) INB				
S. Davis	190	117	250	557
(30-34) IB				
C. Cox	190	—	310	—
165 lbs.				
(14-15) Raw				
M. Dudley	180	80	205	465
(16-17) Raw				
L. Figueredo	120	85	210	415
(40-44) Raw				
S. Gum	—	—	245	—
(25-29) INB				
E. Degroot	200	210	315	725
4th-DL-335				
198+ lbs.				
(50-54) Raw				
H. Salahuddin	175	115	250	540
4th-BP-125				
4th-DL-260				

! = Best Lifters. Venue: Jackson Springs Recreation Center. Our god is an awesome God!				
--	--	--	--	--

MIKE WITMER MEMORIAL OPEN »

bests recorded! Peachtree City, Georgia resident Zach Seymour, lifting in the 8-9, 88s, was flawless on the platform, nailing lifts of 150, 100, and 215 on a fourth attempt! Unreal! Zach was joined on the Best Lifter stage by the brother and sister duo of Brandon and Brielle Levels from THE GYM. Brandon hit lifts of 120, 77, and 187, and Brielle went 120, 67, and 170 to secure the family Best Lifter swords in the IRONMAN, no belt category. Bill Beekley's "Bulldog Powerlifting Team" captured the team title, led by outstanding efforts from Jessica Lynch, Marissa Cawthon, Kevin Nunez, and Emanuel Fuller. Jody Simmons (40-44/242s) brought his boys, Leo (7-U/66) and Joseph (8-9/88), and they both hit personal bests across the board. Finally, Preston "Dennis the Menace" Kage nailed the "big bar," sinking deep for a 45 pound squat en route to his 165 pound total in the 7-U/66 pound class. Congratulations to all the kids on their efforts and accomplishments, and thanks to Bill Beekley (Bulldog Powerlifting), Jody Simmons, Scott Seymour, and Curtis Holmes for coaching their kids and introducing them to the world's strongest sport!

Before we get to pictures, I would like to personally thank Bill Beekley again for his tireless efforts to promote our great sport and praise him for his love and respect for the kids and families he serves at the Jackson Springs Recreation Center. Bill epitomizes the power of service, and I am both humbled and honored to call him my friend. God has a very special place for you, brother!

Sunday morning's lifting saw the 198s and 275s in the first flight, and the 220s in the second flight. Pittsburgh, Pennsylvania's Ryan Celli rocked the house, going 9 for 9 and regaining the all-time total record in the 198s! More importantly, Ryan proved himself to be a class-act, coaching and encouraging other lifters while demonstrating a calm and focused demeanor on the platform. Needless to say, the federation will be honored to have Ryan join our National Team at the 2011 Raw Unity Meet!

Frank Frantz traveled from Aurora, Illinois, to break the bench and deadlift records in the push/pull, while master lifter Christian Corey shattered the masters bench record in the 65-69 year old age group with his 310 pound effort. Dennis Cieri, who recently broke the all-time bench record in the 198s at 529 pounds under a 100% Raw sanction, traveled from Rutherford, New Jersey and nailed a 535 pound bench on his third attempt! And Michael "Shotgun" Francis, representing Universal Power & Fitness Gym in Orlando, Florida, nailed an all-time record deadlift of 750 pounds in the 50-54/275s! The 275s followed with Minot, North Dakota's Mike Tuchsherer shattering the record books with lifts of 735, 455, and 825! Mike came back after competing and officiated Sunday afternoon a testament to his willingness to give back to our sport. Mike's wife is currently deployed in Afghanistan, so please keep his family in your prayers!

Four other lifters John Elder, Derek Fedo, Mario Germany, and Ken Morris joined Mike on the platform and did not disappoint. All four qualified for Raw Unity and a spot on our National Team, while logging record lifts in their respective age groups and divisions! In the 220s, Universal Power & Fitness Gym owner Zied Hichri and Tennessee resident Mike Bishop had an awesome battle for top honors. Zied's 720 pound record deadlift secured both the win (1700 to 1685) and Best Lifter honors. Zied and Mike both qualified for Raw Unity, and will be joined by Greg Prince on the National Team. Nineteen year old Jordan Wong, one of the finest teenage lifters in the country, captured the Raw Teenage Best Lifter sword and is just 45 pounds away from a qualifying total (next meet, brother!). Special thanks to teenage lifter Devin Murray who spot/loaded on Saturday, lifted Sunday morning and set the teenage bench record, and was back on the platform Sunday afternoon to spot/load for the final session!

The women and the 181s shared the platform to finish an incredible weekend of lifting! Jenn Rotsinger led the women's charge, nailing a 275 record squat and 810 pound total en route to capturing Best Lifter honors in the Raw division. Jenn is a true champion, and will be serving our military heroes at the Armed Forces Championships (9/11-12 at MacDill AFB in Tampa, Florida) and representing the federation at Raw Unity. Master lifter Joann Andrews was flawless in her R.A.W. United debut, posting record lifts and earning a spot alongside Jenn on our National Team. Raw Unity lifters Kathleen Audet and Samantha Shores both crushed the total records in their respective classes, and will be competing again at the UPF Challenge in August.

Danny Aguirre and Michael Teuchert led the men's charge, with Danny capturing Best Lifter honors in the Raw Division and Michael

taking the Ironman sword home. Danny pulled a hamstring on his second deadlift which kept him from securing a qualifying total for Raw Unity. Fortunately, Danny will be competing at the Armed Forces Championships and will have the opportunity to earn a spot on the National Team. Finally, thanks to former Special Forces operator John Zubeck for his service to our country. John lifted in the bench only division, and will be joining us on the platform in September at MacDill.

In the contest's final session, teenage lifter Amanda Graham brought the crowd to their feet with her 247 pound record pull to qualify her for Raw Unity, broke both the deadlift and total record in the 16-17/123s, and set herself up for a big total at the Armed Forces Championships (Amanda has been a member of the U.S. Navy Sea Cadets for several years). MJ Quinn was on her way to a Raw Unity total but pulled a glute on her second deadlift; she is now training for the UPF Challenge in August. Several Master lifters Terry Bishoff, Molly Yerrakadu, Shana Davis, and Huguette Salahuddin shattered the record books, to include exciting fourth attempts to close the lifting. Teenage lifters Monique Dudley and Leilani Figeredo also shattered the record books in the R.A.W. United debut. Newcomer Edithann "Edie" DeGroot of Port Charlotte, Florida, was originally registered for the push pull, but decided to squat with some prompting for her fellow lifters. Edie went on to destroy the record books in all three lifts (200, 210, 335), qualify for Raw Unity, and earn herself a spot on the National Team! She'll be joining Amanda on 9/11 at the Armed Forces Championships, also poised for a huge total! «

THE LOUIE SIMMONS HOME REVERSE HYPER

No Reverse Hyper in Your Gym? That's OK! Keep this One at Home... Just don't tell anyone! Let everyone Else Wonder How Your Squat and Pull got so Good...So Quickly!

Designed by Louie Simmons. American Made. 5356,359 and 6,491,607b2 United States Patents



- Holds up to a 360 lb. individual
 - Up to 150 lb. Bar Weight (weights not included)
 - Pendulum Roller for a Smooth Motion
- *Rehab your back & build core strength in just 5 minutes a day*

\$599

plus \$99 for UPS Shipping
(shipped anywhere in the Continental USA)

Call Ron Fernando to Order
630-566-9171

High School/University Institutional Purchase Orders Accepted
We sell all of Louie's Gym Quality Reverse Hyper Models



www.therapyhyper.com

APT PRO GEAR

..... WORLD RECORD PROVEN!

700+ PRODUCTS!



USE THE PROMO CODE
PROGEAR FOR A
FREE SET OF 12"
WRIST WRAPS AND
15% OFF OF YOUR
ENTIRE ORDER!

ProWristStraps.com

TOLL FREE 1-888-236-1258 E-MAIL APT@PROWRISTSTRAPS.COM

ORIGINAL WESTSIDE:

TRAINING TEMPLATE

AND EXERCISES

Ron Fernando
rfern2000@aol.com
PL USA August 2010

As an accompaniment to the article on the Original Westside Barbell Club (OWBBC), I thought that this mini article would be a good follow up. These guys forged a system from nothing and with some pretty rudimentary gear, a system unearthed by Louie Simmons in 1986 and fine-tuned to the razor's edge product that is the Westside Conjugate System today. It is important to

consider, from a historical perspective, what these guys had to work with and, just as important, what they didn't have to work with that we unfortunately take so much for granted today.

So what DIDN'T the OWBBC guys have at their disposal, anyway? Check out this rather extensive (and incomplete) list:



MONOLIFTS – The OWBBC guys all walked out with the squat, and perfected this technique—as they had no choice. They used old fashioned squat stands that were anchored by rims filled with cement. Having squatted on these racks myself back in 1981 with Frenn, I can attest to their sheer invulnerability. They did have a basic Power Rack, but used it more for their various pressing motions.



REVERSE HYPEREXTENSION – Louie invented this great machine this in the early '90s and got awarded several U.S. Patents for it. The OWBBC guys did a lot of deadlifts, cleans and good-mornings for their posterior chain. Ditto for Calf Ham Glute Machine, 45 Degree Back Raise and "Back Attack" type lower back machines that are common in a lot of gyms today—The OWBBC didn't have any of this.

BELT SQUAT MACHINE – No way. All squats were done with a barbell, the same barbell that they benched and deadlifted on.



BANDS, CHAINS, FOAM BLOCKS AND OTHER ACCOMMODATING RESISTIVE DEVICES – The only thing remotely resembling a "Reverse Band" movement was having Peanuts give you the Touch Spot—hands on the bar on the squat and bench and one hand on your sacrum and the other on the sternum for the deadlift. When his hands—or Frenn's, and later Roger Estep's—were on the bar and spotting you, you felt like the bar weighed 50% less, when in fact they may have only been taking off a few pounds. Still, it made for some great lifting sessions and a ton of maxes.



ADJUSTABLE INCLINE BENCH – Joe di Marco made a lot of the equipment, and they set the incline at around 42 degrees. If they needed to get steeper, they simply propped it up with a box or two.



FANCY FORZA STYLE BENCHES WITH BAND PEGS, SPOTTERS STANDS AND SUICIDE CATCHES – No sir, these guys had a basic, homemade power bench with wide stanchions for their main bench and belly toss sessions plus a spare one with the narrow, skinny uprights. Pat Casey benched over 600 with this sort of bench, although the one he had was custom welded for his girth and had a double set of stanchions. I saw one of these benches on sale from Craigslist for \$50 recently.



SQUAT SUITS, BRIEFS, POWER BELTS, SPECIALIZED WRAPS AND BENCH SHIRTS – They had none of these because they simply hadn't been invented, but this doesn't mean that they didn't use their own version of supportive gear. A lot of them would wear one or more cut off Levi 501's (the button up style) and mark them #1, #2 and so on. They would buy a smaller pair, squeeze into it, put the slightly larger pair on over it, and then put whatever singlet or short-t-shirt combo over

this contraption. It didn't give near as much as a \$300 triple-ply squat suit with Velcro (another item yet to be invented), but it helped some. As far as wraps, they used 1–3 pairs of 6 inch ACE brand wraps pulled tight around each knee and (because the rules allowed it then) 4 inch ACE wraps wrapped around the elbows. George Frenn, never the world's best bencher, was able to bench 520 and incline over 400 with these drugstore bandages. Belts were all the same old flimsy Olympic belts, though when George and Peanuts did really heavy box squats they would use two belts—one facing to the rear and one to the front to support their midsection (the word "core" had yet to be invented too). Shoes were a catch-as-catch can variety of work boots (Thurber and Ingro), flat tennis shoes (Peanuts), or plain old wingtips a la Paul Anderson (di Marco). Frenn used a pair of fancy Polish made Olympic lifting boots that he bought in Europe on one of his many track and field jaunts, but everyone else was strictly Goodwill city. Bodybuilder "guest stars" Arnold and Franco sometimes squatted in slippers!

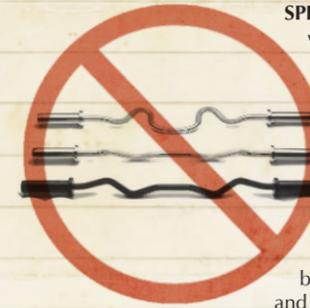


SELECTORIZED OR PLATE LOADING BACK, LEG AND ARM MACHINES (I.E. HAMMER STRENGTH, CYBEX AND SIMILAR) – Joe di Marco built a basic lat pulley/low row combo, but this was about it.

DUMBBELLS – No dumbbells because their template didn't call for it.



KETTLEBELLS – These were still sitting in the dust of prehistoric strength history, awaiting their release by Pavel Tsatsouline many years in the future.



SPECIALIZED BARS – Today you see gyms with a whole array of specialized bars—a basic power bar for benching, an extra thick and long bar for squatting plus an equally long and whippier bar for pulling. Add to this are training bars of every conceivable shape and purpose—special bars for doing good-mornings, Zercher style lifts/squats, Safety Squat bars, bamboo bench bars, football bars for close grips benching, cambered bars for benching and squatting, the list is virtually endless.

The OWBBC guys used basic York and Paramount bars with a couple of Weider ones thrown in. Their plates varied from the standard York plates to the custom made "Biggie" plates by Rev Bob Zuver which weighed as much as 150 lb. each! One more thing about plates; they had no bumpers for Olympic style exercises because, frankly, no one did—not even the top O-L style guys at the Olympic Games.

DECLINE BENCH – They never declined, so this was a non issue.



Well then... HOW DID THEY DO IT?

continued on page 58

NEW



GNC PRO PERFORMANCE

NEW MICRONIZED AMINOS FOR MAXIMIZED MUSCLE.

INTRODUCING THE ALL-NEW
RAPIDDRIVE™ AMINO
SERIES

CUTTING-EDGE TECHNOLOGY

We broke the mold and made amino acids smaller and faster to help you in your quest to get your body bigger. GNC's new RapidDrive Amino Series uses advanced micronization technology to break down larger amino acid molecules so they can be absorbed more easily to fuel the muscles that need them. They're the most technologically advanced aminos you can get your hands on for pre-, during and post-workout support. And they come in versatile flavors – delicious fruit punch or unflavored powders – perfect for stacking with your favorite products. It's the most complete and advanced amino series ever developed and ideal for all athletes, from runners to powerlifters.

RAPID PUMP DELIVERY.

Arginine 5000™ gives you 5,000 mg of fast-absorbing, premium arginine per serving to boost nitric oxide and give you that blood-rushing pump.

RAPID RECOVERY FUEL.

Glutamine 5000™ provides an anti-catabolic effect for fast absorption and delivery with 5,000 mg of micronized L-glutamine per serving.

RAPID MUSCLE FUEL.

BCAA 5000™ pours on the ultimate muscle fuel for intense training. It's a powerful 5,000 mg blend featuring leucine, isoleucine and valine – critical for stimulating muscle protein synthesis and preserving muscle glycogen stores.

RAPID WORKOUT RESULTS.

Pre-Workout Amino Complex is a zero-sugar, zero-stimulant formula packed with seven grams of advanced amino acids, beta-alanine, L-citrulline and ingredients to help promote fatigue-controlling factors.

RAPID MUSCLE REPLENISHMENT.

Post-Workout Amino Complex gives you 11 grams of critical recovery aminos with L-glutamine, L-citrulline and antioxidants to help replenish muscles and replace lost electrolytes.

SCORE YOUR **RAPIDDRIVE**™ AMINO
SERIES
ONLY AT GNC AND GNC.COM.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Call 1.888.462.2548 or visit GNC.com for the store nearest you. ©2010 General Nutrition Corporation. May not be available outside the U.S. Ad: Arnall



GNC
LIVE WELL.

ORIGINAL WESTSIDE TRAINING »

THE TEMPLATE – 2 Days a week 4–5 hours each session (no kidding) – The length of time that they spent was enormous, but it did accomplish two things: free up most of the week, and half the weekend, plus condition their bodies for the tedium of actual contests. Having tried this system, I can also attest to the extreme soreness for a day or so afterwards, but as the main Saturday workout approached, the feeling of ultra freshness and the real desire to really hit some big numbers due to all of the rest you got. If you were wise, you would really crank the protein and nutrients during the week to fuel your Saturday session.

TUESDAY – DAY ONE

BENCH PRESS – 12 Sets or so, working up to 2–3 singles plus 2 sets of 10 for muscle pump and muscle work.

BELLY TOSS BENCH PRESS – 4–6 sets working up to heavy triples. They would use 3–4 rubber pads and cycle down to 1 pad—something that is done today by shirted benchers with boards.

INCLINE BENCH – Sometimes as much as another 12 sets with more singles. The OWBBC guys were experts in the incline with a whole host of 400+ incline pressers—Frenn, di Marco, Merjanian, George Woods, etc. and even the lighter weight guys like Thurber and Ingro could regularly crank out 315.

HIGH BOX SQUATS – Work up to a heavy set of 10 with your contest full squat plus up to 100 lb. more (do they even use that term “full” anymore?). Occasionally work in some ultra heavy singles—Frenn was able to crank out over 1000 lb. in the high box for singles, which “pre-set” his body for his historic 853 squat.

LOW BOX SQUATS – 4–5 singles with 100 lb. less than your contest full squat.

BOX DEADLIFTS – several sets of singles with a spot (see above).

LAT PULLS – 3 x 5 as heavy as you can go.

TRICEPS PRESSDOWN ON LAT MACHINE – 3 x 5 as heavy as you can go. The only overhead pressing or military pressing was done by some of the track guys like George Woods who did a 440 push press from the stands in preparation for his 1968 Olympic Games (he took Silver in 1968 and 1972).

No curls, pullups or other “beach work” (even though the beach—Muscle Beach—was only a few minutes away!)

This was the basic Tuesday Marathon, and sometimes they would include power cleans or high pulls (a Frenn thing, as at least for half the year he couldn't bench press because

of the negative effect it would have on his Hammer throwing, so he substituted.) Pretty much everyone got home from their workout well after midnight, but had the rest of the week to recover. Regular 9–5 guys were really trashed the first half of the next working day (Wednesday).

SATURDAY – DAY TWO

FULL CONTEST – Everyone simply maxed out on the 3 lifts and went home. Problem was, sometimes as many as 20–30 guys would show up. Although the session would start at noon, they rarely finished before 6 PM. This left plenty of time for some serious Saturday night carousing (which as you are all aware of by now, the OWBBC guys were experts in). Sunday, most of them just crashed and nursed their hangovers.

ANALYSIS: Given the length of the Tuesday workout, most guys with jobs, marriages and businesses today would be better served splitting the workout up into three sessions, or some would soon be devoid of said job, marriage and business. Perhaps doing the inclines and box deadlifts on the Thursday, or simply using the modern Westside 4 day a week template. Still, this system, even though replete with a lot of technological “holes,” was so far ahead of its time it was ridiculous. The OWBBC guys simply improvised and did what they had to do to succeed and, once again, created Power History from it. «

The great George Frenn trained with the Original Westside Barbell Club and made incredible lifts



“ I recommend naNO Vapor to every hardcore powerlifter that wants to push their personal limits to all new levels. ”

– Matt “Kroc” Kroczaleski

- World-Record Holder: 220 class
- Max Deadlift: 810 lbs.
- Max Squat: 1,014 lbs.



— CHAMPION POWERLIFTER — SHOCKS BODYBUILDING WORLD

What happens when you toss a champion powerlifter into the home gym of two of the most hardcore bodybuilders? Read on to find out.

Earlier this year, Team MuscleTech™ flew powerlifter Matt “Kroc” Kroczaleski out to Texas to train with Branch Warren and Johnnie Jackson at the legendary Metroflex gym. They were supposed to beat the hell outta Kroc and take him through a brutal bodybuilding-type training session that would leave him crippled in pain. But that’s not how it went down.

Experience a Massive Energy Spike

About 30 minutes before he stepped into the gym, Kroc slammed back a serving of new *naNO Vapor® Hardcore Pro Series™*. From there, it was game on! Kroc stepped up and went set for set with two of the most hardcore bodybuilders on the planet and showed them that nobody trains with more intensity than a powerlifter.

Take Your Training Intensity to the Next Level

Precisely formulated with a potent intensity catalyst, a vaso-active blend designed to help ignite massive pumps and a key strength-enhancing ingredient, this could be the ultimate pre-workout powerlifting formula. Try it for yourself today and feel what it’s like to train in the world of raw intensity.

Powerlifter Gets Jacked in 17 Weeks!

Before

Got Jacked and WON 1st Place!

After

“I don’t care what you say, every powerlifter wants to look better and every bodybuilder wants to be stronger. Since I’ve started using the new *naNO Vapor Hardcore Pro Series* formula, my workouts keep getting better and my muscles are filling out with a new really hard, dense look.” – Matt “Kroc” Kroczaleski



To check out this training session, visit MuscleTech.com/rawintensity.



Read label before use. © 2010. For more information, visit MuscleTech.com™. Matt Kroczaleski also used other supplements.

Strategies for Rapid Fat Loss, Muscle Growth and Recovery

OPTIMAL POST WORKOUT

as told to Powerlifting USA by Eric Serrano, MD, and Scott Mendelson » scott@infinityfitness.com » www.infinityfitness.com

30 MINUTES PRE WORKOUT

- ⇒ 2-4 Scoops 100% MR
- ⇒ 2-4 Scoops Muscle Synthesis Powder

IMMEDIATELY AFTER THE LAST SET

- ⇒ 2-4 Scoops 100% MR
- ⇒ 2-4 Scoops Muscle Synthesis Powder
- ⇒ 2 tablespoons raw honey

30-45 MINUTES AFTER TRAINING: POST WORKOUT MEAL 1

- ⇒ Your biggest meal of the day featuring the highest concentration of carbohydrate intake
- ⇒ 8-12 oz lean protein sources
- ⇒ 1 cup rice or 1 potato
- ⇒ 1 tablespoon extra virgin olive oil

2-3 HOURS AFTER TRAINING: POST WORKOUT MEAL 2

- ⇒ 8-10 oz lean protein sources
- ⇒ 1 cup rice or 1 potato
- ⇒ 1 tablespoon extra virgin olive oil

Intense training sessions require the right post workout nutrition strategies to make your hard work pay off. The post workout window of opportunity allows for a strategic refueling of the muscles while optimizing the hormonal environment which is a forgotten element of success. Post workout cocktails full of sugar are not only obsolete, but the fast track to a fatter body. The addition of protein powder is better than nothing, but still too little, too late in regards to crucial raw materials. Strength athletes must prioritize not only metabolic recovery (the muscles), but also the nervous system, which governs strength. There are many factors to consider when building a post workout nutrition strategy, including raw material ratios, rates of digestion, hormones, blood flow to the muscles and more. We will introduce a two phase post workout nutrition strategy combining Amino Loading and real food sources to improve your

body comp, performance and rates of recovery immediately.

MANAGING THE NUTRIENT SUPER HIGHWAY

During the workout blood flow to the trained muscles increases dramatically to act as a nutrient super highway. However, the consumption of food sources, such as protein shakes, right after training activates digestion which diverts blood flow to the stomach. This is counterproductive, as taking blood flow away from hungry muscles reduces the size of your nutrient superhighway significantly. You want the highway to accommodate new nutrient delivery to the muscles at 1,000 MPH! 100% MR and Muscle Synthesis are able to bypass digestive hang ups surging muscles full of their desired raw materials in minutes. The metabolic and hormonal status of the muscles

following training allows for a buildup of amino acids in the muscles which in turn becomes a powerful energy reserve for intense training.

BOOSTING ANABOLIC HORMONE LEVELS – NATURALLY

Insulin is the body's most anabolic hormone and, as a result, optimizing these levels following training will accelerate your goals. The old guard would advise huge consumption of high glycemic index carbs including designer sugars to boost insulin, but while this increases insulin it also supports rapid body fat accumulation. A one hour weight training workout designed to increase strength is unlikely to burn even 75 g of glycogen for a 250 lb. man since the body uses multiple fuel sources during anaerobic exercise. There is no need to replace more than what you burn by way of glycogen to prevent the excess from being stuffed into fat cells. Dr. Serrano discovered through years of research and strength athlete patient trials that the right ratios of amino acids not only optimized insulin levels, but also provided the ideal amounts of raw materials to support accelerated rates of recovery and muscle growth in comparison to protein supplements alone. A key factor to determining the optimal ratios were examination of muscle biopsies which revealed the specific amino acid combinations that would be most rapidly assimilated following exercise.

PREVENTING OVER TRAINING

Do you ever feel drained for days following training? Is your bar speed sluggish and has your desire to train declined? If so, your recovery rates better catch up to your training volume or you are cooking a recipe for disaster. The natural thought process is the more training the better. However, only if the quality of work is very high, especially when considering the complexities of the nervous system. If you want to push the limits of training you must increase your recovery support to match. The stronger you are the greater stress placed on the nervous system prolonging the recovery period. Remember the nervous system cannot fully recover until the muscles do! Surrounding training with the right nutrition and supplementation approach will keep you out of overtraining hell! Elevated stress hormones related to inadequate rates of recovery not only chew up muscle, but also stimulate fat storage.

Elevated stress hormones are one of the greatest barriers to success for any trainee. Serious lifters who count on an edge to separate

NUTRITION



Optimal Post Workout Nutrition requires healthy food choices such as olive oil, raw honey, etc.

their performance from the rest cannot afford to be slowed down by stress hormones such as cortisol which stimulate fat storage, waste muscle and interfere with nervous system recovery.

TIMING IS EVERYTHING!

Thirty minutes following training is the ideal time to eat as there has been enough time for increased blood flow to carry the 100% MR and Muscle Synthesis super fuel to the muscles. Conditions at this time are ideal for a large percentage of daily carb intake from real food sources. Pending your goals, the amounts will

vary. Those wanting to maximize lean body mass can spread out 1 g of carbohydrate per pound over the couple meals following training while those focusing on fat loss can go as low as .25 g per pound. The best sources to consider are rice, potatoes, sweet potatoes, oatmeal and fruits. The post workout meal is one of the only times we would recommend a relatively low dietary fat intake since quick digestion is desirable. Go for leaner protein choices in large quantities such as chicken, turkey, seafood and fish during this meal. In an ideal world a second meal would be consumed 2 to 3 hours after training to bolster recovery. «



Scott Mendelson of Infinity Fitness

ABOUT SCOTT MENDELSON

Scott H. Mendelson, author of the 100% Fitness Solution E book and Director of Infinity Fitness is a highly regarded performance nutrition and training specialist. In addition to designing customized programs for his celebrity, weekend warrior and executive clients, Scott works daily with professional athletes from the NFL, NHL, MLB, MLS and NCAA. Scott has built an excellent reputation providing effective supplements, cutting-edge information and unmatched service to thousands of clients worldwide since 1999. Also the special assistant to Dr. Eric Serrano MD, Scott helps with the design of training, nutrition and supplementation trials to confirm the effectiveness of protocols and expand his expertise.

ABOUT INFINITY FITNESS

Infinity Fitness INC provides training, fitness, and nutritional information for educational purposes. It is important that you consult with a health professional to ensure that your dietary and health needs are met. It is necessary for you to carefully monitor your progress and to make changes to your nutritional and fitness program to enjoy success. Infinity Fitness does not employ dietitians or health professionals and assumes no responsibility or liability for your personal health and condition. For more information regarding our Limited Warranty for products and services, please see our disclaimer at InfinityFitness.com.

Email scott@infinityfitness.com for your complimentary copy of the Macronutrient Cycling Nutrition plan and 17 rapid fat loss tips.

Copyright © Infinity Fitness INC All Rights Reserved 2010. This document is provided by Infinity Fitness INC for general guidance only, and does not constitute the provision of health or fitness advice. The information is provided 'as is' with no assurance or guarantee of completeness, accuracy, or timeliness of the information, and without warranty of any kind, express or implied, including but not limited to warranties of performance, merchantability, and fitness for a particular purpose.

RESULTS



Austin McKay putting up a 451 SQ (J.T. Hall photos)



Master 275 pounder Lee Elliff pushing up 545 lb.!



Brianna Willis with an incredible 264 SQ at 114



High schooler Quinton Thomas benching a big 418

NASA SOUTH TEXAS MAY 29 2010 » Alvin, TX

BENCH	165 lbs.			
FEMALE	<i>High School</i>			
114 lbs.	I. Gingery	94		
<i>High School</i>	198 lbs.			
B. Willis	<i>Master I</i>			
138	G. Garner	325		
MALE	<i>Master Pure</i>			
242 lbs.	G. Garner	325		
<i>High School</i>	308 lbs.			
Q. Thomas	<i>Master II</i>	187		
418	G. Well, Jr.			
275 lbs.	PS BENCH			
<i>Master II</i>	MALE			
L. Elliff	198 lbs.			
<i>Master II</i>	<i>Master I</i>			
J. McKay	G. Garner	325		
<i>Master Pure</i>	Raw			
J. McKay	114 lbs.			
374	<i>High School</i>			
<i>Raw</i>	J. Dunham	83		

Push Pull	114 lbs.			
MALE	<i>High School</i>			
114 lbs.	J. Dunham	83	182	264
<i>High School</i>	165 lbs.			
I. Gingery	<i>High School</i>			
94	242 lbs.	94	187	281
<i>High School</i>	Q. Thomas	418	606	1024
Powerlifting	SQ	BP	DL	TOT
FEMALE				
114 lbs.				
<i>High School</i>				
B. Willis	264	138	283	685
123 lbs.				
<i>Teen</i>				
E. Guerra	171	88	198	457
198+ lbs.				
<i>Teen</i>				
A. Hasse	286	110	286	683

MALE	198 lbs.			
<i>Master I</i>	J. Easterbrook	429	297	429
<i>Police/Fire/Military</i>	A. McKay	451	270	440
<i>Raw</i>	165 lbs.			
<i>High School</i>	A. Hardy	248	165	325
181 lbs.	<i>Master II</i>			
R. Sherwood	457	270	413	1140
<i>Master Pure</i>	R. Sherwood	457	270	413
<i>Open</i>	R. Sherwood	457	270	413
<i>Open</i>	A. Lejeune	314	154	402
242 lbs.	<i>Master I</i>			
<i>Master I</i>	P. Wylie	523	358	600
275 lbs.	<i>High School</i>			
L. Brawley	402	264	402	1068
<i>Master II</i>	L. Elliff	424	402	446
SHW	<i>Open</i>			
B. Alm	694	468	672	1833
<i>Police/Fire/Military</i>	B. Alm	694	468	672
<i>Open</i>	Power Sports			
MALE	114 lbs.			
<i>High School</i>	J. Dunham	55	83	182
148 lbs.	<i>Master II</i>			
T. Hedrick	132	264	429	826

PS CURL	114 lbs.			
FEMALE	<i>High School</i>			
114 lbs.	B. Willis	61		

Powerlifting	SQ	BP	DL	TOT
FEMALE				
114 lbs.				
<i>Open</i>	J. Vadell	160	66	237
123 lbs.	<i>Open</i>			
L. Garcia	160	132	303	595
148 lbs.	<i>Open</i>			
E. Hunter	209	149	336	694
<i>Open</i>	S. Holleran	165	105	275
198+ lbs.	<i>Open</i>			
J. Stewart	396	160	468	1024
MALE				
123 lbs.	<i>Open</i>			
B. Naquin	358	204	501	1062
132 lbs.	<i>Open</i>			
T. Hood	429	226	473	1129
<i>Raw</i>	D. Dupuis	358	226	446
148 lbs.	<i>Open</i>			
L. Bates	424	303	451	1178
165 lbs.	<i>Raw</i>			
J. Guillory	429	242	473	1145
<i>Raw</i>	G. Luce	352	231	402
181 lbs.	<i>Open</i>			
J. Barthomew	473	325	495	1294
<i>Raw</i>	B. Heyman	457	264	534
198 lbs.	<i>Raw</i>			
W. Calliahan	248	154	413	815
<i>Open</i>	J. Townsend	479	418	506
<i>Raw</i>	R. Kimball	501	281	567
220 lbs.	<i>Open</i>			
C. Favre	562	407	606	1574
<i>Raw</i>	J. Clay	—	380	468
242 lbs.	<i>Master</i>			
C. Coleman	418	308	468	1195
<i>Open</i>	J. Nicolosi	655	435	562
<i>Raw</i>	B. Stephens	325	308	473
275 lbs.	<i>Raw</i>			
R. Brose	517	314	551	1382
<i>Raw</i>	T. Babcock	484	347	501
275+ lbs.	K. Lavergne	347	275	325
<i>Open</i>	A. Leblanc	738	473	650
A. Leblanc	738	473	650	1861
<i>Raw</i>	R. Brose	517	314	551
<i>Raw</i>	T. Babcock	484	347	501
Raw	K. Lavergne	347	275	325
Raw	A. Leblanc	738	473	650
Raw	R. Brose	517	314	551
Raw	T. Babcock	484	347	501
Raw	K. Lavergne	347	275	325
Raw	A. Leblanc	738	473	650
Raw	R. Brose	517	314	551
Raw	T. Babcock	484	347	501
Raw	K. Lavergne	347	275	325
Raw	A. Leblanc	738	473	650
Raw	R. Brose	517	314	551
Raw	T. Babcock	484	347	501
Raw	K. Lavergne	347	275	325
Raw	A. Leblanc	738	473	650
Raw	R. Brose	517	314	551
Raw	T. Babcock	484	347	501
Raw	K. Lavergne	347	275	325
Raw	A. Leblanc	738	473	650
Raw	R. Brose	517	314	551
Raw	T. Babcock	484	347	501
Raw	K. Lavergne	347	275	325
Raw	A. Leblanc	738	473	650
Raw	R. Brose	517	314	551
Raw	T. Babcock	484	347	501
Raw	K. Lavergne	347	275	325
Raw	A. Leblanc	738	473	650
Raw	R. Brose	517	314	551
Raw	T. Babcock	484	347	501
Raw	K. Lavergne	347	275	325
Raw	A. Leblanc	738	473	650
Raw	R. Brose	517	314	551
Raw	T. Babcock	484	347	501
Raw	K. Lavergne	347	275	325
Raw	A. Leblanc	738	473	650
Raw	R. Brose	517	314	551
Raw	T. Babcock	484	347	501
Raw	K. Lavergne	347	275	325
Raw	A. Leblanc	738	473	650
Raw	R. Brose	517	314	551
Raw	T. Babcock	484	347	501
Raw	K. Lavergne	347	275	325
Raw	A. Leblanc	738	473	650
Raw	R. Brose	517	314	551
Raw	T. Babcock	484	347	501
Raw	K. Lavergne	347	275	325
Raw	A. Leblanc	738	473	650
Raw	R. Brose	517	314	551
Raw	T. Babcock	484	347	501
Raw	K. Lavergne	347	275	325
Raw	A. Leblanc	738	473	650
Raw	R. Brose	517	314	551
Raw	T. Babcock	484	347	501
Raw	K. Lavergne	347	275	325
Raw	A. Leblanc	738	473	650
Raw	R. Brose	517	314	551
Raw	T. Babcock	484	347	501
Raw	K. Lavergne	347	275	325
Raw	A. Leblanc	738	473	650
Raw	R. Brose	517	314	551
Raw	T. Babcock	484	347	501
Raw	K. Lavergne	347	275	325
Raw	A. Leblanc	738	473	650
Raw	R. Brose	517	314	551
Raw	T. Babcock	484	347	501
Raw	K. Lavergne	347	275	325
Raw	A. Leblanc	738	473	650
Raw	R. Brose	517	314	551
Raw	T. Babcock	484	347	501
Raw	K. Lavergne	347	275	325
Raw	A. Leblanc	738	473	650
Raw	R. Brose	517	314	551
Raw	T. Babcock	484	347	501
Raw	K. Lavergne	347	275	325
Raw	A. Leblanc	738	473	650
Raw	R. Brose	517	314	551
Raw	T. Babcock	484	347	501
Raw	K. Lavergne	347	275	325
Raw	A. Leblanc	738	473	650
Raw	R. Brose	517	314	551
Raw	T. Babcock	484	347	501
Raw	K. Lavergne	347	275	325
Raw	A. Leblanc	738	473	650
Raw	R. Brose	517	314	551
Raw	T. Babcock	484	347	501
Raw	K. Lavergne	347	275	325
Raw	A. Leblanc	738	473	650
Raw	R. Brose	517	314	551
Raw	T. Babcock	484	347	501
Raw	K. Lavergne	347	275	325
Raw	A. Leblanc	738	473	650
Raw	R. Brose	517	314	551
Raw	T. Babcock	484	347	501
Raw	K. Lavergne	347	275	325
Raw	A. Leblanc	738	473	650
Raw	R. Brose	517	314	551
Raw	T. Babcock	484	347	501
Raw	K. Lavergne	347	275	325
Raw	A. Leblanc	738	473	650
Raw	R. Brose	517	314	551
Raw	T. Babcock	484	347	501
Raw	K. Lavergne	347	275	325
Raw	A. Leblanc	738	473	650
Raw	R. Brose	517	314	551
Raw	T. Babcock	484	347	501
Raw	K. Lavergne	347	275	325
Raw	A. Leblanc	738	473	650
Raw	R. Brose	517	314	551
Raw	T. Babcock	484	347	501
Raw	K. Lavergne	347	275	325
Raw	A. Leblanc	738	473	650
Raw	R. Brose	517	314	551
Raw	T. Babcock	484	347	501
Raw	K. Lavergne	347	275	325
Raw	A. Leblanc	738	473	650
Raw	R. Brose	517	314	551
Raw	T. Babcock	484	347	501
Raw	K. Lavergne	347	275	325

RESULTS

USAPL MO/OZARK OPEN

MAR 13 2010 » St. Louis, MO

FEMALE

128 lbs.

C. Mattingly 215 132 226 573

A. Fogarty 165 88 176 429

132 lbs.

P. Schwartz 127 99 204 429

K. Satterfield 121 88 198 407

148 lbs.

L. Brault 231 110 325 666

Hochsletier 204 149 281 633

K. Smith 220 121 220 562

S. Rogis 187 105 242 534

C. Hul 171 105 242 517

McDonough — 121 — 121

165 lbs.

K. Walker 176 88 242 506

181 lbs.

M. Schwartz 204 121 248 573

UNL Duckworth — 99 — 99

MALE

123 lbs.

Kellnowski 303 182 407 892

T. Connors 116 132 242 490

132 lbs.

M. Cockson 275 204 286 765

148 lbs.

R. McClaren 402 330 440 1173

S. Mead 314 209 451 974

M. Lawson 281 209 347 837

C. Fischer 165 110 215 490

T. Thomson — 165 — 165

165 lbs.

L. McMasters 501 330 617 1448

J. Phillips 446 286 539 1272

S. Lynch 418 303 506 1228

J. Koogler 270 171 771 1211

J. Koogler 440 297 385 1123

K. Godzicki 330 215 462 1007

M. Stetten 330 248 424 1002

M. Staffen 286 385 — 672

181 lbs.

J. McDougal 479 418 606 1503

D. Winkler 491 330 523 1344

A. Castillo 501 325 517 1343

C. Legg 418 270 501 1189

L. Johnson 374 264 523 1162

C. Lynch 363 314 457 1134

J. Drogs 402 292 424 1118

C. Koch 402 303 413 1118

K. Hamer 352 270 402 1024

Z. Walker 314 275 396 985

C. Mattingly 358 220 369 947

B. Brown 248 220 — 468

T. Close — — — —

198 lbs.

S. Charland 468 319 606 1393

C. Franklin 440 330 534 1305

D. Trower 462 286 451 1200

M. Kingler 347 231 462 1040

J. Broyal 352 220 440 1013

C. Abraham 303 209 407 919

A. Isoakov 336 204 — 539

N. Gormen — 363 — 363

A. Kress — 308 — 308

220 lbs.

J. Brown 517 319 644 1481

T. Smallwood 484 264 534 1283

R. Brault 440 308 528 1277

S. Mangus 363 330 501 1195

D. Shaw 418 231 501 1151

J. Burrows 374 286 462 1123

J. Schupp 259 149 402 809

M. Gangi — 402 — 402

K. Richardson — 358 — 358

D. Horn — 336 — 336

J. Boursaw — 330 — 330

242 lbs.

C. Holmes 666 435 732 1833

M. Shamburg 622 523 606 1751

B. Bielski 462 330 666 1459

A. Hein 402 292 501 1195

L. Burchett 402 358 402 1162

D. Mitchell 358 330 440 1129

K. Fisher 407 259 424 1090

A. Granda 385 253 440 1079

T. James 347 220 407 974

L. Zirchelpach 308 187 385 881

G. Andreasen — 446 — 446

R. Carich — 347 — 347

C. Glover — 325 — 325

J. Boyce — 319 — 319

G. Portz — 314 — 314

275 lbs.

N. Werle 820 617 798 2235

J. Hernandez 611 424 606 1640

D. Phelps 570 292 617 1479

J. Hunt 517 363 506 1387

N. Frazzette 479 363 523 1365

M. Lowery 451 341 573 1365

J. Waters 517 308 517 1343

D. Dillon 468 341 506 1316

J. Lupardus 418 336 374 1129

S. Bates — 556 — 556

G. Chrun — 512 — 512

T. Thomas — 468 — 468

M. Porter — 341 — 341

J. Vosler — 330 — 330

R. Gibson — 319 — 319

UNL

J. Vick 606 435 672 1712

C. Brant 672 363 650 1685

B. Duncan 545 286 528 1360

S. Hockins — 517 — 517

J. Pledger — 363 — 363

» courtesy USAPL

USAPL TEAM TEXAS

QUALIFIER

APR 10 2010 » Spring, TX

Powerlifting

132 lbs.

M. Manley 314 209 314 837

165 lbs.

T. Lamando 424 270 517 1211

181 lbs.

J. Monreal 457 314 402 1173

198 lbs.

D. Rodrigues 402 275 528 1206

L. Edwards — 226 237 462

220 lbs.

J. Limon 462 292 539 1294

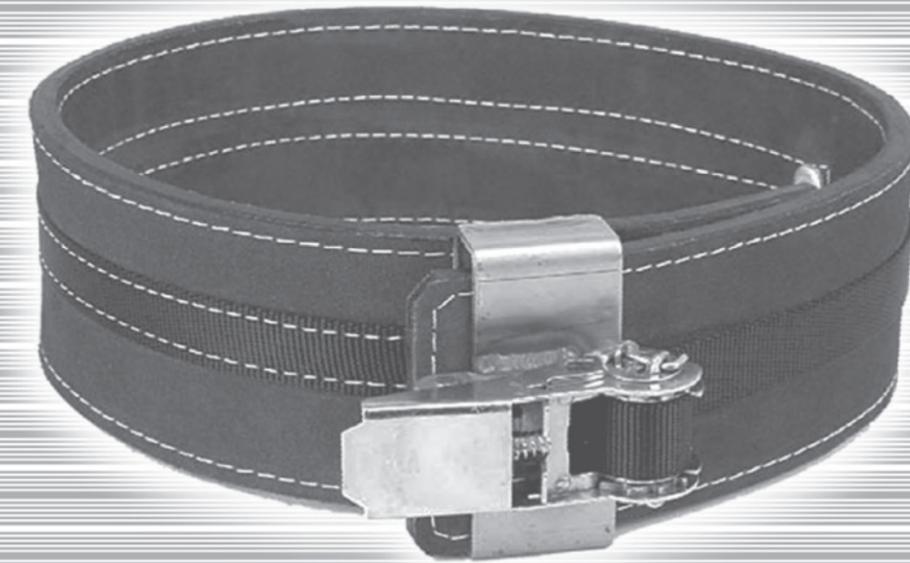
A. Pusch 402 325 451 1178

» courtesy USAPL

PR BELT

A big step forward in Powerlifting Belts! For the first time ever a powerlifting belt provides you with the power to fit yourself differently each set, precisely how you need it. The new, patented PR Belt™ (POWER-RATCHET BELT™) gives you the freedom of unlimited adjustability and precise fit.

• **Unlimited adjustability.** Imagine being able to fine-tune your powerlifting belt to the exact feel you want for each set. You can easily calibrate the support of the PR Belt depending on the intensity level of each set, whether it's a warm up, a work set or maxing out. When you change your gear you need a different belt setting. Each layer of gear and clothing you put on or take off requires a slightly different fit of your belt. Easily done with the PR Belt! Wear it however you feel at any time. Holes of a buckle belt might not accommodate but the PR Belt does! The PR Belt gives you the power of selection. Just ratchet it forward or back. It's easy!



• **It's quick.** The PR Belt can be tightened to exact fit in seconds and released instantly with one simple movement.

• **Saves your energy.** Tightening the PR Belt is absolutely no strain. With the PR Belt there's no need for assistance to get your belt tight.

• **Quality.** Riveted and lock-stitch sewn with corrosive resistant hi-density nylon. One solid thickness of the finest, select, exclusive leather. TIG-welded apparatus. Finished with top quality, fine suede which provides a non-slip surface.

• **Very secure.** The belt automatically locks until you manually release it.

• **Hand-crafted in the USA.** Patent # 5,647,824

HOW THE PR BELT IS WORN

1. Just wrap the belt around your waist like any normal belt.

2. Place the leather end of the belt through the stainless steel tongue loop, then place the nylon strap through the ratchet center slot and pull snug.

3. While holding the nylon strap tight begin ratcheting the belt and release your grasp of the nylon strap.

4. Ratchet/tighten belt as desired.

5. To loosen, with your middle and index finger just pull up and hold open the spring loaded ratchet safety lever. Next open (180°) the ratchet all the way until it can't open any more. At this point the nylon strap will be loose and you can open the belt by pushing out with your tummy or using your hands.

PRBELT.COM INZERNET.COM

INZER
ADVANCE DESIGNS
 The World Leader in Powerlifting Apparel

WHO CAN YOU TRUST? ASK THE DOCTOR MAURO DI PASQUALE, M.D.

Dr. Di Pasquale, the father of low carb cycling diets, including his ground breaking Anabolic Diet, Metabolic Diet and Anabolic Solutions, is one of the most respected names in powerlifting.

The MD+ line of products that he formulated and manufactures, and which include the ground breaking Exersol and NitAbol, are the best nutritional supplements for powerlifters available today. That's because they are formulated by the one person in the world with the knowledge, credentials, qualifications, reputation and expertise to do the job right.

His four decades of medical, nutritional and powerlifting experience and expertise, along with his two decades as a competitive powerlifter, which culminated in his IPF and World Games gold medal victories, give him that all important edge..

Trust my books and supplements to help you maximize your strength and lean muscle mass.

Diet & Training Solutions



Enter Discount Code
PLUSA
 & save 15% in our store

www.metabolicdiet.com & www.coachsos.com

email: ceo@metabolicdiet.com or call toll free 1-866-397-1343

RESULTS

USPF EAST BAY

JUN 26 2010 » Concord, CA

BENCH	275 lbs.				
FEMALE	B. Kehl	—			
<i>Open</i>	198 lbs.				
H. Harper	C. Rice	226			
<i>Master (45-49)</i>	220 lbs.				
132 lbs.	Muhammad!	546			
A. Barnhill	DEADLIFT	143			
<i>Master (50-54)</i>	FEMALE				
148 lbs.	<i>Open</i>				
B. Spann	123 lbs.	—			
165 lbs.	B. Aerts!	287			
K. Parnow!	148 lbs.	154			
MALE	N. Carmichael	254			
<i>Junior (20-23)</i>	<i>Master (45-49)</i>				
242 lbs.	132 lbs.				
P. Rhoades Jr	A. Barnhill	282			
<i>Open</i>	148 lbs.				
181 lbs.	B. Spann	243			
R. Garcia	G. Arrowood	237			
220 lbs.	<i>Master (50-54)</i>				
C. Muhammad	123 lbs.	546			
J. Houston	B. Aerts	287			
242 lbs.	165 lbs.				
J. Chaaban!	K. Parnow	265			
275 lbs.	<i>Master (55-59)</i>				
A. Aerts	123 lbs.	474			
<i>Submaster</i>	M. Low	226			
220 lbs.	MALE				
J. Houston	<i>Junior</i>				
242 lbs.	181 lbs.				
M. White	A. Grissinger	457			
<i>Master (40-44)</i>	242 lbs.				
242 lbs.	P. Rhoades Jr	507			
J. Chaaban	<i>Open</i>				
<i>Master (45-49)</i>	181 lbs.				
198 lbs.	Wellemeyer	507			
B. Levering	198 lbs.	435			
G. Grissinger	M. Scurry!	650			
242 lbs.	P. Tapia	502			
J. Hunter	242 lbs.	485			
308+ lbs.	M. White	601			
M. Carter	<i>Submaster</i>				
<i>Master (50-54)</i>	242 lbs.				
198 lbs.	M. White	601			
T. Robinson	<i>Master (40-44)</i>				
275 lbs.	198 lbs.				
A. Aerts	P. Tapia	502			
<i>Master (60-64)</i>	<i>Master (45-49)</i>				
275 lbs.	198 lbs.				
P. Rose	G. Grissinger	601			
<i>Master (70-74)</i>	R. Pagal	413	331	402	1146
Push Pull	!=Best Lifters. Meet Director/Promoter: Steve Denison. Thanks to Diablo Barbell Club for the use of their facility. Thanks to our Score Table, Meet Announcer: Steve Denison, Meet Scorekeeper: Steve Denison, Bar loading program: Janine Abad, Master Score sheet: Steve Denison. Thanks to all our Referees: Alan Aerts, National, Steve Denison, International, Bonnie Aerts, State, Steve Matthews, National, Suzanne Hedman, State, Mike Koufos, State, Ron Moormeister, New State Referee. Thanks to all our spotters & loaders: Charlie Telesco, Oshry Elor, Orry Elor, Jeff Irion. Thanks to our Sponsors: Team Alan & Bonnie Aerts, Inzer Advance Designs. Vendors: CSS Photo Design, Keith Lemm, Inzer Advance Designs, Shelley Denison. Powerlifting Best Lifter Master Women: Alison Barnhill. Powerlifting Best Lifter Junior Men: Patrick Rhoades Jr. Powerlifting Best Lifter Open Men: Keith Kanemoto. Powerlifting Best Lifter Master Men: Keith Kanemoto. Best Lifter Bench Press Master Women: Karen Parnow. Best Lifter Bench Open Men: Jim Chaaban. Best Lifter Master Men: Clinton Muhammad. Best Lifter Deadlift Master Women: Bonnie Aerts. Best Lifter Deadlift Open Men: Michael Scurry. Push-Pull Best Lifter Junior Men: Patrick Rhoades Jr. 1st place team: Team Sonoma, coached by Wayne Jandoc; Betsy Spann, Gayle Ar-				

B. Spann	171	—	—	171						
165 lbs.	K. Parnow	226	154	265	645					
MALE	<i>Junior (16-17)</i>									
165 lbs.	B. Hatfield	254	209	369	832					
181 lbs.	J. Puckett	452	270	408	1130					
<i>Junior (18-19)</i>	<i>Junior (18-19)</i>									
181 lbs.	B. Carter	375	303	413	1091					
242 lbs.	V. Beebe	485	303	623	1411					
<i>Junior (20-23)</i>	<i>Junior (20-23)</i>									
198 lbs.	M. Nehme	309	276	518	1102					
242 lbs.	P. Rhoades Jr!	529	485	507	1521					
<i>Open</i>	<i>Open</i>									
181 lbs.	S. Sanford	137								
MALE	<i>Raw Open</i>									
165 lbs.	A. Johnson	270								
181 lbs.	E. Spaho	165	99	187	451					
242 lbs.	A. Jimenez	474	405	452	1330					
198 lbs.	R. Garcia	435	406	463	1304					
<i>High School</i>	<i>High School</i>									
181 lbs.	E. Spaho	165	99	187	451					
132 lbs.	P. Azmani	231	104	253	589					
181 lbs.	J. Rice	253	88	270	661					
<i>Junior</i>	<i>Junior</i>									
148 lbs.	G. Grissinger	573	419	601	1593					
<i>Master (50-54)</i>	<i>Master (50-54)</i>									
198 lbs.	K. Kanemoto!	656	442	601	1699					
242 lbs.	W. Jandoc	635	441	546	1621					
<i>Open</i>	<i>Open</i>									
114 lbs.	J. Kengsley	275	159	286	722					
MALE	<i>High School</i>									
148 lbs.	J. Miller	473	248	396	1118					
165 lbs.	N. Halverson	363	259	424	1047					
181 lbs.	N. Marchant	440	275	501	1218					
220 lbs.	B. Zimmer	402	170	413	986					
<i>High School Raw</i>	<i>High School Raw</i>									
165 lbs.	D. Balk	303	154	419	876					
<i>Junior</i>	<i>Junior</i>									
148 lbs.	J. Nelson	507	336	507	1350					

rowood, Karen Parnow, Antonio Jimenez, Antonio Machuca, Wayne Jandoc. » *courtesy Steve Denison*

USAPL WISCONSIN STATE

JAN 30 2010 » Milwaukee, WI

BENCH	165 lbs.				
FEMALE	G. Devorkin	264			
<i>Open Raw</i>	220 lbs.				
165 lbs.	E. Pipp	341			
<i>Open</i>	L. Pipp	154			
198 lbs.	Wojciechows	358			
181 lbs.	D. Doan	358*			
<i>Master III Raw</i>	L. Malcomson	529			
123 lbs.	S. Sanford	137			
181 lbs.	J. Ray	584			
MALE	G. Powell	551			
<i>Raw Open</i>	SHW				
165 lbs.	A. Johnson	270			
181 lbs.	M. Rodock	606	286	545	1438
242 lbs.	P. Nees	518	374	529	1422
181 lbs.	F. Jones	407	275	479	1162
242 lbs.	E. Pipp	341			
165 lbs.	D. Johnson	462			
<i>Master I Raw</i>	B. Milulecky	286			
220 lbs.	M. Burns	374			
SQ	BP	DL	TOT		
FEMALE	<i>High School</i>				
181 lbs.	E. Spaho	165	99	187	451
132 lbs.	P. Azmani	231	104	253	589
181 lbs.	J. Rice	253	88	270	661
<i>Junior</i>	<i>Junior</i>				
148 lbs.	G. Grissinger	573	419	601	1593
<i>Master (50-54)</i>	<i>Master (50-54)</i>				
198 lbs.	K. Kanemoto!	656	442	601	1699
242 lbs.	W. Jandoc	635	441	546	1621
<i>Open</i>	<i>Open</i>				
114 lbs.	J. Kengsley	275	159	286	722
MALE	<i>High School</i>				
148 lbs.	J. Miller	473	248	396	1118
165 lbs.	N. Halverson	363	259	424	1047
181 lbs.	N. Marchant	440	275	501	1218
220 lbs.	B. Zimmer	402	170	413	986
<i>High School Raw</i>	<i>High School Raw</i>				
165 lbs.	D. Balk	303	154	419	876
<i>Junior</i>	<i>Junior</i>				
148 lbs.	J. Nelson	507	336	507	1350

T. Bloom	292	192	363	848						
165 lbs.	N. Zahn	529	292	468	1289					
220 lbs.	C. Mueller	457	225	523	1207					
<i>Junior Raw</i>	N. Vlahos	567	352	529	1449					
198 lbs.	P. Schaefer	507	270	485	1262					
<i>Open</i>	A. Stillman	463	292	485	1240					
165 lbs.	A. Tadt	396	264	413	1073					
181 lbs.	N. Gagnon	457	325	501	1284					
220 lbs.	C. Jones	440	264	468	1174					
<i>Open</i>	<i>Open</i>									
165 lbs.	B. Puckhaber	451	281	501	1234					
242 lbs.	M. Schulke	457	215	457	1129					
181 lbs.	D. Horner	—	—	—	—					
181 lbs.	J. Ray	584								
MALE	G. Kuehnl	606	391	567	1565					
<i>Master</i>	J. Williams	562	358	551	1471					
SHW	R. Legarreta	474	363	523	1361					
198 lbs.	G. Powell	551								
<i>Junior</i>	<i>Junior</i>									
181 lbs.	P. Nees	518	374	529	1422					
242 lbs.	B. Fritsch	407	275	479	1162					
165 lbs.	D. Young	479	330	529	1339					
242 lbs.	J. Betzginer	843	479	705	2028					
<i>Master I Raw</i>	K. Will	633	457	683	1774					
220 lbs.	T. Caltagerone	562	341	501	1405					
SHW	D. Strandt	418	319	518	1256					
SQ	BP	DL	TOT							
FEMALE	<i>High School</i>									
181 lbs.	J. Langer	600	407	440	1449					
198 lbs.	R. Crawford	518	446	424	1388					
220 lbs.	K. Semon	374	562	936	1972					
<i>Open Raw</i>	A. Ruth	231	446	677	1554					
181 lbs.	M. Lawyer	374	242	485	1102					
132 lbs.	A. Chromy	424	303	518	1245					
181 lbs.	A. Zlotocha	407	297	429	1135					
275 lbs.	S. Chatis	275	468	743	1486					
<i>Master I (by formula)</i>	M. Day	336	264	485	1085					
181 lbs.	R. Wittenben	341	231	363	937					
275 lbs.	T. Smith	722	512	584	1818					
132 lbs.	J. Beatty	639	435	655	1730					
SHW	E. Ratzmann	451	—	—	—					
198 lbs.	S. Lade	837	639	—	—					
<i>Master III (by formula)</i>	<i>Master III (by formula)</i>									
198 lbs.	B. Fritsch	407	275	479	1162					
220 lbs.	B. Pirirot	474	286	534	1295					
148 lbs.	J. Cowan	407	187	407	1003					
275 lbs.	G. Kachar	347	281	374	1003					
<i>Master IV (by formula)</i>	<i>Master IV (by formula)</i>									
220 lbs.	J. Miller	—	—	—	—					
SHW	R. Crawford	518	446	424	1388					
114 lbs.	E. Feaster	—	501	501	—					
MALE	<i>High School</i>									
148 lbs.	J. Miller	473	248	396	1118					
165 lbs.	N. Halverson	363	259	424	1047					
181 lbs.	N. Marchant	440	275	501	1218					
220 lbs.	B. Zimmer	402	170	413	986					
<i>High School Raw</i>	<i>High School Raw</i>									
165 lbs.	D. Balk	303	154	419	876					
<i>Junior</i>	<i>Junior</i>									
148 lbs.	J. Nelson	507	336	507	1350					

USAPL PA STATE CHAMPIONSHIPS

JMAY 15 2010 » Brogue, PA

BENCH	114 lbs.				
114 lbs.	P. Grohosky	418			
<i>Sub/Junior (18-19)</i>	J. White	192			
165 lbs.	J. McDaniel	407			
<i>HS Varsity</i>	D. Kilmer	—			
220 lbs.	J. Iadner	214			
181 lbs.	Hugendubler	380			
<i>Masters (40-44)</i>	<i>Masters (40-44)</i>				
165 lbs.	H. Sturman	336			
<i>Open</i>	<i>Open</i>				
181 lbs.	T. Smith	440			
242 lbs.	R. Raw	—			

RESULTS

USAPL PENNSYLVANIA STATE

MAR 20-21 2010 » St. College, PA

Powerlifting FEMALE

132 lbs.

Open

J. Kratz 308 187 336 831

165 lbs.

Open

C. Smith 413 270 402 1084

Junior

K. Dormer 226 99 248 573

181 lbs.

Open Raw

V. Semple 187 127 297 611

UNL

Open Master II

S. Cole 259 160 341 760

MALE

148 lbs.

Teen/Jr Raw

A. Rombold 347 226 396 969

N. Rombold 198 121 281 600

Junior

R. Love 358 259 413 1029

165 lbs.

Open Raw

C. Hadzick 380 264 501 1145

Hollenback 484 297 606 1387

Open

B. Novak 369 270 440 1079

Open Raw

I. Wylie 402 308 512 1222

OS

M. York — 385 551 936

181 lbs.

Open Raw

N. Theodorou 363 132 539 1035

J. Stine 275 182 380 837

Open

I. Hardin 363 — 479 842

Open Raw

D. Patrissio 418 314 501 1233

Junior Open

B. Demeck 578 385 556 1519

198 lbs.

Master I

G. Eckard 341 303 435 1079

OS Teen/Jr Raw

J. Boivin 253 360 440 1054

Teen II Open

Rosensweet 440 253 402 1095

Open Raw

S. Brindle 462 352 512 1327

D. Dibble 385 292 479 1156

Teen/Jr Raw

E. Schreiner 396 253 1112 1762

220 lbs.

BP Master I

Hugendubler — 369 — 369

BP Open

T. Smith — 418 — 418

Master II

G. Kattouf 429 325 517 1272

Open

J. Hess 589 424 567 1580

Stavenski III 551 440 551 1541

Open Raw

B. Keener 484 341 628 1453

OS

N. Mercurio 628 462 — 1090

OS Junior

B. Werner 606 396 573 1574

J. Hughes 584 — — 584

OS Open Raw

D. Starer 479 303 611 1393

OS Teen/Jr Raw

R. Offoha 606 429 672 1707

Police/Fire Open

T. Getsinger 545 435 628 1607

Teen/Jr Raw

B. Mauro 352 270 429 1051

242 lbs.

BP Disabled Master III

R. Costigan — 237 — 237

Junior

N. Milardo 600 462 556 1618

J. Jenkins 380 363 424 1167

Master III

G. Burke 380 319 358 1057

Master IV

A. Siegel 204 149 281 633

Open

R. Eckhart 545 523 556 1624

G. Shirey 628 341 573 1541

T. Favata — 539 639 1178

A. Gebhardt 358 341 418 1118

Boczkowski 551 — 534 1084

Open Master I Raw

Rosensweet 429 325 490 1244

Open Raw

J. Lawrence 501 341 600 1442

275 lbs.

Junior

L. Perillo 639 — 562 1200

Master II

J. Zwick 319 281 358 958

Master III

M. Cochran — — — —

Open Junior

J. Strawser 622 501 617 1740

OS

J. Bogart 551 705 523 1778

D. Barbeau 606 473 655 1734

UNL

BP Master II Raw

M. Cantrell — 424 — 424

B. Igoe Jr. — 363 — 363

Open Raw

P. Tompkins 573 429 622 1624

BP=BP Only, OS=Out of State.

» courtesy Steve Mann

THE CUTTING EDGE

SPRING CLASSIC

MAR 1 2010 » Albany, NY

Powerlifting

SQ BP DL TOT

FEMALE

Youth (10) Raw

88 lb.

B. Delaney 60* 34* 91* 185*

4th-BP-44*

Youth (10) Raw

148 lb.

Q. Hodson 83* 64* 140* 296*

4th-SQ-92* DL-155*

Masters (60-64)

123 lbs.

S. McCallion 283* 112 246* 641*

4th-DL-293*

Masters (50-54) Raw

181 lbs.

D. Reese 155* 85* 205* 445*

4th-SQ-165* BP-95*

Masters (45-49) Raw

UNL

M. Delaney 130* 114* — —

4th-BP-119*

MALE

Youth (7) Raw

60 lbs.

D. Delaney — — 81* —

Youth (8) Raw

181 lbs.

J. Young — 50* 91* —

4th-DL-106*

Teen (13) Raw

123 lbs.

S. Connors 110* 100* 190* 400*

4th-SQ-120* DL-200*

Teen (14) Raw

165 lbs.

M. Hehir 150* 130* 230* 510*

4th-SQ-180* DL-263*

Teen (14)

148 lbs.

A. Forezzi 345* 226* 366* 937*

4th-SQ-355*

Master (55-59)

165 lbs.

G. Sagor 515* 196* 391* 1102*

Master (45-49)

181 lbs.

D. Naughton 505* 443* 205 1153

Master (70-74)

220 lbs.

E. Brown 332* 270* 335* 937*

Submaster (39)

275 lbs.

C. Assimakopoul 705* 370* 630* 1705*

Special Olympics

308 lbs.

Raw

T. John 230* 230* 330* 790*

4th-SQ-240* DL-340*

Junior (22)

308 lbs.

A. Chestoski 400* 256* 380* 1036*

4th-SQ-420* BP-265* DL-400*

*=Meet Records.

» courtesy Cutting Edge Sport Sciences for providing these results

USAPL AL STATE

MAR 27 2010 » Talladega, AL

BENCH

275 lbs. Master II

T. Womack 440

H. Garrett 683

Powerlifting

SQ BP DL TOT

FEMALE

Teen

S. Fincher 132 82 214 429

A. Pippens 71 71 137 281

114 lbs.

S. Marino 115 82 209 407

148 lbs.

L. Braverman 286 187 270 744

181 lbs.

M. Stark 369 248 463 1080

Master II Raw

F. Poirer 110 88 187 385

Open Raw

148 lbs.

C. Fleming 170 99 226 496

A. Foster 121 104 198 424

MALE

Open

132 lbs.

M. Cochran 303 292 374 970

Open Raw

114 lbs.

B. Helton 77 66 121 264

123 lbs.

A. McGhee 203 154 275 633

Master I Heavy

D. Conners 132 132 132 396

D. Waid 534 402 600 1537

Master I Light

C. McDonald 402 53 435 1091

J. Aughtman 402 253 451 1107

Master II

T. Womack 567 440 562 1570

Master III

F. Rice 132 132 573 837

Open

165 lbs.

S. Lewis 214 154 308 677

J. Auhman 402 253 451 1107

181 lbs.

S. McKelvey 424 270 463 1157

220 lbs.

T. Woods 358 259 451 1069

D. Thomas 347 253 463 1063

242 lbs.

T. Womack 567 440 562 1570

275 lbs.

D. Waid 534 402 600 1537

275+ lbs.

L. Maxwell 617 402 600 1620

H. Garrett 716 451 683 1851

Raw

J. Randal 518 457 534 1510

Master I Raw

P. Gilbert 292 248 363 903

COMING EVENTS

MEET DIRECTORS: *a listing here is a FREE service. To have your event added to our listing, send details preferably at least three months prior to your event by mail to PL USA Coming Events, P.O. Box 467, Camarillo, CA 93011, or by email to info@powerliftingusa.com, or by phone at 1.800.448.7693.*

7 AUG » ADFPF Powerlifting & Single Event Championships (Evansville, IN) » Mike E. Stagg, 600 Lake Shore Dr. Evansville, IN 47720, 812.624.0031 or 812.204.3755, stagg@insightbb.com, www.adfpf.org
7 AUG » APF Texas Challenge (Houston, TX) » Greg & Heather Tillingham, aptexas@yahoo.com, www.worldpowerliftingcongress.com
7 AUG » 100% RAW MD State Championships (Marlowe Heights, MD) » Paul Bossi, rawlifting@aol.com, www.rawpowerlifting.com
7 AUG » IPA New York State Powerlifting Championships (Rochester, NY) » Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com
7 AUG » WABDL Midwest Regional BP & DL Championships (Minneapolis, MN) at Marriott Hotel » Gus Rethwisch, 503.901.1622, www.wabdl.org
7 AUG » SLP Wisconsin State Fair Outlaw BP/DL Championship (West Allis, WI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
7 AUG » APA Gulf Coast Open (PL/PP/BP/DL, Raw & Equipped) (La Marque, TX) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
7 AUG » RAW United UPF Challenge II (Orlando, FL) at UPF Gym, 7.17.10 entry deadline » Spero Tshontikidis, 321.505.1194, rawunitedinc@gmail.com
7-8 AUG » **NASA World Cup**, Equipped/Unequipped PL/BP/PS/PP (Denver, CO) » www.denver.com/holiday-inn-central, www.nasa-sports.com
11 AUG » USAPL Southern Ohio PL/BP Championships (Springboro, OH) » Ron Dues, 4433 Jonathan Dr., Kettering, OH 45440, 937.903.3041, www.usapowerlifting.com
13-14 AUG, EUROPA Show of Champions Sports & Supplement Expo (Dallas, TX), www.visionstarinc.com
14 AUG » USAPL Twin Cities Open (Little Canada, MN) » Ray Law, 6411 Hughitt Ave, Superior, WI 54880, 218.349.0671, www.usapowerlifting.com
14 AUG » WABDL Tom Foley Bench Press & Deadlift Classic (Nanuet, NY) at Premier Fitness » Brian Fahrenfeld of Premier Fitness, 845.920.0501, brianf@premierfitnessny.com, www.premierfitnessny.com, www.wabdl.org
14 AUG » **ISA/ISAA World Championships Powerlifting Meet** (Dallas, TX) at the Dallas Convention Center » Stroud's Fitness, 416 W. Bedford-Euless Rd., Hurst, TX 76053, 817.268.3488, www.stroudsfitness.net
14 AUG » **NASA Youth Nationals** (PL/PS/PP) (Ravenswood, WV) » Greg & Susan Van Hoose, greg@vhepower.com, www.vhepower.com, www.nasa-sports.com
14 AUG » NASA WV Open Championships (BP/PS/PP) (Ravenswood, WV) » Greg & Susan Van Hoose, greg@vhepower.com, www.vhepower.com, www.nasa-sports.com
14 AUG » APA Summer Bench Bash and BBQ (BP Only & bodyweight for reps) (Fair Haven, VT) at Fair Haven Fitness » Jamie Matta, 802.265.3470, capejam@hotmail.com, www.apa-wpa.com
14 AUG » USPF Sierra Nevada Cup PL/BP/DL/PP Championship (Grass Valley, CA) » Steve & Karen Matthews, 530.263.4969 or 530.205.9114, karen@mail-2freedom.com, www.powerliftingCA.com
14 AUG » Wisconsin State Fair Park BP/DL Competition (West Allis, WI) at the Wisconsin State Fair Park Grounds » Jeffrey Scott Stage, Eddie Santiago, 414.645.4624, edwardo.santiago@milwcnty.com
14 AUG » ADFPF Battle on the Beach (Holland, MI) at the State Park, Single Events, Equipped/Unequipped » John Jachim, www.adfpf.org
14 AUG » WABDL West Coast Open BP & DL Championships (Sacramento, CA) at Marriott Hotel Rancho Cordova » Jody Woods, 916.524.0914, www.wabdl.org
14 AUG » RAW United Southern States Deadlift (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 7.24.10 entry deadline » Spero Tshontikidis, 321.505.1194, rawunitedinc@gmail.com
14 AUG » APF/AAPF Northwest Powerlifting Championships (Portland, OR) » Chris Duffin, 971.404.3046, www.worldpowerliftingcongress.com
14 AUG » **14th WNPFL Raw Nationals** & 11th WNPFL (Equipped) Powerfest (PL/BP/DL/PC) & **3rd WNPFL Lifetime Raw Nationals** (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
14 AUG » APA Arkansas Summer Bash (PL/PP/BP/DL/Overhead Press/Strict Curl) (Raw & Equipped) (Hot Springs, AR) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
14 AUG » APA Summer Bench Bash & BBQ (Fair Haven, VT) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

14-15 AUG » APF/AAPF Chicago Summer Bash 7 (Chicago, IL) » Eric Stone, 630.677.4358, thestone@chicagopowerlifting.com, www.worldpowerliftingcongress.com
14-15 AUG » **ADAU Raw Open Single Lift Nationals** (Ft. Washington, PA) » Tony Braca, 610.945.4037, www.pikitung.com
15 AUG » SLP Missouri State Fair BP/DL Championship (Sedalia, MO) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
17-22 AUG » **AWPC/WPC Eurasian Open Championships** (Raw & Equipped) (Russia) » Yuiry Solovoyov, wpc@wpc-wpo.ru, www.worldpowerliftingcongress.com
19-20 AUG » Lexenxtreme hosts the IPA Police & Fire Can/Am Games (Hilliard, OH) at the Courtyard Marriott, 2450 Roberts Rd. » Dan Dague, 614.554.8824, lexenxtreme@aol.com, www.lexenxtreme.com, www.canampolicefiregames.org
20-21 AUG » SPF Powerstation Pro/Am (Cincinnati, OH) » Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com
21 AUG » 100% RAW Quad State Championships (Salem, OH) » Lonnie Atkins, OH_Chair@rawpowerlifting.com, www.rawpowerlifting.com
21 AUG » APA Florida East Coast Championships (FL) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
21 AUG » WNPFL Summer Classic (Cleveland, TN) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
21 AUG » WCPF Summer Classic (Cleveland, TN) » Troy Ford, 678.817.4742, wcpfpowerlifting@aol.com, Adrian Locklear, 404.519.2496, adrian.locklear@hotmail.com, www.wnpf.net/wcpfmain.htm
21 AUG » APF Ohio State Meet (Full Power/Bench Only/Deadlift Only) (Plainfield, OH) » John Blackstone, 740.502.4964, www.worldpowerliftingcongress.com
21 AUG » APC Americas Cup Powerlifting and Bench Press Championships (Athens, GA) » LB Baker, 779.713.3080, www.americanpowerliftingcommittee-usa.com
21 AUG » 26th Annual Iowa State Fair Drug Free BP/DL Meet (Bench Divs - Raw, Pure, Novice, Masters 1, 2 & 3, Sub Masters, Womens, Teens, Beginners; DL Divs - Pure, Masters, Sub Masters, Womens, Teen) (IA) » Jeff Baird, 515.953.6833, bairdzz@aol.com
21 AUG » APF California Summer Bash (Van Nuys, CA) » Scot Mendelson, 818.399.0905, www.worldpowerliftingcongress.com
21 AUG » APC America's Cup PL/BP Championships (Raw & Equipped) (Athens, GA) » L.B. Baker, 770.713.3080, lbbaker@irondawg.com, www.americanpowerliftingcommittee.com
21 AUG » IBP SC Powerlifting Championships (Easley, SC) at RIPT 24/7 Gym » Keith Payne, 336.251.8704, keith@ironboypowerlifting.net, www.ironboypowerlifting.net
21 AUG » SLP Indiana State Fair Outlaw BP/DL Championship (Beech Grove, IN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
22 AUG » SLP Illinois State Fair BP/DL Championship (Springfield, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
27-29 AUG » WABDL Tropical Island Bench Press & Deadlift Championship (Okinawa, Japan) at CrossFit Asia » info@asiapowerlifting.com, Japan: 090.3797.9810, International: 81.903.797.9810, www.asiapowerlifting.com
28 AUG » APA St. Petersburg RAW Bench Press (St. Petersburg, FL) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
28 AUG » USAPL Clash of the Titans (Kalamazoo, MI) » William Cowen, 3421 Oakland Dr., Kalamazoo, MI 49008, 269.808.5339, www.usapowerlifting.com
28 AUG » APA St. Pete Open BP Meet (Raw Meet) (Clearwater, FL) at Lion Heart Gym, 11203 49th Street North » Stephen Byer, 727.743.1515, lionheartgym@tampabay.rr.com, www.apa-wpa.com
28 AUG » Emerald Coast Power Expo (APA Powerlifting, NPC Bodybuilding, Fitness, Bikini, NAS Strongman, Arm Wrestling, USA Wrestling, Grappling) (Fort Walton Beach, FL) » Bobby Myers, 850.974.2880, alaqu-pits@netzero.net, John Micka, 601.297.5646, jgmicka@aol.com, www.apa-wpa.com
28 AUG » APA South Carolina Summer Bash (PP/BP/DL) (Florence, SC) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
28 AUG » WABDL Southwest BP & DL Championships (Humble, TX) » Tiny Meeker, 832.423.7662, www.wabdl.org
28 AUG » WABDL Hawaii State BP & DL Championships (Waimanalo, HI) at Kamalioki Elementary » Keith Ward, 808.375.8700, www.wabdl.org
28 AUG » SLP Kentucky State Fair Outlaw BP/DL Championship (Louisville, KY) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
28-29 AUG » **USAPL Bench Press Nationals** (Charlottesville, VA - www.usaplntoanls.com/2010-benchpress-Nationals/index.html) » John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.virginiapowerlifting.

blogspot.com, valifting@aol.com
29 AUG » New England Push Pull Championships (100% RAW and AAPF sanctioned) (Derry, NH) » Bret Kernoff, bret@vermontpowerlifting.com, www.vermontpowerlifting.com
3-5 SEP » **AWPC/WPC Raw Worlds** (Idaho Falls, ID) » Mike & Linda Higgins, 208.528.0444, snakeriverp@yahoo.com, www.worldpowerliftingcongress.com
4 SEP » USPF West Coast Muscle Beach PL/BP/DL Championship (Venice Beach, CA) » Steve Denison, 661.333.9800, pwrfltrs@msn.com, www.powerliftingCA.com
4 SEP » NASA 3rd Annual Texas State PL Picnic (Equipped & Unequipped BP/PS/PP) (Gilmer, TX) » www.nasa-sports.com
4 SEP » SLP Florida State Open BP/DL/Curl Championship (Kissimmee, FL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
4 SEP » MA state Strongman/Woman Championships (Everett, MA) » Nate FitzGerald, 508.791.3291, nate@paxtonpowergym.com, www.paxton-powergym.com
5 SEP » USPF Southern California and Region 8 Championship (Los Alamitos, CA) » Steve Denison, 661.333.9800, pwrfltrs@msn.com, www.powerliftingCA.com
7-12 SEP » **SPF/GPC Multi-Ply World Championship** (Prague) » Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com
11 SEP » NASA Wisconsin MSE Open (PS/PP/BP only) (Milwaukee, WI) » Brad Aldag, aldagb@msoe.edu, www.nasa-sports.com
11 SEP » Fitness Zone Bench Press Classic (Albans, VT) (non-sanctioned BP only, trophies for top 3 in each weight class, best lifter trophies for best male and female lifters, strongman exhibitions, professional arm wrestling, food, t-shirts, etc....it's going to be a fun time! \$50 entry fees) » James Aikey, 802.825.3495, jathepunisher@aol.com, www.fitnesszonevt.com
11 SEP » APF Georgia State Meet (Kennesaw, GA) » John Grove, iron_mover1@hotmail.com, www.worldpowerliftingcongress.com
11 SEP » WCPF South Georgia BP/DL/PC (Atlanta or Perry, GA) » Troy Ford, 678.817.4742, wcpfpowerlifting@aol.com, Adrian Locklear, 404.519.2496, adrian.locklear@hotmail.com, www.wnpf.net/wcpfmain.htm
11 SEP » King of the Beach IV Bench Press & Deadlift Contest (Pensacola Beach, FL) at Bamboo Willie's » Chip Holston, 850.304.9097, www.chip-s24hrhealth.com
11 SEP » 2nd Annual PRPA Clash for Cash Raw Powerlifting Championships (Kenner, LA) at the Crowne Plaza Hotel » Jake Impastato, jraw504@gmail.com, 504.494.1238, www.raw504.com
11 SEP » USAPL Virginia State PL, BP, DL, Ironman (raw & assisted) (Zion Cross-roads, VA) » John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, 434.985.3932, valifting@aol.com, www.virginiapowerlifting.blogspot.com
11 SEP » USPF American Record Breakers (New Martinsville, WV) at Work's Fitness World » Tim Cochran, 304.615.3984, ohio.uspf@yahoo.com, www.wvuspf.com
11 SEP » IPA Pennsylvania State Powerlifting Championships (Hanover, PA) » Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com
11 SEP » 4th WNPFL Jake the Hammer Classic (BP/DL/PC) (Atlanta or Perry, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
11 SEP » SLP Tennessee State Fair Outlaw BP/DL Championship (TN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
11 SEP » APF/AAPF Summer Heat VI (Rock Hill, SC) » Eric Hubbs, 803.366.9895, nettin_fish@msn.com, www.worldpowerliftingcongress.com
11 SEP » APA Border Brawl (PL/PP/BP/DL, Raw and Equipped) (McAllen, TX) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
11-12 SEP » APF/AAPF Tri State Record Breakers PL/BP (Sun Prairie, WI) » Ed & Joanie Taber, joani_taber@yahoo.com, www.worldpowerliftingcongress.com
11-12 SEP » RAW United Armed Forces Open III (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 8.21.10 entry deadline » Spero Tshontikidis, 321.505.1194, rawunitedinc@gmail.com
12 SEP » WPF UK Open PL, BP, DL (Four Seasons, Trallwn Rd., Llansamlet, Swansea) » Ken Williams, 07970 625946, www.britishpowerliftinggorganisation.co.uk, www.wpfpowerlifting.com
18 SEP » **APA Nationals** (Branson, MO) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
18 SEP » 100% RAW East NY State Single Lift Championships (East Syracuse, NY) » Hunter & Wayne Claypatch, www.rawpowerlifting.com
18 SEP » UPA Indiana State Powerlifting Championship (best lifter receives a paid sponsorship to the UPA National) (Wheatfield, IN) at Hoffman's Barbell » 219.713.0774, www.upapower.com
18 SEP » USAPL WY State PL Championships (Gillette, WY) » Mark Hermann, 307.257.9500, www.usapowerlifting.com
18 SEP » NASA Tennessee Regional (Equipped & Unequipped BP/PS/PP) (Pick-

wick, TN) » www.nasa-sports.com
18 SEP » 100% RAW Illinois State Powerlifting Championships & Single Lift (Bloomington, IL) » Paul Bossi, rawlifting@aol.com, www.rawpowerlifting.com
18 SEP » IBP 10th Annual BP Classic & Strict Curl (Pfafttown, NC) at West Central Community Center, Keith Payne, 336.251.8704, keith@ironboypowerlifting.net, www.ironboypowerlifting.net
18 SEP » SLP Bodyworks Gym/Spears Foundation BP/DL Championship (Dry Ridge, KY) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
19 SEP, » 4th WNPFL All-Americans & 2nd WNPFL Lifetime Pan-Ams (PL/BP/DL/PC) (Port St. Lucie, FL) » wnpf@comcast.net, 812.204.2886
24 SEP » USPF Olympia Powerlifting Invitational (by invitation only) (Las Vegas, NV) at the Las Vegas Convention Center » Steve Denison, 661.333.9800, pwrfltrs@msn.com, www.powerliftingCA.com
25 SEP » APA Magnolia State Fall Classic (PL/PP/BP/DL; Raw & Equipped) (Fulton, MS) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
25 SEP » USPF Olympia Bench Press & Deadlift Invitational (by invitation

APF/AAPF/WPC Schedule

7 AUG, APF Texas Challenge

14-15 AUG, APF/AAPF Northwest PL Championships

14-15 AUG, APF/AAPF Chicago Summer Bash 7

17-22 AUG, AWPC/WPC Eurasian Open Championships

21 AUG, APF California Summer Bash

21 AUG, APF Ohio State Meet

3-5 SEP, AWPC/WPC Raw Worlds

11 SEP, APF/AAPF Summer Heat VI

11 SEP, APF Georgia State Meet

11-12 SEP, APF/AAPF Tri State Record Breakers

29 SEP - 3 OCT, WPC/AWPC Asian Open Championships

SEP, APF Mississippi State PL Meet

9 OCT, Iron Warriors BP AAPF Raw & APF Equipped

9 OCT, Southern Steel Barbell Push/Pull

16 OCT, APF Orlando Barbell Classic

23 OCT, APF Wolverine Open

23 OCT, APF/AAPF Fall Classic & MN State Championships

30 OCT, APF/AAPF Rise of the DL/Beast of the BP

30 OCT, APF/AAPF Nightmare at East Carolina Barbell

1-7 NOV, WPC World Championships

20 NOV, APF/AAPF Push/Pull Competition

4 DEC, APF/AAPF Southern States (PL/BP)

11 DEC, Israel Open Championships

11 DEC, APF/AAPF Golden State Meet

DEC, APF South Carolina Championships

DEC, Ontario Amateur Pro Championships

JAN 2011, Battle in Montreal

Dates subject to change
Call 866-389-4744 for more information
or go to our website:
www.worldpowerliftingcongress.com

COMING EVENTS »

only) (Las Vegas, NV) at the Las Vegas Convention Center » Steve Denison, 661.333.9800, pwrfltrs@msn.com, www.powerliftingCA.com
25 SEP » NASA Indiana Regional (Equipped & Unequipped PL/BP/PS/PP) (Kokomo, IN) » Job Hou-Sey, P.O. Box 565, Sheboygan, WI 53082, statechairman@wisconsinpowerlifting.com, 888.502.4087, www.nasa-sports.com
25 SEP » NASA New Mexico Regional (Equipped & Unequipped PL/BP/PS/PP) (Gallup, NM) » www.nasa-sports.com
25 SEP » USPF 3rd Annual Tom Eldridge Top Gun AZ State Championship Meet (Full meet/SLB & SLD meet/Open/Jr./Submaster/Master) (Tombstone, AZ) at Cold Iron Gym » Danni Eldridge, www.coldirongym.com
25 SEP » 19th WNPf Penn. States & 2nd WNPf Lifetime Penn. States (PL/BP/DL/PC) (Ephrata, PA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
25 SEP » SLP National Powerlifting Championship (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
25 SEP » WCPF Penn State Championships (Ephrata, PA) » Troy Ford, 678.817.4742, wcpfpowerlifting@aol.com, Adrian Locklear, 404.519.2496, adrian.locklear@hotmail.com, www.wnpf.net/wcpfmain.htm
26 SEP » WNPf Can-Am Nationals (Rochester, NY) » Ron Deamicis, 330.792.6670, powerl103@aol.com, www.wnpf.net
26 SEP » SLP Atlas Gym Open BP/DL Championship (Kenosha, WI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
26 SEP » 22nd WNPf Lifetime Drug Free Nationals (PL/BP/DL/PC) (WNPf sanctioned) (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
29 SEP - 3 OCT » WPC/AWPC Asian Open Championships (Raw & Equipped) (Russia) » Andrey Reprnityzn & Yuri Ustinov, www.golden-tiger.ru, www.worldpowerliftingcongress.com
SEP » APF Mississippi State Powerlifting Meet (MS) » Garry Frank, 225.241.8154, www.worldpowerliftingcongress.com
2/9 OCT » WNPf Palmetto Championships (Greenville, SC) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

2 OCT » NASA Wisconsin State (Sheboygan, WI) at Sheboygan Falls YMCA » Job Hou-Sey, P.O. Box 565, Sheboygan, WI 53082, statechairman@wisconsinpowerlifting.com, 888.502.4087, www.nasa-sports.com
2 OCT » SLP Tennessee State BP/DL Championship (Lexington, TN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
2 OCT » APA Great Lake State Championships (PL/PP/BP/DL, Raw and Equipped) (Monroe, MI) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
2 OCT » NASA East Texas Regional, Equipped/Unequipped PL/BP/PS/PP (Tyler, TX) » www.nasa-sports.com
2 OCT » USAPL Kansas State Championships (Gillette, WY) » Wayne herl, 3503 Chaumont, Hays, KS 67601, 785.639.1390, www.usapowerlifting.com
2 OCT » ADFPF Ottumwa Oktoberfest Record Breaker & International Qualifier (Ottumwa, IA) » Jason M. Weite, 620 N. Court, Ottumwa, IA 52501, 641.226.0075, bigjay_67_2000@yahoo.com, Robbie L. Saylor, 824 Filmore St., Ottumwa, IA 52501, 641.680.2190, ladymskati@yahoo.com, www.adfpf.org
2-3 OCT » SPF/WBPLA World Powerlifting and Bench Raw & Single Ply Championship (also Multi-Ply Bash for Cash PL/BP on Oct. 3) (Nashville, TN) » Jesse Rodgers, rogersmadmax@bellsouth.net, www.southernpowerlifting.com
2-3 OCT » 100% RAW West Coast Single Lift World Championships (Las Vegas, NV) » Paul Bossi, rawlifting@aol.com, www.rawpowerlifting.com
3 OCT » APA Green Mountain Fall Classic (Full Power, Push-Pull, BP only, DL only) (Fair Haven, VT) at Fair Haven Fitness » Jamie Matta, 802.265.3470, capejam@hotmail.com, www.apa-wpa.com
8-10 OCT » AAU World Bench Press, Deadlift, Push-Pull & International Powerlifting Championships (Las Vegas, NV) at the Imperial Palace Hotel Casino, (meet capped at 1st 500 lifters) » Martin Drake, 951.928.4797, naturalpower@earthlink.net, www.aapowerlifting.org
9 OCT » 100% RAW Virginia State Single Lift (Stanardsville, VA) » John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, 434.985.3932, valifting@aol.com, www.virginiapowerlifting.blogspot.com
9 OCT » USAPL North Carolina State Championships (Shelby City, NC) » Allen Davis, 115 Lakeshore Dr., Kings Mtn., NC 28086, 704.482.5088, www.usapowerlifting.com
9 OCT » APF Southern Steel Barbell Push Pull (Oak Ridge, TN) » Paul Key, 615.448.5297, paulkey@gmail.com, www.worldpowerliftingcongress.com, www.eastnsportexpo.com
9 OCT » (NEW DATE) NASA Nebraska Regional (Equipped & Unequipped BP/PS/PP) (Omaha, NE) » Job Hou-Sey, P.O. Box 565, Sheboygan, WI 53082, statechairman@wisconsinpowerlifting.com, 888.502.4087, www.nasa-sports.com
9 OCT » NASA Mid America Regional (Equipped & Unequipped PL/BP/PS/PP) (Mt. Grove, MO) » www.nasa-sports.com
9 OCT » SLP Western National/Oklahoma State BP/DL/Curl Championship (Tulsa, OK) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
9 OCT » RAW United Southern States Push/Pull II (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 9.18.10 entry deadline » Spero Tshontikidis, 321.505.1194, rawunitedinc@gmail.com
9 OCT » SPF Hawkeye Classic PL/BP Championship (Des Moines, IA) » Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com
9 OCT » Iron Warriors Bench Press AAPF Raw & APF Equipped (Dillon, MT) » Phil Turner, 406.683.4663, www.worldpowerliftingcongress.com
9 OCT » APA Billy Funk Memorial (Portola, CA) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
9-10 OCT » SPF/WBPLA World PL/BP Championship » Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com
10 OCT » USPF New England BP/DL/PP (USPF Division II - Multi-Ply) (Manchester, NH) at the Courtyard Marriott » Dave Follansbee, 603.703.8379, dave@usabodybuilding.net, www.uspfpowerlifting.com
15-17 OCT » IBP National Powerlifting Championships (Pfaltown, NC) at West Central Community Center » Keith Payne, 336.251.8704, keith@ironboypowerlifting.net, www.ironboypowerlifting.net
16 OCT » ADFPF Michigan State & Open Record Breaker & Qualifier (Grand Rapids, MI) » Richard Van Eck, 269.521.4031, www.adfpf.org
16 OCT » APF Orlando Barbell Classic Powerlifting Meet (Orlando, FL) » Brian Schwab, 407.678.2447, www.orlandobarbell.com, www.worldpowerliftingcongress.com
16 OCT » APC Region 5 PL/BP Championships (East Peoria, IL) at Fitness America » Stephen Parkhurst, 309.657.0963, parhurst111@hotmail.com, www.americanpowerliftingcommittee.com
16 OCT » Supreme Fitness IV (100% RAW and AAPF sanctioned) (Brattleboro, VT) at Supreme Fitness » Bret Kernoff, VT_Chair@rawpowerlifting.com, www.rawpowerlifting.com, www.vermontpowerlifting.com

rawpowerlifting.com, www.vermontpowerlifting.com
16 OCT » SSA Asylum Power (Full Power/Ironman/Single Lift) (Tribes Hill, NY) at Iron Asylum Gym » Sandi McCaslin, 518.829.7990, www.ironasylumgym.com
16 OCT » USAPL Deadlift and Push/Pull Nationals (Denver, CO) » Dan Gaudreau, 1600 S. Abilene St., Aurora, CO 80011, 303.475.3366, www.usapowerlifting.com
16 OCT » NASA Unequipped Nationals, Equipped/Unequipped PL/BP/PS/PP (Oklahoma City, OK) » www.nasa-sports.com
16 OCT » SLP Indiana State Open BP/DL Championship (Beech Grove, IN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
17 OCT » NASA 3rd Annual Pro Power Sports Championships & Pro Powerlifting (Registered Pro Lifters Only) (\$14,000 in cash) (Oklahoma City, OK) » www.nasa-sports.com
17 OCT » APA East Coast RAW Championships (PL/PP/BP/DL) (Arcadia, FL) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
22-24 OCT » MMA & Sports Extravaganza (bodybuilding, boxing, strongman and more) (Atlantic City, NJ) at the Taj Mahal » mmasportsexpo.com
23 OCT » APF/AAPF Fall Classic & MN State Championships (Montgomery, MN) » Scott Nutter, 952.215.2588, www.worldpowerliftingcongress.com
23 OCT » USPF Central California Championship (San Luis Obispo, CA) » Steve Denison, 661.333.9800, pwrfltrs@msn.com, www.powerliftingCA.com
23 OCT » USPF 13th Annual Crain PL/BP/DL Open (Shawnee, OK) » Rickey Dale Crain, 405.275.3689, 1.800.272.0051, rrcrain@allegiance.tv, www.wvusp.com
23 OCT » APA Barbee Classic (Corpus Christie, TX) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
23 OCT » APT Night of the Living Dead Deadlift Competition (Elizabethton, TN) at Elizabethton High School Gym » Alex Campbell, abcampbell69@hotmail.com, www.nightofthelivingdeadlift.blogspot.com
23 OCT » IPA New England Power Challenge (Cranston, RI) » Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com
23 OCT » APF Wolverine Open (Kalamazoo, MI) » Mike White, 269.207.8316, strengthbeyondfitness@yahoo.com, www.worldpowerliftingcongress.com
23 OCT » (TENTATIVE DATE) NASA Iowa Regional (Equipped & Unequipped BP/PS/PP) (Des Moines, IA) » www.nasa-sports.com
23 OCT » NASA KY Regional Championships (Equipped & Unequipped BP/PS/PP) (Morehead, KY) at the Morehead Conference Center » Greg & Susan Van Hoose, greg@vhpower.com, www.vhpower.com, www.nasa-sports.com
23 OCT » ANPPC National Powerlifting Championship (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
23 OCT » 28th annual ADAU Raw Power "Central PA Open" PL (open and all age groups/divisions for men/women (Bigler, PA), the longest continually conducted drug free meet in the world) » Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, www.pikitup.com, al@pikitup.com
23-24 OCT » 19th WNPf World Championships & International BP/DL Championships (Guatemala City, Guatemala) » Troy Ford, wnpf@aol.com, 770.668-4841, www.wnpf.net
24 OCT » IPA Lexextreme Fall Classic - Full Power/BP/PP (Hilliard, OH) at the Courtyard Marriott, 2450 Roberts Rd. » Dan Dague, 614.554.8824, lexextreme@aol.com, www.lexextreme.com
30 OCT » APF/AAPF Nightmare at East Carolina Barbell (Winterville, NC) » Eric Hubbs, nettin_fish@msn.com, www.worldpowerliftingcongress.com
30 OCT » Tournament of Shadows Halloween Bench Press & Deadlift Championships (Sleepy Eye, MN) » Brent Mielke, 109 Linden St. SE, Sleepy Eye, MN 56085, www.tournamentofshadowsbenchpress.blogspot.com
30 OCT » USAPL Anchorage Fall Classic (Anchorage, AK) » Ronnie Burnett, 13400 Lamb Dr., Anchorage, AK 99516, 907.345.7996, www.usapowerlifting.com
30 OCT » APF/AAPF Rise of the DL/Beast of the BP (Northbrook, IL) » Erv & Lea-Ann Domanski, 847.347.7569, www.worldpowerliftingcongress.com
30 OCT » Central Texas Strongman (North American Strongman Inc. membership required) (Temple, TX) at the Frank W. Mayborn Civic & Convention Center » Rendy & Christine DeLaCruz, 817.891.6261 or 817.713.7118, metroflexgymftw@yahoo.com
30 OCT » WABDL Regional BP/DL Championship (Lakeland, FL) at All American Gym, 309 West Main St. » All American Gym, 863.687.6268, www.allamericangym.com
30 OCT » APA Southern Regionals (Raw & Equipped, PL/BP/DL) (Hot Springs, AR) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
30 OCT » (TENTATIVE) USPF 13th Annual Crain PL/BP/DL Open (Shawnee, OK) » Rickey Dale Crain, 405.275.3689 or 1.800.272.0051, rrcrain@alle-

UPCOMING SLP COMPETITIONS

7 AUG, SLP WI State Fair Outlaw BP/DL (West Allis, WI)
15 AUG, SLP MO State Fair BP/DL (Sedalia, MO)
21 AUG, SLP IN State Fair Outlaw BP/DL (Beech Grove, IN)
22 AUG, SLP IL State Fair BP/DL (Springfield, IL)
28 AUG, SLP KY State Fair Outlaw BP/DL (Louisville, KY)

Son Light Power
122 W. Sale, Tuscola, IL 61953
217-253-5429
www.sonlightpower.com sonlightgym@verizon.net

giance.tv, www.wvusp.com
30 OCT » 2nd Annual Unleash the Beast Raw Powerlifting Meet (Ft. Worth, TX) at MetroFlex Gym, 5501 Thelin St. #125, (will be giving away swords, \$50 to best BP/SQ/DL and \$200 to overall best lifter; meet is to benefit the community and keep kids off drugs, gangs and streets) » Rendy & Christine DeLaCruz, 817.891.6261 or 817.713.7118, metroflexgymftw@yahoo.com
30 OCT » APA 2nd Annual Irontoberfest (Raw & Equipped, PL/BP/DL) (Hartford, AL) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
30 OCT » SLP Open Grand National BP/DL/Curl Championships (Baraboo, WI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
30 OCT » 6th Westminster Family Center Open Bench Press (Westminster, MD) 11 Longwell Ave. Westminster, MD » for entry form and more info contact Scott Bixler, 443.789.9452
30 OCT » (TENTATIVE DATE) NASA Ohio Regional, Equipped/Unequipped PL/BP/PS/PP (Springfield, OH) » www.nasa-sports.com
1-7 NOV » WPC World Championships (Mikaeli, Finland) » Minna & Ano Turtiainen, www.worldpowerliftingcongress.com
3-7 NOV » WPF World PL, BP & DL (University of Bath, Somerset, GBR) Entry to BPO no later than September 23rd » Meet Director Greg Ashford, 01373-859997, www.britishpowerliftingorganisation.co.uk, www.wppowerlifting.com
4-6 NOV » Natural Olympia International Multi-Sports Expo - Bodybuilding, Martial Arts, Powerlifting, Bikini Contest, Arm Wrestle, Strongman and more! (Reno, NV) at the Grand Sierra Resort Casino & Convention Center » 951.734.3900, naturalaba@aol.com, www.naturalbodybuilding.com
6 NOV » WNPf/WNPf Lifetime World Tournament of Champions (Atlantic City, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
6 NOV » 8th Annual Tom Foley DL/BP Classic (fundraiser for Thomas Foley - NYC Firefighter who lost his life on 9/11; all proceeds go to the Tom Foley Memorial Scholarship) (Nanuet, NY) at Premier Fitness Gym » Abby Mahoney, 845.920.0501
6 NOV » Northern VA Raw Meet (Sterling, VA) » John James, 703.475.9885
6 NOV » SLP Ohio State BP/DL Championship (Hamilton, OH) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
6 NOV » APA Gulf Coast Battle of the Bad (PL/PP/BP/DL, Raw and Equipped) (Corpus Christie, TX) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
6-7 NOV » WCPF International Invitational Championships (Atlantic City, NJ) » Troy Ford, 678.817.4742, wcpfpowerlifting@aol.com, Adrian Locklear, 404.519.2496, adrian.locklear@hotmail.com, www.wnpf.net/wcpfmain.htm
6-7 NOV » (TENTATIVE DATE) NASA Masters/Sub Masters Nationals, Equipped/Unequipped PL/BP/PS/PP (Mesa, AZ) » www.nasa-sports.com
6-7 NOV » RAW United North American Open (Tampa, FL) at Jackson Springs Recreation Center, will be streamed live in HD, filmed for a Reality TV Series, 10.9.10 entry deadline » Spero Tshontikidis, 321.505.1194, rawunitedinc@gmail.com, www.rawunitymeet.com
6-7 NOV » 100% RAW Single Lift World Championships (Norfolk, VA) » Paul Bossi, pres@rawpowerlifting.com, www.rawpowerlifting.com
7 NOV » Old School Iron Wars Full Powerlifting (100% RAW and AAPF sanctioned) (Burlington, VT) at the YMCA » Bret Kernoff, VT_Chair@rawpowerlifting.com, www.rawpowerlifting.com, www.vermontpowerlifting.com
13 NOV » WNPf/WNPf Lifetime World Tournament of Champions (Rochester, NY) » Ron Deamicis, powerl103@aol.com, 330.792.6670, www.wnpf.net
13 NOV » WNPf/WNPf Lifetime World Tournament of Champions (Atlanta,

LOUIE SIMMONS' PRESENTS

Training Secrets of Westside Barbell Club

Now on Video and DVD!

	Video	DVD
Squat Workout ...	\$54.95	
Bench Workout ..	\$54.95	\$59.95
Bench Press Secrets	\$39.95	\$44.95
Squat Secrets	\$29.95	
Deadlift Secrets .	\$35.95	\$40.95
Special Strength.	\$54.95	\$59.95
Reactive Method.	\$44.95	\$49.95

Send Check or Money Order to: Shipping/handling - \$6.00

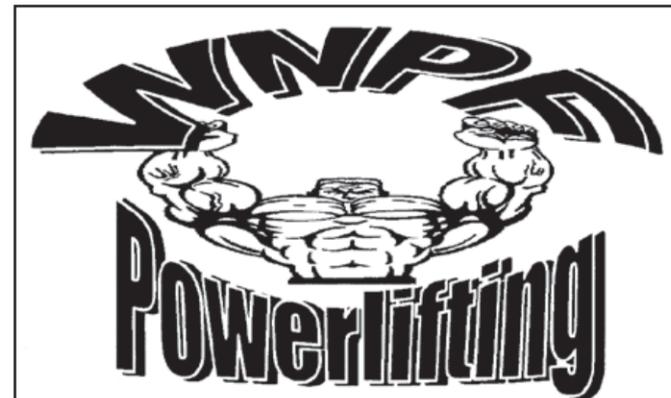
Westside Barbell Club
 3884 Larchmere Drive
 Grove City, Ohio 43123
 www.westside-barbell.com

Back view of dog appears on back of t-shirts

www.westside-barbell.com

3884 Larchmere Drive Grove City, Oh 43123
 Phone (614) 801-2060

COMING EVENTS »



14 AUG, 14th WNPFA Raw Nationals & 11th WNPFA (Equipped) Powerfest & 3rd WNPFA Lifetime Raw Nationals (Bordentown, NJ)

21 AUG, WNPFA Summer Classic (Cleveland, TN)

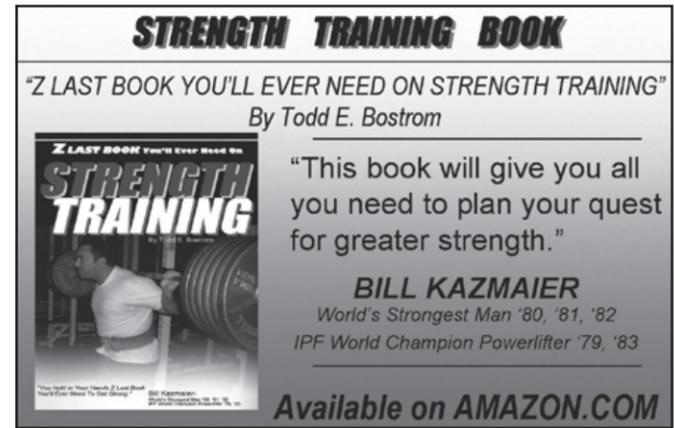
11 SEP, 4th WNPFA Jake the Hammer Classic & WNPFA Night of Champions (Fitzgerald, GA)

Contact Info: Troy Ford, 770.668.4841 or wnpf@aol.com
www.wnpf.net

GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
13 NOV » APA First State Power Frenzy (DE) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
13 NOV » USAPL Region VI Championships (Pearl, MS) » Jim Battenfield, 601.665.7783, www.usapowerlifting.com
13 NOV » APA 23rd Annual Bay State Open (PP/BP/DL, Raw & Equipped) (Northampton, MA) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
13 NOV » USPF NorCal PL/BP/DL/PP Championship (Modesto, CA) » Steve Denison, 661.333.9800, pvrlftrs@msn.com, www.powerliftingCA.com
13 NOV » IBP Battle of the Bench (Shelby, NC) » Keith Payne, 336.251.8704, keith@ironboypowerlifting.net, www.ironboypowerlifting.net
13 NOV » SPF Arkansas Christmas Classic PL Championship » Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com
13 NOV » NASA Kansas Regional, Equipped/Unequipped PL/BP/PS/PP (Salina, KS) » www.nasa-sports.com
13 NOV » NASA WV Regional (Equipped & Unequipped BP/PS/PP) (Ravenswood, WV) » Greg & Susan Van Hoose, greg@vhepower.com, www.vhepower.com, www.nasa-sports.com
13 NOV » SLP Kentucky State BP/DL Championship (Louisville, KY) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
13-14 NOV » WDFPF PL World Championships (Castleblayney Co, Monaghan, Ireland) » www.adfpf.org
14 NOV » WCPF World Record Breakers (Atlanta, GA) » Troy Ford, 678.817.4742, wcpfpowerlifting@aol.com, Adrian Locklear, 404.519.2496, adrian.locklear@hotmail.com, www.wnpf.net/wcpfmain.htm
14 NOV » WNPFA/WNPFA Lifetime World Tournament of Champions (Youngstown, OH) » Ron Deamicis, powerl103@aol.com, 330.792.6670, www.wnpf.net
14/20 NOV » WNPFA/WNPFA Lifetime World Tournament of Champions (Merritt Island or Kissimmee, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
16-21 NOV » WABDL Goodson Honda World BP & DL Championships (Las Vegas, NV) at the Hilton Hotel » Gus Rethwisch, 503.901.1622, www.wabdl.org
20 NOV » APF/AAPF Push/Pull Competition (Wheatfield, IN) » Ryan Rigdon, 812.391.9129, www.rigdonpowerpit.com, www.worldpowerliftingcongress.com
20 NOV » APA West Coast RAW Regional Powerlifting Championships (Sacra-

mento, CA) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
20 NOV » SPF Record Breakers PL Championship » Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com
20 NOV » NASA Colorado Regional, Equipped/Unequipped PL/BP/PS/PP (Denver, CO) » www.nasa-sports.com
20 NOV » USA Raw Bench Press Federation World Championship (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
20 NOV » USAPL Ohio PL/BP Championships (Bedford Heights, OH) » Ed and Frank King, 440.439.5464, www.usapowerlifting.com, www.kingsgymohio.com
20-21 NOV » IPA Sr. Nationals (York, PA) at York Barbell Co., 3300 Board Rd. » Mark Chaillet, 717.495.0024, chailfit@yahoo.com, Ellen Chaillet, echaillet@aol.com
21 NOV » SLP Michigan State BP/DL Championship (Saranac, MI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
27 NOV » NASA Oklahoma Boomer Classic (Equipped & Unequipped BP/PS/PP) (Oklahoma City, OK) » www.nasa-sports.com
NOV » IPA Autumn Apocalypse » Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com
20 NOV » USAPL Stars & Stripes BP & DL (Clarks Summit, PA) » Steve Mann, 127 Aumner Ave, Clarks Summit, PA 18411, 570.406.8422, www.usapowerlifting.com, www.purepowerlifting.com
2-4 DEC » Global PL Alliance for Raw Powerlifting World PL/BP Championships (Athens, GA) » L.B. Baker, 770.713.3080, lbbaker@irondawg.com, www.globalpowerliftingalliance.com
4 DEC » NASA New Mexico Push-it Lift-it (PP/BP/PS) (Rio Rancho, NM) » Mike & Teale Adelman, mike@liftinglarge.com, www.liftinglarge.com
4 DEC » APA Winter Power Wars (Fair Haven, VT) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
4 DEC » APA Winter Power Wars (Full Power, Push-Pull, BP only, DL only) (Fair Haven, VT) at Fair Haven Fitness » Jamie Matta, 802.265.3470, capejam@hotmail.com, www.apa-wpa.com
4 DEC » USAPL Midwest Sr. States (Fremont, NE) » Tim Anderson, 402.687.4182, www.usapowerlifting.com
4 DEC » APF/AAPF Southern States Powerlifting & Bench Press (Jacksonville, FL) » Wayne Pullum, 904.374.5333, pullumplatform@aol.com, www.worldpowerliftingcongress.com
4 DEC » IPA 6th Annual Christmas Carnage (Boyertown, PA) » Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com
4 DEC » ADFPF "Un-Equipped" December Bench & Deadlift (Towson, MD) at Dumbarton Middle School » Brian Washington, 410.265.8264, brian@usbf.net
4 DEC » USPC December Power Curl (Towson, MD) at Dumbarton Middle School » Brian Washington, 410.265.8264, brian@usbf.net
4 DEC » APA Battle of the Iron Barbarians (PL/PP/BP/DL, Raw and Equipped) (McAllen, TX) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
4 DEC » (TENTATIVE DATE) NASA Missouri Regional, Equipped/Unequipped PL/BP/PS/PP (Carthage, MO) » www.nasa-sports.com
4 DEC » SLP Tennessee Christmas for Kids BP/DL/Curl Championship (Bartlett, TN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
4 DEC » Elkhart Bench Press Classic (Elkhart, IN) » Jon Smoker, jjrcsmoker@hotmail.com
4 DEC » 10th Annual Pocket Samson's Christmas BP/DL (all weight classes, divisions, and age groups) (Hanover, PA) at Club 2000, 28 Baltimore St. » Glenn Murphy, 410.634.9195, Kevin Bidelsbach at Club 2000, 717.632.6009
4-5 DEC » USAPL American Open/Police & Fire Nationals (Philadelphia, PA) » Rob Keller, P.O. Box 291571, Davie, FL 33329, 954.790.2241, www.usapowerlifting.com
4-5 DEC » USAPL Colorado State Powerlifting Championships (Denver, CO) » Dan Gaudreau, 303.475.3366, www.usapowerlifting.com
5 DEC » WPF British BP, DL Open Record Breakers, (Four Seasons, Trallwn Rd., Llansamlet, Swansea) » Ken Williams, 07970 625946, www.britishpowerlifting-organisation.co.uk, www.wpfpowerlifting.com
5 DEC » USPF Northern Cup BP/DL/PP (USPF Division II - Multi-Ply) (Manchester, NH) at the Courtyard Marriott » Dave Follansbee, 603.703.8379, dave@usabodybuilding.net, www.uspfpowerlifting.com
5 DEC » 18th annual Raw ADAU "Coal Country" Classic (separate SQ/ BP/DL meets, open and all age groups/divisions for men/women) (Bigler, PA) » Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814.765.3214, www.pikitup.com,

com, al@pikitup.com
11 DEC » APF/AAPF Golden State Meet (Camarillo, CA) » Larry Pollock, 805.484.5553, info@bodytemplegym.us, www.worldpowerliftingcongress.com
11 DEC » Carroll County Christmas Classic (BP/DL/PP; all weight classes and divisions) (Sykesville, MD) at Athen's Health Club, 6000 Emerald Lane » Tom Freedman, John David, 410.549.3001, Glen, 410.634.9195
11 DEC » USPF San Diego Open PL/BP/DL/PP Championship (San Diego, CA) » Steve Denison, 661.333.9800, pvrlftrs@msn.com, www.powerliftingCA.com
11 DEC » 13th WNPFA Sarge McCray (PL/BP/DL/PC) (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
11 DEC » USPF Region 4 Open Championships (Parkersburg, WV) at the Patriot Fitness Center » Tim Cochran, 304.615.3984, ohio.uspf@yahoo.com, www.wvuspf.com
11 DEC » 100% Raw Christmas Classic BP, DL, SC (Standardsville, VA) » John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.virginiaipowerlifting.blogspot.com, valifting@aol.com
11 DEC » NASA West Texas Regional, Equipped/Unequipped PL/BP/PS/PP (Hereford, TX) » www.nasa-sports.com
NOV » SLP Arkansas Christmas for Kids BP/DL/Curl Championship (Rogers, AR) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
11 DEC » WPC Israel Open Championship (Haifa, Israel) » Anna Marcus, annamarcus@rambler.ru, www.big-champ.com, www.worldpowerliftingcongress.com
12 DEC » WCPF Delaware Championships (Lewes, DE) » Troy Ford, 678.817.4742, wcpfpowerlifting@aol.com, Adrian Locklear, 404.519.2496, adrian.locklear@hotmail.com, www.wnpf.net/wcpfmain.htm
12 DEC » APA New England Winter Bash (Raw and Equipped) (Wallingford, CT) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
12 DEC » WNPFA Delaware Championships (BP/DL/PC) (Lewes, DE) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
18 DEC » APA Lake Hamilton Open (PL/PP/BP/DL/Overhead Press/Strict Curl) (Raw & Equipped) (Hot Springs, AR) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com
18 DEC » SLP The Last One! BP/DL Championship (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net
18 DEC » NASA Illinois Christmas Regional, Equipped/Unequipped PL/BP/PS/PP (Flora, IL) » www.nasa-sports.com
18-19 DEC » RAW United Police, Firefighter & Military Cup (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 11.27.10 entry deadline » Spero Tshontikidis, 321.505.1194, rawunitedinc@gmail.com
DEC » APF South Carolina Championships (Columbia, SC) » Will Millman, 843.886.5366, shelter223@gmail.com, www.worldpowerliftingcongress.com
DEC » Ontario Amateur Pro Championships (Ontario, Canada) » Bruce McIntyre, brucecmintyre@sympatico.ca, www.worldpowerliftingcongress.com
2010 » USAPL Raw Nationals (Denver, CO) » Dan Gaudreau, 1600 S. Abilene St., Aurora, CO 80011, 303.475.3366, www.usapowerlifting.com
2010 » USAPL Police & Fire Nationals » www.usapowerlifting.com
2010 » USAPL Military Nationals » www.usapowerlifting.com
2010 » 9th Annual South Jersey Sports Extravaganza (PL, Olympic Lifting, Strong Man, Arm Wrestling) (Jersey Shore, NJ) » Robert Keller, www.southjerseyexpo.com
22-23 JAN 2011 » Raw Unity Powerlifting presents Championships 4 (Tampa,



STRENGTH TRAINING BOOK
"Z LAST BOOK YOU'LL EVER NEED ON STRENGTH TRAINING"
 By Todd E. Bostrom
 "This book will give you all you need to plan your quest for greater strength."
BILL KAZMAIER
 World's Strongest Man '80, '81, '82
 IPF World Champion Powerlifter '79 '83
Available on AMAZON.COM

FL) at Jackson Springs Recreation Center, will be streamed live in HD, filmed for a Reality TV Series, Jay Adams Brawl Call Fight Zone TV Fox Sports » www.rawunitymeet.com
29-30 JAN 2011 » USPF American Powerlifting Cup Invitational and Los Angeles Fit Expo Bench Press and Deadlift Invitational (Los Angeles, CA) » Steve Denison, 661.333.9800, pvrlftrs@msn.com, www.powerliftingCA.com, www.thefitexpo.com
30 JAN 2011 » USAPL High School/College Raw/NE USA PL Championships (Scranton, PA) » Steve Mann, 127 Sumner Ave., Clarks Summit, PA 18411, 570.406.8422, www.usapowerlifting.com
JAN 2011 » Battle in Montreal (Montreal, Canada) » Bruce McIntyre, brucecmintyre@sympatico.ca, www.worldpowerliftingcongress.com
JAN 2011 » USAPL HS/Collegiate Raw (Scranton, PA) » www.purepowerlifting.com, www.usapowerlifting.com
29 JAN 2011 » IPA 2nd Annual NJ State Powerlifting Championships (Newark, NJ) » Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com
12 FEB 2011 » IPA 5th Annual Barno-Newman Classic (Whitehall, PA) » Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com
12 FEB 2011 » SPF Alabama State PL/BP Championship (Arab, AL) » Jesse Rodgers, rodgersmadmax@bellsouth.net, www.southernpowerlifting.com
19 FEB 2011 » SPF Ozark Mt. Classic PL/BP Championship (Branson, MO) » Jesse Rodgers, rodgersmadmax@bellsouth.net, www.southernpowerlifting.com
19 FEB 2011 » APA Bench Press Nationals » John Micka, 601.297.5646, jgmicka@aol.com, Bobby Myers, 850.974.2880, alaqu-pits@netzero.net, www.apa-wpa.com
19 FEB 2011 » Red Brick Bench Press Championships VIII Fundraiser for WNY Military Family Readiness Groups (Buffalo, NY) » Dennis Brochey, 716.200.3533, cdbrochey@roadrunner.com, www.niagarapowerliftingclub.com
27 FEB 2011 » USPF Northeastern Open BP/DL/PP (USPF Division II - Multi-Ply) (Manchester, NH) at the Courtyard Marriott » Dave Follansbee, 603.703.8379, dave@usabodybuilding.net, www.uspfpowerlifting.com
4 MAR 2011 » IPA Arnold Weekend Open (Full Power/BP/PP) (Columbus, OH) at the Courtyard Marriot, 2350 West Belt Dr. » Dan Dague, 614.554.8824,



LiftingLarge.com
 Over 30 years of powerlifting experience to help you
 Customer Service 7 days a week
 99% of orders shipped the same day
 Shipping worldwide 6 days a week
 Over 100 Powerlifting/Strongman related items in stock
 Visit us online at www.LiftingLarge.com
1-877-226-9060

lexextreme@aol.com, www.lexextreme.com
5 MAR 2011 » SPF Ironman Classic PL/BP Championship (Nashville, TN) » Jesse Rodgers, rogersmadmax@bellsouth.net, www.southernpowerlifting.com
5 MAR 2011 » IPA Arnold Weekend Open (Lexextreme Pro/Elite Coalition Multi-ply Meet - IPA Rules Apply/ Full Power/BP - Multi-ply only open to Pro and Elite level lifters) (Columbus, OH) at the Courtyard Marriot, 2350 West Belt Dr. » Dan Dague, 614.554.8824, lexextreme@aol.com, www.lexextreme.com
19 MAR 2011 » Renegade Natural Squat Meet (Cash prizes, 2 drug tested divisions - raw & equipped - formula will determine winner) (Harrisburg, PA) at Max Fitness » 717.512.8643, www.naturalpowerliftingusa.com
26-28 MAR 2011 » **USAPL High School Nationals** (Corpus Christi, TX) » Hector Munoz, 361.813.9691, www.usapowerlifting.com
8-10 APR 2011 » **USAPL Collegiate Nationals** (Scranton, PA) » www.purepowerlifting.com, www.usapowerlifting.com
16 APR 2011 » **APA Raw National Championships** » John Micka, 601.297.5646, jgmicka@aol.com, Bobby Myers, 850.974.2880, alaquapits@netzero.net, www.aparawnationals.webs.com
28 APR - 1 MAY 2011 » **USAPL Men's Master Nationals** (Atlanta, GA) » Greg Jones, 770.266.9258, www.usapowerlifting.com
20-22 MAY 2011 » **USAPL Women's Nationals** (Atlanta, GA) » Greg Jones, 770.266.9258, www.usapowerlifting.com
21 MAY 2011 » **USAPL 3rd Annual Orange County Powerlifting, Ironman and Bench Competition** (Pine Bush, NY) » Frank J. Panaro, 839 Route 52, Walden, NY 12586, 845.778.1884, frankjpanaro@gmail.com, www.ocpowerlifters.com
27 MAY 2011 » **Andy Bolton Deadlift Challenge** (Cleveland, OH) » Ty Phillips, 216.310.2283, gorillapits@gmail.com
27-29 MAY 2011 » **MMA & Sports Extravaganza** (bodybuilding, boxing, strongman and more) (King of Prussia, PA) at the Valley Forge Convention Center » mmasportsexpo.com
10-12 JUN 2011 » **MMA & Sports Extravaganza** (bodybuilding, boxing, strongman and more) (Denver, CO) at the Crowne Plaza Denver International Airport » mmasportsexpo.com
10-12 JUN 2011 » **USAPL Men's Open, Teen, Jr. Nationals** » Jim Battenfield/ Paul Fletcher, 505 Ridgecrest Dr., Pearl, MS 39208, 601-665-7783, www.usapowerlifting.com
24-26 JUN 2011 » **WDFPF Single Event World Championships** (Muskegon, MI) at the L.C. Walker Arena » Richard Van Eck, 269.521.4031, Ron Madison, www.adfpf.org
JUL 2011 » **USAPL Raw Nationals** (Scranton, PA) » Steve Mann, 127 Sumner Ave., Clarks Summit, PA 18411, 570.309.6316, www.purepowerlifting.com, www.usapowerlifting.com
26-28 AUG 2011 » **MMA & Sports Extravaganza** (bodybuilding, boxing, strongman and more) (New York, NY) at the Hilton » mmasportsexpo.com
10 SEP 2011 » **USAPL Deadlift and Push/Pull Nationals** (Zion Crossroads, VA) » John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, 434.985.3932, www.usapowerlifting.com
8 OCT 2011 » **IPA MD State Powerlifting Championships** (Westminster, MD) » Scott Bixler, 443.789.9452, www.ipapower.com
10-11 DEC 2011 » **USAPL American Open & Police/Fire Nationals** (Bay St. Louis, MS) » Jim Battenfield/Paul Fletcher, 505 Ridgecrest Dr., Pearl, MS 39208, 601.665.7783, www.usapowerlifting.com
2011 » **USAPL Bench Press Nationals** (Orlando, FL) » Rob Keller, Box 291571, Davie, FL 33329, 954.790.2241, www.usapowerlifting.com

MEET DIRECTORS:
 there are literally HUNDREDS of meets for the readers of **Powerlifting USA** to choose from each month. Put a display ad in **PL USA** to make **YOUR MEET** stand out. Call Mike Lambert at 1.800.448.7693 for details. We will even do the typesetting on your ad for FREE!!

For powerlifting federation listings and applications, go to www.powerliftingusa.com/federations.php

#1 IN POWERLIFTING PERFORMANCE

WHEN YOU WANT YOUR GEAR AND YOU WANT IT NOW!

PLGEARONLINE.COM

PLGearOnline specializes in Titan gear, fast service, and personal expertise in sizing and selection! **Stock and custom sizes available.**

PRODUCTS

SUITS
 - Squat
 - Deadlift

WRAP ROLLERS

ACCESSORIES
 - Suit Slip-ons
 - Ammonia Caps
 - T-shirts
 - PowerWash
 - Grrrip
 - And More!

SHIRTS
 - Katana
 - Fury
 - F6

WRAPS
 (Knee & Wrist)
 - THP
 - Titanium

TRAINING CAMPS & SEMINARS

CONTACT

Need Help?
 Need assistance in getting the right gear?
 Email: priscilla@plgearonline.com

ASK ME ABOUT THE SPECIAL CODE: CPN026

Visit www.PLGearOnline.com

NEW! Read Kelso's articles & books? Try...

JACK RUBY'S LAST RIDE
 — A Collection of Short Fiction —

➤ It's late November, 1963. As Feds and Mafia close in, why is Jack Ruby's driver playing "Ain't Misbehavin" on his clarinet?

➤ Could a 108 year old Japanese lady fly away with a flock of cranes?

➤ Will an old writer take a \$60,000 dowry to wed a cute Asian weightlifter?

Paul knew Jack Ruby, among other wild characters, and has lived large outside the iron game. The eleven journal quality stories range from high seriousness to the naughty romp, drawing on the author's forays as a folksinger, soldier, teacher and journalist in the USA and Asia.

"Kelso is a terrific yarn spinner." — Mike Lambert, Editor, PL USA

AVAILABLE NOW!!
 From: www.wheatmark.com
 or call toll free 1.888.934.0888 ext. 2

Also see: Amazon.com & other online booksellers

» \$3.00 per line per insertion
 Figure 34 letters & spaces per line

Build Your Own Professional Metal Gym Equipment, 120 different plans available, only \$3.00 each shipped, complete catalog \$3.00; C. Miller, P.O. Box 1234, Ft. Laud, Florida 33302

www.1500LB.com

Original
 Safety Squat Bar
 Rackable Camber Bar
 Combo Bar
 V Bench Press Bar

MORE
 New Mono Lift
 Sumo Power Racks
 Full Beam Power Hooks
 Improved **Zercher Squat** Harness Pole & Attachments

Rack Accessories & Mods

info@1500LB.com
 Crepinsek 831-637-0797

The Steel Tip Newsletter
 from Dr. Ken Leistner is now available! All 36 issues have been compiled into one volume with NEW training material and commentary from Dr. Ken himself. For more details or to get your copy please visit: www.oldtimestrongman.com or call 1.800.978.0206

IRON MAN MAGAZINE – honest coverage of the Iron Game. \$29.95 for 1 year, (12 issues), Iron Man, 1701 Ives Ave., Oxnard, CA 93033

Marathon Super Suits, brand new, never worn - \$25 plus \$3.95 S+H. Call 909.596.7791 to place an order or ask questions.

USABodybuilding.net
 Discounted Brand Name Supplements! Use code POWERLIFTING for 10% off!

POWERLIFTING USA BACK ISSUES are available as far back as 1993. For a list of our current inventory go to www.powerliftingusa.com.

Shrug & Log Bars, Talons, Farmer dumbbells & Handles, thick grip barbells & dumbbells, vertical bars, reverse hyper or dip/parallel chin for the rack, adjustable grippers & plate loading grip machines, custom bars & hardware. Plain steel, polished, painted & stainless steel. Much more. From the same folks who have brought you affordable **accurate machined steel fractional plates** since 1990. Customer oriented service, quality workmanship, made in USA, competitive prices, worldwide delivery, credit cards accepted, stock orders ship w/in 24 hrs. Order by phone, email, snail mail. Catalog w/free Sandow postcard \$5.85 US, 9.95 elsewhere **PDA** 104 Bangor Street Mauldin SC 29662 864-963-5640 www.fractionalplates.com

6400 SOLD AS OF MAY 1st!!!

KELSO'S SHRUG BOOK

READ ALL ABOUT IT AT:
www.wheatmark.com
 or other leading online booksellers

BODYTECHUSA.COM
STRENGTH MAGAZINE
 Where the big boys play ®

A monthly E-Strength Magazine featuring exclusive video clips, photos, and reports of National and World Strength Competitions.

GIFTOFSTRENGTH.COM

Own your copy today of "The Best of the Chest with Kathy Roberts." Kathy's complete bench workout is now available on DVD. Back workout DVD, "Attack the Back with Kathy Roberts;" is also available. Giftofstrength@Services offers: Consulting; Personal Training; Professional Photography /Videography; Expert advice in training for all sports; Motivational Speaking; Coaching/Athletic Development/Mental Development; Promoting/Advising; Professional and Life Coaching Services (Real-time life experience with educational choices, career choices, life changing); Mentoring (Tennis, Weightlifting, Exercise, Jogging, Aerobics); Physical Fitness Consulting; Strength Conditioning and Exercise Improvement. Several workout routines are featured on YouTube at www.youtube.com/KathyRoberts1. Check out Kathy's website for up and coming Drug Free Powerlifters and Bodybuilders, professional tennis results and photos. If you'd like to link to this site, it must be reciprocated. Drug free websites only. If you'd like to advertise on this site, send me and email with your site location and contents and it will be reviewed. Reasonable rates are offered. Check it out for yourself today.

SLATER'S HARDWARE STONE MOLDS

ST120	8"	Diameter	apx weight	23lbs.....	\$50.00
ST120	10"	Diameter	apx weight	42lbs.....	\$55.00
ST120	12"	Diameter	apx weight	72lbs.....	\$59.00
ST140	14"	Diameter	apx weight	116lbs.....	\$79.00
ST160	16"	Diameter	apx weight	175lbs.....	\$99.00
ST180	18"	Diameter	apx weight	240lbs.....	\$109.00
ST200	20"	Diameter	apx weight	335lbs.....	\$135.00
ST210	21"	Diameter	apx weight	354lbs.....	\$149.00
ST220	22"	Diameter	apx weight	400lbs.....	\$169.00
ST210	24"	Diameter	apx weight	476lbs.....	\$169.00

WWW.SLATERSHARDWARE.COM

For further information or to order Slater Strongman Stones please contact **SLATER'S HARDWARE**
 PHONE: 1-740-654-2204
 FAX: 1-740-654-2637
 EMAIL: slaters@slatershardware.com
www.slatershardware.com



Tony Harris – high quality pulling for decades



Mike Griffin has made some huge squats lately



Brian Carroll's total has been surging along with this bodyweight



Mike Allocco is another 600 plus pounded bench presser



Bill Collins is a veteran masters and national championship contender in the USAPL



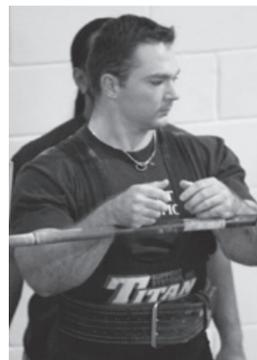
Joe Norman – crunched the 1100 barrier in the squat



Mark Swank has been benching well over 600 pounds



Charles Bailey is a balanced competitor in the 275s



Mike Tuchscherer is almost too big for the apparatus



Lester Estevez has joined the 1000 lb. club in the squat



Greg Panora – recovering from a stroke

Will you make the upcoming TOP 100 list for the 114 lb. class? Last time we ranked this class the minimum lifts to make that list were 290 lb. in the squat, 165 lb. in the bench press, 310 lb. in the deadlift, and 755 lb. in the total. Often those minimum lifts to make the lists go up from year to year, but not always. The time period for the next ranking of the 114 lb. class will be August 2009 through July 2010 and it will appear in the October edition of PL USA. If you think you will be making the list this time and would like to appear on our "TOP 100 Photo Page," send a photo of your lifting (or something completely different like you with your yellow belt in taekwondo) to Powerlifting USA, Box 467, Camarillo, CA 93011 or e-mail it to lambertplusa@aol.com (we recommend a JPEG at least 200kb in size, but bigger is better in this case). If we use your photo we will send you a box of magazines from the month it appears. If you haven't seen your best lifts in results published in PL USA so far, let us know where and when you made those lifts for the upcoming time period and we can try to confirm them prior to publication of the next list for your class.

For standard 275 lb./125 kg. USA lifters in results received from MAY 2009 through MAY 2010

SQUAT

- 1 1110 Carroll, B., 2/27/10
- 2 1105 Norman, J., 2/27/10
- 3 1080 Garcia, J., 6/14/09
- 4 1080 Griffin, M., 11/7/09
- 5 1058 Bailey, C., 6/14/09
- 6 1040 Panora, G., 12/5/09
- 7 1015 Hoff, D., 8/23/09
- 8 1010 Frey, J., 8/23/09
- 9 1003 Carlquist, A., 6/14/09
- 10 1000 Estevez, L., 2/27/10
- 11 970 Edwards, L., 6/28/09
- 12 950 Robinson, Josh., 12/5/09
- 13 914 Best, A., 5/29/10
- 14 909 Wood, Jason., 10/17/09
- 15 909 Smith, S., 11/15/09
- 16 903 Tuchscherer, M., 7/26/09
- 17 900 Roman, N., 10/25/09
- 18 892 Harris, T., 10/3/09
- 19 876 Carlile, J., 5/1/10
- 20 875 Steltenkamp, D., 10/25/09
- 21 875 Matney, B., 5/1/10
- 22 855 Pappillon, C., 4/25/10
- 23 850 Anderson, J., 10/25/09
- 24 850 Hoard, D., 12/5/09
- 25 835 Schwab, D., 10/25/09
- 26 835 Bowsher, R., 11/22/09
- 27 832 Prosek, S., 4/24/10
- 28 830 Porter, C., 12/5/09
- 29 825 Cuczy, J., 10/25/09
- 30 825 Jurkowski, G., 2/27/10
- 31 821 Wagner, G., 6/14/09
- 32 821 Thiele, J., 10/24/09
- 33 821 Weite, N., 3/13/10
- 34 820 Nutter, S., 8/23/09
- 35 820 Obradovic, J., 11/22/09
- 36 815 Bell, M., 1/23/10
- 37 810 Dague, D., 6/28/09
- 38 810 Mann, S., 10/18/09
- 39 805 Flynn, P., 12/5/09
- 40 804 Krogman, J., 9/12/09
- 41 804 Martin, M., 11/7/09
- 42 804 Lilliebridge, E., 3/27/10
- 43 804 Vincent, M., 4/10
- 44 800 Phillips, F., 10/4/09
- 45 800 Mello, C., 10/25/09
- 46 800 Burke, M., 11/22/09
- 47 800 Grant, S., 12/12/09
- 48 800 Shadid, K., 3/20/10
- 49 800 Sutton, M., 3/27/10
- 50 793 Mistic, L., 11/7/09
- 51 777 Freiwald, Z., 10/17/09
- 52 777 Garcia, F., 2/28/10
- 53 775 Swank, M., 3/20/10
- 54 775 Banning, 4/25/10
- 55 771 Ward, N., 12/6/09
- 56 765 Fields, B., 12/5/09
- 57 760 Newman, L., 7/19/09
- 58 760 Angel, J., 8/22/09
- 59 755 Beckham, G., 12/12/09
- 60 750 Phelps, D., 6/20/09
- 61 750 Mink, K., 10/24/09
- 62 750 Billings, B., 10/25/09
- 63 750 Blanton, M., 12/5/09
- 64 749 Luedtke, B., 11/15/09
- 65 749 Edwards, J., 3/27/10
- 66 745 Fleming, S., 3/20/10
- 67 740 Wilson, M., 7/18/09
- 68 740 Drummond, J., 2/27/10
- 69 740 Tozer, B., 5/15/10
- 70 738 Anderson, P., 6/14/09
- 71 738 Kahle, R., 8/2/09
- 72 735 Francis, M., 12/6/09
- 73 735 Newark, S., 3/27/10
- 74 733 Trionfante, C., 6/14/09
- 75 733 Newman, B., 11/15/09
- 76 733 Gholson, A., 4/24/10
- 77 733 Reed, T., 5/15/10
- 78 725 Breen, S., 3/13/10
- 79 722 Smith, T., 1/30/10
- 80 715 Hollingsworth, K., 7/18/09
- 81 710 Johnson, E., 6/13/09
- 82 710 Benfield, R., 10/10/09
- 83 710 Ellis, D., 10/10/09
- 84 710 Johnson, M., 3/10
- 85 705 Lepine, N., 6/27/09
- 86 705 Groff, G., 6/28/09
- 87 705 Camboni, L., 7/19/09
- 88 705 Baisdon, D., 10/18/09
- 89 705 Soehner, G., 3/20/10
- 90 705 Baria, A., 4/3/10
- 91 705 Lavarro, L., 4/10/10
- 92 705 Burttschell, J., 4/24/10
- 93 705 Assimakopoulos, N., 5/1/10
- 94 705 Sells, S., 5/22/10
- 95 700 Casciato, J., 6/28/09
- 96 700 Mattei, J., 6/28/09
- 97 700 Albright, C., 11/14/09
- 98 700 Jacobs, J., 12/6/09
- 99 700 Davis, 4/10/10
- 100 700 Johner, V., 5/1/10

BENCH PRESS

- 1031 Mendelson, S., 12/12/09
- 825 Hoff, D., 6/28/09
- 820 Panora, G., 6/28/09
- 815 Frey, J., 8/23/09
- 805 Timbs, H., 10/4/09
- 785 Carroll, B., 10/24/09
- 770 Bell, T., 12/5/09
- 755 Lewis, D., 2/20/10
- 749 Aumavae, S., 8/22/09
- 744 Baria, A., 4/3/10
- 724 Bogart, J., 9/13/09
- 710 Larsen, A., 10/31/09
- 705 Carlquist, A., 6/14/09
- 705 Hill, J.B., 12/5/09
- 700 Emelander, T., 10/31/09
- 700 Lenigar, M., 7/19/09
- 694 Bailey, C., 6/14/09
- 694 Lane, H., 9/13/09
- 683 Allocco, M., 7/31/09
- 680 Famiano, A., 7/18/09
- 675 Klein, A., 11/22/09
- 674 Best, A., 7/5/09
- 672 Snyder, J., 2/6/10
- 670 Malmgren, P., 7/18/09
- 661 Erickson, J., 10/31/09
- 655 McDowell, R., 10/10/09
- 655 Moon, T., 4/10/10
- 650 Soppelsa, D., 6/27/09
- 650 Smith, S., 7/4/09
- 650 Parnell, P., 8/29/09
- 650 Estevez, L., 10/24/09
- 650 Steltenkamp, D., 10/25/09
- 650 Lincoln Jr., R., 10/29/09
- 650 Klingler, B., 11/7/09
- 645 Cole, C., 6/20/09
- 645 Maxwell, J., 8/1/09
- 644 Garcia, J., 6/14/09
- 644 Tuchscherer, M., 6/14/09
- 644 Lade, S., 9/13/09
- 644 Pinelli, R., 11/15/09
- 639 Holloway, P., 6/13/09
- 639 Hoekstra, S., 11/15/09
- 639 Dublin, E., 3/27/10
- 635 Swank, M., 3/20/10
- 635 Wood, Jason., 4/25/10
- 630 Weaver, J., 9/12/09
- 630 Garcia, F., 4/25/10
- 628 Murphy, J., 1/23/10
- 625 Roman, N., 10/25/09
- 625 Anderson, J., 10/25/09
- 624 Innis-Thompson, 11/1/09
- 622 Begue, J., 10/28/09
- 617 Wagner, G., 6/14/09
- 617 Irimina, A., 7/5/09
- 617 Costa, R., 3/27/10
- 615 Short, L., 6/13/09
- 615 Cuczy, J., 10/25/09
- 615 Saviano, L., 12/5/09
- 611 Mamao, M., 7/5/09
- 610 Robinson, Josh., 12/5/09
- 610 Freiwald, Z., 12/5/09
- 610 Burns, J., 1/23/10
- 610 Newark, S., 3/27/10
- 606 Edwards, J., 3/27/10
- 601 Tovar, J., 3/20/10
- 600 Crossen Jr., W., 6/13/09
- 600 Trotman, S., 7/25/09
- 600 Kahle, R., 8/2/09
- 600 Meeks, D., 9/13/09
- 600 Mello, C., 10/25/09
- 600 Griffin, M., 11/7/09
- 600 Nunnallee, A., 3/20/10
- 600 Sutton, M., 3/27/10
- 600 Pappillon, C., 4/25/10
- 595 Meadows, M., 8/1/09
- 589 Prosek, S., 4/24/10
- 589 Gholson, A., 4/24/10
- 585 Nutter, S., 8/23/09
- 585 Burke, M., 11/22/09
- 585 Duncan, R., 3/20/10
- 584 Martin, M., 11/7/09
- 584 Weite, M., 12/5/09
- 584 Vincent, M., 4/10
- 578 Mann, S., 10/18/09
- 578 Rainey, S., 3/13/10
- 575 Bott, J., 7/18/09
- 575 DeGiovine, J., 2/27/10
- 573 Conley, J., 09/26/09
- 573 Morris, J., 12/19/09
- 573 Osborne, T., 2/6/10
- 573 Belk, M., 3/20/10
- 567 Anderson, P., 6/14/09
- 567 Villarreal, M., 10/31/09
- 565 Johnson, B., 6/20/09
- 562 Goldberg, F., 11/13/09
- 560 Newman, L., 7/19/09
- 560 Don, J., 1/16/10
- 556 Stanford, M., 11/1/09
- 555 Bennet, T., 6/20/09

DEADLIFT

- 826 Tuchscherer, M., 7/26/09
- 821 Holloway, P., 10/31/09
- 810 Griffin, M., 11/7/09
- 804 Weite, N., 12/5/09
- 800 Frey, J., 8/23/09
- 800 Carroll, B., 10/24/09
- 799 Garcia, F., 6/14/09
- 795 Hoff, D., 6/28/09
- 777 Carlquist, A., 6/14/09
- 775 Roman, N., 10/25/09
- 771 Best, A., 11/15/09
- 770 Schwab, D., 10/25/09
- 770 Francis, M., 12/6/09
- 760 Harris, T., 10/3/09
- 760 Lilliebridge, E., 3/27/10
- 756 Kubeck, J., 5/15/10
- 750 Hedlesky, M., 6/20/09
- 750 Panora, G., 6/28/09
- 750 Anderson, J., 10/25/09
- 750 Mello, C., 10/25/09
- 738 McMacken, G., 3/27/10
- 735 Nutter, S., 8/23/09
- 733 Freiwald, Z., 10/17/09
- 733 Baria, A., 4/3/10
- 728 Eaton, M., 11/8/09
- 727 Lake, G., 09/19/09
- 725 Jurkowski, G., 2/27/10
- 725 Rexing, G., 3/13/10
- 725 Jones, B., 4/10/10
- 722 Duran, R., 7/5/09
- 716 Krogman, J., 9/12/09
- 716 Daniels, G., 9/19/09
- 716 Thiele, J., 10/24/09
- 716 Smith, S., 11/15/09
- 710 Estevez, L., 10/24/09
- 710 Obradovic, J., 11/22/09
- 705 Bailey, C., 6/14/09
- 705 Wagner, G., 6/14/09
- 705 Ward, N., 8/2/09
- 705 Martin, M., 11/7/09
- 705 Love, T., 11/7/09
- 705 Hartianfi, G., 11/8/09
- 705 Flynn, P., 12/5/09
- 705 Dale, B., 12/12/09
- 705 Kimero, M., 12/5/09
- 705 Muro, G., 12/12/09
- 705 Hubbard, E., 1/30/10
- 705 Steltenkamp, D., 2/21/10
- 705 White, B., 4/3/10
- 705 Lavarro, L., 4/10/10
- 700 Carter, J., 6/13/09
- 700 Johnson, B., 6/20/09
- 700 Emelander, T., 10/31/09
- 700 Porter, C., 12/5/09
- 700 Jacobs, J., 12/6/09
- 700 Hodges, J., 2/6/10
- 699 Wood, Jerry., 7/18/09
- 699 Benfield, T., 7/26/09
- 694 Dunn, J., 3/27/10
- 688 Lepine, N., 10/31/09
- 688 Ruse, A., 1/10
- 685 Robinson, Josh., 12/5/09
- 684 Davis, B., 10/28/09
- 683 Fernandez, J., 8/22/09
- 683 Driskill, B., 10/30/09
- 683 Pinelli, R., 11/15/09
- 683 Prosek, S., 4/24/10
- 680 C., K., 4/3/10
- 677 Trionfante, C., 6/14/09
- 677 Johnson, A., 6/14/09
- 675 DeGiovine, J., 2/27/10
- 675 Fleming, S., 3/20/10
- 672 Diamond, P., 6/20/09
- 672 Kahle, R., 8/2/09
- 672 Luedtke, B., 11/15/09
- 672 Beckham, G., 11/15/09
- 670 Camboni, L., 7/19/09
- 670 Bambou, L., 11/22/09
- 670 Putnam, T., 3/20/10
- 670 Pappillon, C., 4/25/10
- 666 Anderson, P., 6/14/09
- 666 Mann, S., 10/18/09
- 666 Moore, R., 5/16/10
- 661 MacMillian, K., 8/2/09
- 661 Koons, R., 9/12/09
- 661 Newman, B., 11/15/09
- 661 Osborne, T., 2/6/10
- 661 Pares, S., 2/20/10
- 661 Capps, J., 4/10
- 660 Johnson, M., 3/10
- 660 Pappas, J., 4/10/10
- 655 Dague, D., 6/28/09
- 655 Begree, E., 11/15/09
- 655 Bayly, J., 1/30/10
- 655 Barbeau, J., 3/21/10
- 655 Wright, F., 4/7/10
- 650 Ambrose, F., 6/6/09
- 650 Peterson, B., 6/20/09
- 650 Conley, J., 9/26/09
- 650 Vincent, M., 4/10

TOTAL

- 2660 Carroll, B., 10/24/09
- 2625 Frey, J., 8/23/09
- 2615 Hoff, D., 8/23/09
- 2570 Panora, G., 6/28/09
- 2535 Garcia, J., 6/14/09
- 2490 Griffin, M., 11/7/09
- 2485 Carlquist, A., 6/14/09
- 2457 Bailey, C., 6/14/09
- 2331 Tuchscherer, M., 7/26/09
- 2325 Best, A., 5/29/10
- 2320 Estevez, L., 2/27/10
- 2300 Roman, N., 10/25/09
- 2259 Smith, S., 11/15/09
- 2245 Robinson, Josh., 12/5/09
- 2225 Anderson, J., 10/25/09
- 2225 Steltenkamp, D., 10/25/09
- 2182 Baria, A., 4/3/10
- 2176 Weite, N., 12/5/09
- 2175 Wood, Jason., 10/17/09
- 2170 Schwab, D., 10/25/09
- 2150 Mello, C., 10/25/09
- 2143 Wagner, G., 6/14/09
- 2140 Nutter, S., 8/23/09
- 2125 Pappillon, C., 4/25/10
- 2105 Harris, T., 10/3/09
- 2105 Prosek, S., 4/24/10
- 2094 Freiwald, Z., 10/17/09
- 2088 Thiele, J., 10/24/09
- 2083 Martin, M., 11/7/09
- 2072 Lilliebridge, E., 3/27/10
- 2060 Obradovic, J., 11/22/09
- 2055 Mann, S., 10/18/09
- 2050 Krogman, J., 9/12/09
- 2050 Jurkowski, G., 2/27/10
- 2039 Vincent, M., 4/10
- 2035 Flynn, P., 12/5/09
- 2030 Porter, C., 12/5/09
- 2020 Dague, D., 6/28/09
- 2020 Bowsher, R., 11/22/09
- 2011 Kahle, R., 8/2/09
- 2000 Ward, N., 12/6/09
- 2000 Sutton, M., 3/27/10
- 1978 Edwards, J., 3/27/10
- 1975 Newark, S., 3/27/10
- 1973 Anderson, P., 6/14/09
- 1962 Beckham, G., 12/12/09
- 1962 Lavarro, L., 4/10/10
- 1960 Newman, L., 7/19/09
- 1960 Grant, S., 12/12/09
- 1950 Garcia, F., 4/25/10
- 1945 Burke, M., 11/22/09
- 1935 Fleming, S., 3/20/10
- 1925 Hubbard, E., 4/25/10
- 1925 Banning, 4/25/10
- 1923 Luedtke, B., 11/15/09
- 1907 McKee, B., 9/12/09
- 1905 Phillips, F., 10/4/09
- 1900 Mink, K., 10/24/09
- 1900 Cuczy, J., 10/25/09
- 1900 Hoard, D., 12/5/09
- 1900 DeGiovine, J., 2/27/10
- 1895 Breen, S., 3/13/10
- 1890 Francis, M., 12/6/09
- 1884 Conley, J., 9/26/09
- 1884 Gholson, A., 4/24/10
- 1880 Johnson, M., 3/10
- 1873 Newman, B., 11/15/09
- 1870 Camboni, L., 7/19/09
- 1856 Angel, J., 8/22/09
- 1855 Hedlesky, M., 6/20/09
- 1851 Soehner, G., 3/20/10
- 1846 Trionfante, C., 6/14/09
- 1846 Johnson, A., 6/14/09
- 1845 Wilson, M., 7/18/09
- 1842 Tozer, B., 5/15/10
- 1840 Davis, 4/10/10
- 1840 Denison, S., 5/29/10
- 1835 Phelps, D., 6/20/09
- 1830 Jacobs, J., 12/6/09
- 1818 Baisdon, D., 10/18/09
- 1818 Smith, T., 3/30/10
- 1813 Collins, B., 6/14/09
- 1813 Shadid, K., 8/29/09
- 1805 Fields, B., 12/5/09
- 1802 Benfield, T., 7/26/09
- 1802 Burttschell, J., 4/24/10
- 1802 Whitehead, B.J., 4/24/10
- 1780 Sells, S., 5/22/10
- 1779 Bogart, J., 3/21/10
- 1775 Humbyrd, J., 10/17/09
- 1774 Menslage, M., 11/13/09
- 1763 Love, T., 11/7/09
- 1757 Johnson, S., 9/12/09
- 1741 Clark, M., 10/18/09
- 1725 Dunn, J., 1/24/10
- 1713 Hunter, A., 6/7/09
- 1710 Blanton, M., 12/5/09
- 1705 Lewis, J., 5/1/10
- 1700 Drumm, J., 1/30/10
- 1692 Kimener, M., 12/5/09

PL USA Top 100 Achievement Awards



Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, 1 and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is \$6. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send \$6 per certificate or \$21.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 8.25% tax).

NEXT MONTH » TOP SHWs

CORRECTIONS: Jeff Rebera should have been credited with a 1918 total on the Masters TOP 20 rankings for the 220 lb. division. Linda Okoro did not receive credit for her 402 lb. deadlift on the TOP 20 ranking for the Women's 148 lb. division. The "W. Phillips" on the TOP 20 rankings for the Masters SHWs was actually Wade Johnson. Rheta West's best lifts of 525 squat, 410 deadlift and 1220 total were not reflected on the Women's TOP 20 ranking for the 148 lb. class, nor was her bench press of 310 in the 165 lb. class. Tony Brown's name was misspelled ("Borne") in the results of the Kinross Push Pull event published in our July 2009 edition. If you find errors in our articles, TOP 100/20 rankings or the competition results we publish, let us know at PL USA Errors Department, Post Office Box 467, Camarillo, CA 93011 for a proper analysis of the matter and an appropriate correction in a following issue.

NEW POLICY: if your lift is missing from an upcoming TOP 100/20 ranking, and it is our fault, we will issue you a free certificate documenting your achievement as well as a correction in a future issue. Send your corrections to PL USA Errors, Box 467, Camarillo, CA 93011.

NEW FROM DANNY BULLARD



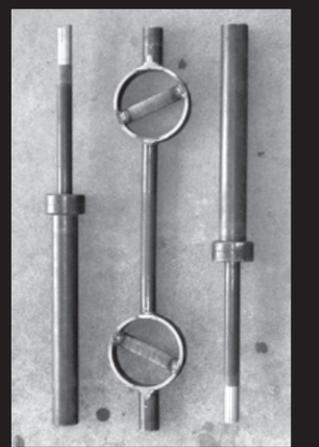
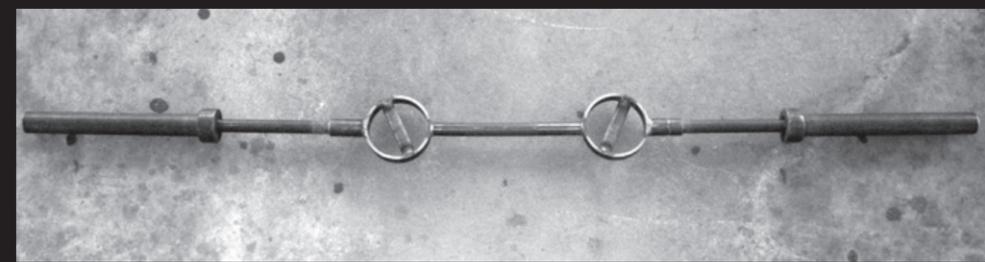
A police officer from a Southern California department pulled over a car driven by an eastern lawyer. The officer told the lawyer that he pulled him over for failing to stop at the stop sign. The lawyer replied that he slowed down and looked both ways and no cars were coming so he went through the stop sign. The officer then told the lawyer that he would have to give him a ticket because stopping is different than slowing down. He replied that he disagreed. After a short debate over the subject, the lawyer made a proposal that if the officer can prove to him that slowing down is totally different than stopping, he would pay double the fine. If the officer couldn't, then he would not have to pay anything. The officer agreed, saying that was more than fair, and asked the lawyer to step out of the car. When the lawyer got out of the car, the officer grabbed him and started slapping him. After slapping him five or six times, the officer asked him, would you like me to slow down or stop?

If you would like to guess which person did this or purchase a shirt of "Slow Down or Stop," call Danny Bullard at 909.596.7791 or email him at dbull744@gmail.com.



BARS AVAILABLE FROM DANNY...

For more information or to place an order, contact Danny Bullard by phone at 909.596.779 or email him at dbull744@gmail.com



WABDL TEXAS STATE MAR 27 2010 » Humble, TX

BENCH	Open	Bankston-LA	562
FEMALE	Bankston-LA	562	
Singe-Ply	Submaster (33-39)	F. Alexander	601
148 lbs.	Bankston-LA	562	
Master (40-46)	Super	Master (40-46)	
T. Eppler	121	L. Polk	584*
Super	Law/Fire (56+)	J. Aaron	138!*
Law/Fire (56+)	138!*	J. Aaron	138!*
97 lbs.	Master (61-67)	L. Polk	584
Master (61-67)	138!*	J. Aaron	138!*
J. Aaron	138!*	J. Daigle	314
MALE	181 lbs.	J. Daigle	314
Single-Ply	Class I	Submaster (33-39)	
97 lbs.	J. Daigle	314	
Teen (12-13)	Submaster (33-39)	M. Saldivar	176!*
M. Saldivar	176!*	J. Daigle	314
132 lbs.	198 lbs.	S. Kaufman	331
Junior (20-25)	Class I	S. Kaufman	331
M. Jauregui	270	Teen (18-19)	
148 lbs.	Submaster (33-39)	R. Kelley	408
Law/Fire (40-47)	331	Master (47-53)	
M. Duhon	248*	M. Gibson	424
165 lbs.	248*	Master (40-46)	
Junior (20-25)	242 lbs.	E. Doublin	639
I. Rojas	276	Open	
Open	452*	P. Parnell	xxx
D. Smith	452*	Master (40-46)	
4th-468	265	S. Mata	xxx
Teen (14-15)	187	D. Dees	xxx
C. Yepes	187	DEADLIFT	
Teen (16-17)	181 lbs.	FEMALE	
T. Cotter	187	Single-Ply	
181 lbs.	320	Master (40-46)	
Class I	320	Super	
M. Harrison	320	Junior (20-25)	
Junior (20-25)	342	D. Dees	xxx
C. Mata	342	DEADLIFT	
A. Mangum	270	Open	
Law/Fire (48-55)	320*	114 lbs.	
M. Harrison	320*	Master (40-46)	
Master (61-67)	353*	C. Fong	215
R. Roberts	353*	MALE	
Teen (16-17)	292	Single-Ply	
J. Cantu	292	148 lbs.	
C. Adams	165	Junior (20-25)	
198 lbs.	424	Law/Fire (40-47)	
Law/Fire (40-47)	254*	M. Duhon	430*
J. Gardner	424	Master (61-67)	
Special Olympian	254*	4th-468	
B. Lord	254*	165 lbs.	
4th-259	421*	Class I	
220 lbs.	421*	D. Owens	386
Law/Fire (40-47)	421*	Junior (20-25)	
B. Stone	421*	I. Rojas	402
4th-429	309	D. Owens	386
Master (47-53)	276	Teen (14-15)	
T. Epting	309	Kalinowski	303
T. Southwell	276	Teen (16-17)	
Open	551	T. Cotter	336
A. Soto	551	181 lbs.	
Submaster (33-39)	551	Class I	
A. Soto	551	M. Harrison	502
242 lbs.	535*	Junior (20-25)	
Class I	535*	A. Mangum	650
M. Harrison	535*	Law/Fire (48-55)	
Junior (20-25)	452	M. Harrison	502*
H. Beall-LA	452	Teen (16-17)	
Junior (20-25)	452	C. Magner	540!*
H. Beall-LA	452	198 lbs.	
259 lbs.	535*	Class I	
Law/Fire (48-55)	535*	N. Payton	331
J. Kalinowski	380*	Law/Fire (40-47)	
380*	402	J. Chaney	590!*
Teen (18-19)	402	Master (40-46)	
H. Dilber	402	J. Chaney	590
275 lbs.	xxx	Special Olympian	
Teen (18-19)	xxx	B. Lord	474*
R. Carrillo	xxx	4th-501	
308 lbs.	601		
Open			
F. Alexander	601		

Submaster (33-39)	H. Beall-LA	595
N. Payton	331	259 lbs.
220 lbs.	Teen (18-19)	
Class I	H. Dilber	402
E. Morales	524	275 lbs.
J. Felder	502	Open
Law/Fire (40-47)	J. Dunn	694
B. Stone	524	I. Conde
Master (47-53)	457	335
T. Epting	457	Submaster (33-39)
Master (47-53)	424	J. Dunn
242 lbs.	424	694
Class I	424	308 lbs.
K. Gunter	645	Bankston-LA
H. Beall-LA	595	595
Junior (20-25)	595	Submaster (33-39)
M. McLeod	601	Bankston-LA
! = World Records	452	595
* = State Records	452	595
# = National Records	452	595

USAPL BLOCH ARENA QUALIFIER JAN 4 2010 » Honolulu, HI

Powerlifting	SQ	BP	DL	TOT
Open				
105 lbs.				
D. Anderson	275	135	150	560
132 lbs.				
J. Bareng	450	225	420	1095
148 lbs.				
L. Richardson	350	185	300	835
198 lbs.				
N. Navares	500	185	500	1185
220 lbs.				
N. Olaivar	500	365	550	1415
242 lbs.				
D. Medina	585	315	525	1425
SHW				
Open				
B. Hiral	385	200	330	915
Open Junior				
114 lbs.				
R. Yamashita	275	150	225	650
123 lbs.				
J. Neeley	345	135	185	665
198 lbs.				
C. Velasco	500	340	565	1405

MCI RAWER THAN RAW VII MAY 11 2010 » Shirley, MA

Powerlifting	SQ	BP	DL	TOT
181 lbs.				
A. Teague	380	295	510	1185
A. Pitter	400	320	440	1160
S. Harding	350	225	455	1030
E. Wallace	275	275	405	955
M. Barrows	295	265	365	925
J. Rodriguez	365	245	405	1015
B. Frost	335	245	405	985
220 lbs.				
E. Hall	430	295	575	1300
275 lbs.				
J. Castado	460	300	580	1340
C. Davis	405	—	—	—
SHW				
S. Koundrakis	465	300	—	—
C. Acevedo	640	475	635	1750

I'm not sure who rattled his cage but this monster awoke to show us all he still has what it takes to move heavy weight. Taking the 3rd place spot was Sean Harding, another vet with endless amounts of will. Trailing the three Veterans were first time competitors Edward Wallace and Manuel Barrows, both with 955 totals. After the smoke cleared, two first timers lifted off in the 198's, Jose Rodrigues came out on top with his debut total of 1015; not to far behind was Brian Frost. With only a few months powerlifting under his belt this dude proved he has the potential to reach the top. He's a pillar of raw strength and his form is flawless. Keep lifting those monstrous Zercher Squats off the floor and let's see where your total ends up! Your on the right path Frost! Lifting solo in the 220's was veteran Ed Hall. This dude is a beast in every sense of the word. He had PR's across the board and ended the day with a 575 deadlift, leaving so much more on the table! The 275's had two heavy weights, Charles Davis & Joey Castaldo ready to battle head to head to determine final bragging rights. Tension and words have been brewing ever since Castaldo's domination at RTR6. Davis just could not handle the pressure and was shown the door after missing his bench opener. Castaldo won unchallenged and went on to break his weight class deadlift record that has remained alive in this facility for a decade. The SHW had two lifters, first time competitor, Stratous, had an explosive start with a deep, effortless 465 squat, but injured a hamstring in the deadlift and could not complete the day. Heal up Strat, and get back on the platform! Veteran and best overall lifter, Gio Acevedo goes on to putRTR7 in his back pack. Breaking all four of his own facility records and smashing the all time facility deadlift record. He just set the bar even further out of reach. Gio gets stronger by the day and his talent of defying gravity with such relaxation is unparalleled. His 640 squat was insane! Without a doubt, Gio will total elite, raw, sometime in the near future and I'll be right there on the platform beside you! Hopefully on the outside! Just remember, if what you did yesterday still looks big, you haven't done much today! A huge thank you goes out to our spotters and loaders, and of course the Recreation Officers for great judging, supplying chalk, new belts, and for making all this happen. Also, thank you to Mike Lambert of PL USA for publishing our results which adds additional excitement to our meets and brings positive energy to our facility come mail call we are all looking forward to Rawer than Raw VIII. Bring your best!

PHYSIQUE BODYWARE

BUILT IN AMERICA!

790 Champion Tank

SALE \$24.95

Black, White, Grey

Size: M/L/XL/XXL

959 Flex Big Top

SALE \$34.95

White/Black(Shown), Grey/Black, Black/White

Size: Big, Biggest

725 Y-Back Stringer

SALE \$9.95 EACH*

Orange, White, Red, Navy, Black, Grey, Camouflage, Tie Dye

More Colors Online with the purchase of 3 or more

Size: S/M, M/L, XL/XXL

719 Slinky Top

SALE \$29.95

Black, Red, White, California Blue, Graphite, Purple, Jade

Size: M/L, L/XL, XL/XXL

411 MP3 Big Top

SALE \$34.95

White, Black, Grey

Size: Big, Biggest, Biggest

972 Flex Short

SALE \$24.95

Black/White, Grey/Black, Navy/White

Size: M, L, XL

780 Pro Posing Suit

Thin Strap!

SALE \$28.95

Black/White, Grey/Black, Black, Red, Royal

Size: M, L, XL

888-932-7488

Shop Online Today!

physiquebodywareusa.com

» courtesy Joseph Castaldo



Chelsi Byrnes (age 12) continues the tradition of great bench pressing started by her father, Chris Byrnes, at the Clark Sports Center Monster Bench Press event (Doug McCoy photo)

CLARK SPORTS MONSTER BENCH

APR 10 2010 » Cooperstown, NY

BENCH		148 lbs.	
FEMALE			
Open			
114 lbs.			
(Age 12)			
C. Byrnes	55	290	175
123 lbs.			
N. Hage	55	205	175
148 lbs.			
Masters (45-49)			
B. Lesko	130	320	320
T. Korba	120	310	310
165 lbs.			
Masters (55-59)			
R. Stone	90	250	250
Masters (16-17)			
J. Tirrell	95	240	240
MALE			
Youth Raw			
D. Meyers	75	205	205
J. Byrnes	50	230	230
181 lbs.			
4th-55			
K. McEwan	45	230	230

D. Packer	195	220 lbs.	220
T. Clapper	165	Open	165
Open			
C. Dejoy	350	D. Degner	295
198 lbs.			
Masters (40-44)			
Open			
A. Henchey	360	D. White	255
D. Meyers	335	Masters (40-44)	
Teen (14-15)			
E. Coe	290	R. Haley	390
R. Anderson	225	L. Finklestein	360
J. Meyers	205	D. Meyers	270
Masters (50-54)			
N. Markowitz	205	G. Woodbury	250
242 lbs.			
Masters (50-54)			
R. Dawson	350	B. McEwan	450
M. Cring	250	Masters (50-54)	
P. Meyers	245	S. Antczak	385
Open			
J. VanAllen	400	A. Kirby	280
B. Krench	330	Best Lifter Lightweight: Christopher Byrnes.	
M. McDonald	255	Best Lifter Heavyweight: Brandon McEwan.	
Best Lifter Women's Youth/Teen: Chelsi Byrnes.			
Best Lifter Women's: Beth Lesko.			
Best Overall Masters: Jim Vanallen.			
» courtesy Doug McCoy			



John Brooks - 1607 TOT (J.T. Hall)

NASA USA NATIONALS

JUN 19-20 2010 » Springfield, OH

BENCH		275 lbs.	
FEMALE			
Raw			
105 lbs.			
F. Parker	424	Master I	
Open			
K. Robinson	446	Master Pure	
Submaster II			
C. Spencer	319	Raw	
308 lbs.			
Master I			
J. Behari	457	High School	
Master Pure			
J. Behari	457	T. Jarrell	
Pure			
J. Hall	429	K. Lute	
308 lbs.			
Master II			
K. Burgess	551	C. Nichols	
Raw			
148 lbs.			
Master I			
R. Fox	308	J. Mojzer	
Open			
R. Fox	308	C. Hartung	
Pure			
J. Mojzer	512	A. McDermott	
PS BENCH			
275 lbs.			
Open			
K. Robinson	446	T. Drescher	
PS CURL			
165 lbs.			
Master III			
M. Wikel	270	R. Staab	
Open			
S. Phillips	231	R. Dodson	
Master Pure			
R. Staab	143	J. Carleo	
181 lbs.			
Master III			
J. Woods	336	V. Perryman	
Police/Fire			
J. Woods	336	P. Foster	
Pure			
J. Woods	336	P. Foster	
Submaster II			
J. Woods	336	S. Avery	
181 lbs.			
Pure			
S. Avery	138	High School	
C. McDaniel			
264	264	C. Boling Jr.	
Master III			
L. Donahue	237	S. Avery	
275 lbs.			
High School			
D. McGill			
173			
M. Baker			
539			
297			
600			
1437			
M. Baker			
539			
297			
600			
1437			
High School			
Z. Stewart			
325			
193			
380			
897			
Master II			
W. Erb			
551			
341			
473			
1365			
275 lbs.			
Master II			
M. Lumumba			
567			
99			
556			
1222			
Novice			
C. Straley			
551			
347			
528			
1426			
Submaster Pure			
A. Soboleski			
539			
363			
600			
1503			
SHW			
Master I			
M. Ross			
787			
545			
650			
1982			
Raw			
132 lbs.			

Teen		99	264	363
H. Core		303	501	804
MALE				
165 lbs.				
High School				
M. Harbour		303	501	804
181 lbs.				
Junior				
R. Hutchins		248	374	622
Master III				
P. Miller		187	374	562
Teen				
R. Stewart		270	402	672
308 lbs.				
High School				
A. King		374	479	853
Submaster I				
C. Williams		374	567	941
Submaster Pure				
C. Williams		374	567	941
SHW				
Pure				
D. Gonzales		440	573	1013
Powerlifting				
	SQ	BP	DL	TOT
FEMALE				
105 lbs.				
Master I				
K. Reed	143	116	209	468
Master Pure				
K. Reed	143	116	209	468
Raw				
123 lbs.				
High School				
T. Jarrell		165	99	248
132 lbs.				
High School				
K. Lute		171	121	248
148 lbs.				
Master I				
C. Nichols		204	127	237
Open				
A. McDermott		286	160	303
Pure				
A. McDermott		286	160	303
Submaster Pure				
A. McDermott		286	160	303
181 lbs.				
Novice				
T. Drescher		215	154	303
MALE				
148 lbs.				
Master IV				
R. Dodson		231	143	303
165 lbs.				
Master III				
J. Carleo		—	—	391
Int				
V. Perryman		600	297	600
P. Foster		336	215	385
Open				
P. Foster		336	215	385
181 lbs.				
High School				
C. Boling Jr.		374	182	424
Junior				
M. Baker		539	297	600
Teen				
M. Baker		539	297	600
198 lbs.				
High School				
Z. Stewart		325	193	380
Submaster Pure				
C. Spencer		143		
242 lbs.				
SHW				
Pure				
D. Gonzales		160		
275 lbs.				
Master II				
W. Erb		551	341	473
Novice				
C. Straley		551	347	528
Submaster Pure				
A. Soboleski		539	363	600
SHW				
Master I				
M. Ross		787	545	650
Raw				
132 lbs.				

Int		209	110	—	319
K. Hagen		198	132	319	650
Junior					
O. Ruiz		341	165	380	886
High School					
VanDerMolen		341	165	380	886
Master I					
R. Fox		352	308	407	1068
165 lbs.					
Int					
M. Qaiser		330	215	330	875
Junior					
T. Franz		451	248	490	1189
Master II					
S. Phillips		303	231	369	903
Master III					
R. Bowshier		316	220	341	877
Pure					
T. Franz		451	248	490	1189
Teen					
T. Franz		451	248	490	1189
181 lbs.					
High School					
C. McDaniel		473	264	418	1156
R. Lackey		341	171	402	914
Master III					
P. Miller		286	187	374	848
L. Donahue		275	237	325	837
Novice					
Q. Henoch		402	226	451	1079
198 lbs.					
Master I					
A. Dubois		363	220	435	1018
Master I					

J. Brooks		611	457	539	1607
R. Nichols		484	325	600	1409
Master II					
J. Layton		264	193	286	743
Master Pure					
J. Brooks		611	457	539	1607
Open					
R. Nichols		484	325	600	1409
Submaster Pure					
A. Werner		528	363	551	1442
Teen					
J. Dulin		292	237	352	881
242 lbs.					
Novice					
N. Stivers		462	319	501	1283
275 lbs.					
Int					
L. Higgins		650	462	677	1789
A. Hamblin		418	—	—	418
Master II					
E. Martin		473	363	501	1338
Pure					
L. Higgins		650	462	677	1789
A. Hamblin		418	—	—	418
Submaster I					
T. Brown		501	352	517	1371
308 lbs.					
High School					
A. King		501	374	479	1354
SHW					
Master II					
M. Soboleski		407	363	402	1173
Power Sports		CR	BP	DL	TOT
MALE					
220 lbs.					
Int					

V. Perryman		154	297	600	1051
Open					
B. McClure		173	341	468	982
181 lbs.					
High School					
C. Day		127	253	413	793
Master III					
McGonagle		105	209	347	661
P. Miller		94	187	374	655
198 lbs.					
Master V					

USAPL NO FRILLS MEET

JAN 30 2010 » Flint, MI

BENCH 198 lbs.

MALE T. Zintsmaster 405

DEADLIFT 165 lbs.

C. Baiers 310

181 lbs.

L. Chamberlin 320

Powerlifting 198 lbs.

FEMALE 105 lbs.

Teen II B. Terebinski 175

114 lbs.

Junior D. Carino 150

123 lbs.

Teen II E. Ockerman 295

132 lbs.

Teen II B. Palleschi 250

K. Miller 365

148 lbs.

Teen III N. Gallagher 240

181 lbs.

Teen I M. Jenkins 145

SHW 198 lbs.

Teen II S. Lamb 405

MALE 114 lbs.

Teen I C. Blank 150

132 lbs.

Teen II N. Dubiel 315

D. Nealy 375

148 lbs.

Junior P. Weinrauch 355

Master I B. Fuddrill 455

Teen I Q. Brooks 220

Teen II J. Davis 295

K. Nall 275

Teen III B. Schuller 465

Master II S. Sielawa 375

Junior S. Rolf 425

181 lbs.

Teen II A. Smith 230

C. Lyman 315

J. Harkins 405

198 lbs.

Teen I C. Larkin 245

Teen II A. Coleman II 405

Junior L. Hoffman 580

220 lbs.

Teen III R. Jackson 165

A. Chism 225

Open Raw H. Simpson 430

242 lbs.

Teen I D. Trecha 275

Teen II K. Clark 350

Open C. Hazzinton 405

275 lbs.

Teen II J. Ingram 245

Master III T. Strong 340

SHW 198 lbs.

Teen II D. McGowan 300

J. Dabbs 375

» courtesy USAPL

USAPL ANCHORAGE FALL BP/PL

NOV 21 2009 » Anchorage, AK

Powerlifting 198 lbs.

MALE 148 lbs.

Open D. Gregory 225

Master III E. Pavsek 209

165 lbs.

Open J. Zatino 424

Master IV L. Knight 314

Youth Open W. Skythaug 385

198 lbs.

Youth Open C. Burnett 407

Bench Only J. Deans —

220 lbs.

Open D. Farrow 600

242 lbs.

Open D. Autrey 462

R. Schmidt 573

275 lbs.

Master III S. Rabender 407

SHW 198 lbs.

Open C. Werda 501

Coordinator: Ron Burnett.

» courtesy USAPL

USAPL KETCHIKAN SPRING MEET

APR 9 2010 » Ketchikan, AK

Powerlifting 198 lbs.

FEMALE 123 lbs.

Open A. Rubin 165

T. Gregg 165

MALE 148 lbs.

Master IV (55) D. Gregg 390!

Teen I (14) J. Pavitt 312!

181 lbs.

Master IV (56) R. Alexander 300

198 lbs.

Master III (51) F. Frank 400

Teen I (14) D. McLavey 200

319 lbs.

Teen I (15) A. McLavey 425!*

240! 455! 1120!

! = State Records. * = KHS Records. The Get Fit Stay Fit Gym hosted the USA Powerlifting sanctioned 2010 Ketchikan Spring Record Breakers powerlifting meet. The meet saw five first time competitors join three Veterans. Competitors are

placed in age and weight classes with results submitted to USAPL and compared with lifters nationwide. Each year rankings are kept for all USAPL meets using the age and weight class groupings. Records are maintained at the local, state and national level for the three individual lifts: squat, bench press, and deadlift and the total of the three lifts. Age and bodyweight factors are applied to obtain an adjusted total of the three lifts to allow comparison across age, weight, and gender. Five first time lifters joined three veterans for the competition. First time teen lifters Adam McLavey, Jackson Pavitt, and David McLavey all had impressive lifts. Adam set Kayhi records, Jackson set two state records, and Adam set four new state records. First time lifters Roger Alexander and Adrian Rubin had strong showings. Doug Gregg set three state records in the Master division. Experienced lifters Floyd Frank and Taylor Gregg rounded out the strong field. Thanks go out to volunteers needed to make any meet successful: Sam Nelson, Bob Hewitt, and Corey Pavitt were the spotters and loaders; Deborah Harney, Julie Slanaker, and Bill Harney were the judges; Lisa Machado, Mary Gregg and Arlinda Machado ran the scoring table.

» courtesy USAPL

USAPL ROCKY MOUNTAIN

MAR 20 2010 » Aurora, CO

Powerlifting 198 lbs.

FEMALE 114 lbs.

K. Nelson 198

123 lbs.

T. Kamper 237

T. Peterson 88

132 lbs.

R. Tester 165

148 lbs.

B. Anderson 242

A. Watman 193

165 lbs.

MacDonald 209

181 lbs.

B. Fury 253

L. Smith 269

MALE 114 lbs.

B. Parks 204

132 lbs.

R. Robinson 193

O. Valdez 242

148 lbs.

M. Thompson 303

H. Wick 286

165 lbs.

P. Gustafson 348

T. Rickett 303

J. Each 286

A. O'Keefe 176

181 lbs.

J. Casual 363

A. Armstrong 281

E. Larson 292

T. O'Keefe 209

D. Robinson 121

198 lbs.

J. Kyle 595

S. Jenne 402

J. Brookshire 314

R. Davis 374

M. Sypyla 330

B. Hertzog 149

C. Hartman 363

J. Gonzales —

C. Doggett —

C. Martin —

242 lbs.

C. Ford 429

R. Jacobson 424

P. Sumner 457

A. Pares 484

J. Freeman 402

275 lbs.

G. Schehner 705

F. Baja 402

J. Briggs 650

» courtesy USAPL

4TH SW MINNESOTA BP

JUN 19 2010 » Sleepy Eye, MN

BENCH 105 lbs.

Master I Mathowitz 270

Teen I J. Mielke 115

198 lbs.

M. Mielke 60

123 lbs.

Master I K. Nelson 95

Master III Christensen 75

Heiderbrunk —

Novice I C. Berdan 90

132 lbs.

Teen II D. Swoboda 205

148 lbs.

Novice I K. Schmidt 95

B. Bregette 230

Master II M. McDaniel 195

Novice II C. Baures 105

Teen I Q. Mack 170

165 lbs.

Teen I M. Mielke 130

G. Lausen 215

Teen II J. Berdan 205

Master I Wurtzberger 325

Master II R. Tellberg 300

D. Lux —

181 lbs.

» courtesy Brent Mielke

USAPL KS HEAVY METAL OPEN

MAR 6 2010 » Hoisington, KS

BENCH 198 lbs.

Open J. Kramer 420

Open S. Lyon 345

275 lbs.

L. Russell 350

Powerlifting 220 lbs.

Master I S. Stout 500

Master II K. Carroll 340

242 lbs.

Master II B. Rome 365

SHW 220 lbs.

Open B. Bowman 600

J. Redmer 405

» courtesy Wayne David Herl

USAPL TECH ROOKIE

JAN 20 2010 » W. Monroe, LA

Powerlifting 105 lbs.

FEMALE Collegiate 114 lbs.

S. Byron 205

A. Sikes 205

148 lbs.

K. Roderick 275

L. McAfee 175

C. Haines 275

MALE 132 lbs.

J. Snapka 350

165 lbs.

Z. Weissman 425

C. Bonman 475

B. White 480

198 lbs.

T. Rochelle 435

S. Moore 480

242 lbs.

E. Jacintha 450

275 lbs.

B. Black 510

SHW 198 lbs.

A. Gonzales 700

» courtesy USAPL

IPA NEW ENGLAND REVOLUTION

MAR 27 2010 » Johnston, RI

BENCH 165 lbs.

Master (50-54) Raw Pro Lazzareschi 340*

Junior Raw Pro Lazzareschi 315*

Police Raw Pro Lazzareschi 340*

181 lbs.

Teen (18) Raw AM Police Pro Lazzareschi 340*

R. Criner 275

220 lbs.

Master (40-44) AM Open Pro C. Scherza 745

242 lbs.

C. Sandbach —

Master (40-44) AM Submaster Pro C. Scherza 745*

N. Tavares —

DEADLIFT 275 lbs.

Open Raw Pro C. Popovich 455

W. Tassoni 500

Ironman 198 lbs.

Submaster AM B. Shaw 510*

242 lbs.

Open Raw Pro M. Miller 370

220 lbs.

Open AM B. Holloway 475

Full Power 475

148 lbs.

Junior Raw Am C. Oliva 205*

155* 215 575*

Master (57) AM J. Stabile 345*

190* 225 745*

165 lbs.



Bobby and Carol Ann Myers are currently one of the strongest couples in powerlifting



Bobby has done some excellent deadlifting

heavy.”

Worst advice: would have to be something I heard a guy tell my wife, Carol Ann. We were at a meet in South Carolina. She was warming up for the squat, when she was asked what kind of shoes she was wearing—Safe squat shoes. He then informed her how bad her shoes were, and that she should get a pair of Chuck Taylor’s. At the end of the day Carol Ann had a 565 squat at 160. The gentleman in question squatted 500 in the 220 class.

What is your advice for a young powerlifter just starting out in the sport and who wants to be the best bench presser in the world as quickly as possible?

Be careful, and take it slow. You need time for all your tendons to grow with your muscle. If you have the potential, you will get there, and can be the best for years, as long as you stay relatively injury free. Visualize it as long term, train hard, and be smart. Get the best help you can find for the lift you want to specialize in, and if you don’t listen to anyone, listen to your body. It will tell you when you’ve had enough!

What do you like doing away from powerlifting and bodybuilding?

Away from powerlifting and bodybuilding is easy. It is spending time with my wife Carol Ann and daughter Catrina. If no one believes anything I ever say, believe this. All the days you spend away from your family, you can’t get back. Hunting was addictive to me. I missed a lot of time with family. For what? A hobby? When I look back, was it worth the adrenaline rush I experienced from catching the biggest boar I could find? Back then I thought so, but now I know beyond a doubt it wasn’t. Now it seems as if my daughter went from the day

she was born to 25 in about a 5-year span. So spending time with my family, no matter what we are doing, fulfills my life!

Very powerful answer. How do you want to be remembered?

As a great husband, a great father, a man that had honor and integrity. A man that tried to do things right, and hopefully someday a 800 lb. deadlifter...lol.

Tell us about your diet and what supplements do you take? Do you cheat a lot?

For powerlifting I eat pretty clean, but can still enjoy some fast food on occasion. I like to keep my body fat under 10% year round. This helps with preparation for bodybuilding shows in the summer months.

I supplement protein (EAS) at about 300 grams a day total. Glutamine saw palmetto, vitamin C (5000 mg. daily), and CLA.

Bodybuilding is a different story. I should own stock in Cooking Good...lol. I eat so much chicken, turkey, and the occasional fish, green peas, and potatoes. By the time bodybuilding is over, I don’t even want to smell a piece of chicken unless it’s in a KFC bucket...lol.

Tell us about your powerlifting routine and your bodybuilding workouts?

I change up my routine often. It drives clients, and friends that I train, crazy. I train all of them with a bi-weekly or tri-weekly routines, for rest and recovery. I have found that if you keep your body guessing, you can get more consistent gains.

Now with my own training, I am partial to progressive overload, but I will drop to a rest week, and do rack pulls. I have been in this for a while, and had my share of injuries, so I know

when my body needs a break.

For example, in my deadlift I usually start a training cycle with sets of 10, and make 30 lb. increases weekly. Rarely dropping below 6 rep sets!

- Week 1 – work up to 10 at 525
- Week 2 – 10 at 555
- Week 3 – 10 at 585
- Week 4 – 9 at 615
- Week 5 – tired so I rest
- Week 6 – 6 at 645
- Week 7 – 4 at 675
- Week 8 – Meet: 1 at 765

My bodybuilding training usually consists of sets of 20 in everything. I have recently found that the volume training carries over to powerlifting very well. Last year I put 40 lb. on my best deadlift. This was directly due to the volume training I did for bodybuilding in 2009, which increased my base!

What makes the difference between a good lifter and a champion?

This is easy—pure heart! Never give up, never surrender. Enjoy the PR for the moment, then on to the next goal! A champion rarely ever goes 9 for 9 because they are always lifting on the edge, and not afraid to take chances!

A true champion never picks a meet where he/she knows they can win. They love to compete in the battle of poundage, with other champions!

How do you see the future of powerlifting?

I love powerlifting, but I don’t like what it is becoming. Powerlifting needs a leader to step up and unite the sport. Some have tried with no success. There are so many interpretations of rules by individuals, when the rule books all say the same thing. I think powerlifting needs one

officiating organization for all federations in the United States. That way everyone is judged the same. The categories are so diluted, and now that the All Time Records are becoming just as diluted.

Currently recognized All Time Records are:

Multi-ply, Single-ply, Raw with knee wraps, Raw without knee wraps, and Master All Time Records in 10-year increments.

In my opinion only: Geared should be geared, and anything with wraps or less should be raw, all raw lifts should be walk out only, and no age classes! Remember, this is just my opinion; everyone is entitled to their own.

Do you think powerlifting should be an Olympic sport?

Definitely! We just need one governing body to lead the way. Who should that be? Who knows? No matter who it is, someone will get left out, get mad, and probably start another federation...lol.

So far in your powerlifting journey, list for us your favorite moment, craziest, funniest, and moment that changed you the most!

Favorite moment: seeing my wife Carol Ann win the ’05 and ’06 APF Senior Nationals!

Craziest: watching Kara Bohigan bench 451 lb. at the APF Alabama meet, in a knee brace. Weighing a natural 153 lb. No cutting weight!

Funniest: Watching a young lifter walk around an hour in a tight deadlift suit, straps up, in anticipation of getting on the platform. That still brings a smile to my face!

Moment that changed me the most: while training for the ’06 APF Senior Nationals at NGBB. I totally detached the adductor longus muscle in my left thigh. That was a turning point in my training. It showed me that I wasn’t invincible, and in my 40s I needed to train smarter. Of course that was just one of many serious injuries I endured over a 3 year span. Now I still train very hard, but I have learned to listen to my body!

What a powerlifting, bodybuilding and most of all family journey you are having! Critical Bench and PL USA would like to congratulate you on all of your success and wish you all the best in future. It has been an honor interviewing you today. In closing what would you like to say and who you would like to thank?

I would like everyone to remember that with time and age comes experience. Powerlifting, bodybuilding or whatever your sport may be, just have fun, support and help each other, try not to bash. You only get one time around, so make it memorable!

Everyone is different, so you can’t train everyone the same! When it comes to powerlifting

gear, again, everyone is not the same. So look at technique, and body type to determine what kind of bench shirt or squat suit you need. Don’t just buy this kind because you know someone who benches 800 in it!

I would like to thank my beautiful wife of 26 years (Carol Ann Myers). She is a very special woman and I am very lucky to have her in my life! I love you, babe. You are my inspiration to compete at this level. Thank you for being you!

I would also like to thank Shawn Lyte of BMF Sports in Chicago for sponsoring both of us. Shawn has put out a lot of money for our personal competitions (bodybuilding and powerlifting) not to mention sponsoring meets we promote.

Shayne Baca of the Vitamin Shop in Biloxi, Mississippi. Russ Mesey of Max-Fit in Fort Walton Beach, Pace, Pensacola, Navarre Florida. Amanda & John Micka for always helping with everything, for being our friends. IFBB Pro bodybuilder Mike Horn and his wife Jan are always helping us at shows. Asia & Cory Schroeder are awesome friends. Jon Grove and NGBB, our extended powerlifting family.

A special thank you to all of our Rock Solid Barbell (rsbb.webs.com) friends for their unwavering support of everyone at RSBB. Last but not least a very special thank you to Critical Bench for this great opportunity. Best Wishes to you all. «

FREE REPORT

www.criticalbench.com/plusa.htm

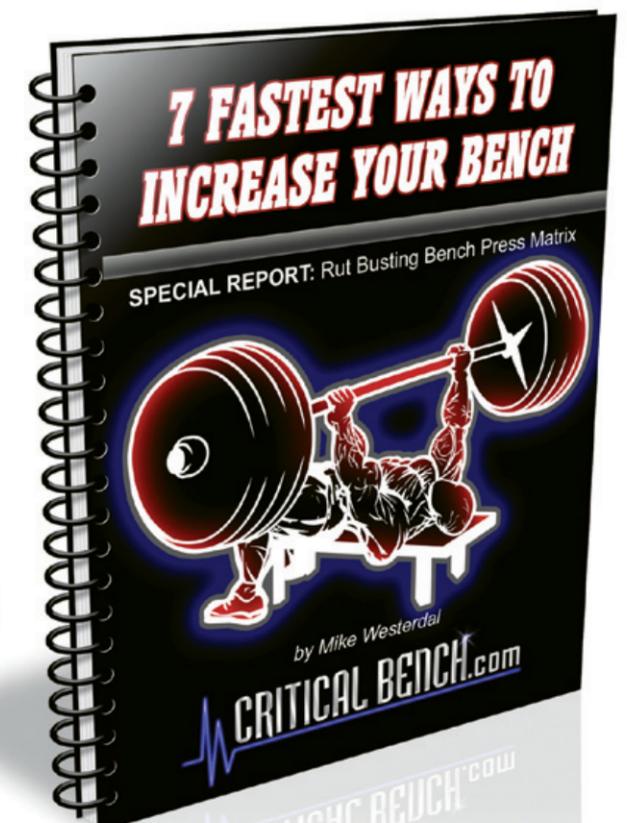
Here are some tips you can use right now to increase your max in the bench press and set a personal record.

Implement some or all of these techniques next time you workout to bust through your own bench press rut and add pounds to your one rep max.

Full 12-Week Program Provided!

**Free For Powerlifting USA readers
Claim Yours Here for a limited time!**

www.criticalbench.com/plusa.htm



MIND TRICKS »

by mentally zero-ing in on your specific goal—let's just say a five hundred pound bench press at a meet on a specific date. Mentally you will keep repeating to yourself "500 or better." This is your new mental slogan that you want to keep telling yourself before you start the visualization process. Now, sit back, close your eyes and breathe in your nose and out of your mouth. Do this for a minute or so until you feel relaxed and focused. Breathing will put your mind and body in a relaxed and mentally aware state. Repeatedly watch the mental movie in your head of you bench pressing five hundred pounds. All the details should be as crisp and clear as possible—sight, sound and smell. A good example of sound would be the clanging of the weights being loaded on the bar, the head judge stating the bar is loaded or the meet MC stating you are up with five hundred pounds loaded on the bar. Some good examples of smell would be the harsh smell of smelling salts and baby powder. In my opinion, the most helpful visual image would be of the bar itself. Five hundred pounds loaded with 45 pound plates is 5 plates on each side (495) plus the collars which would be 505, but what we are shooting for here is what 500 looks like on the bar in familiar surroundings (your gym). Visualize that weight on the bar before you reach the platform, see yourself locking out the weight and three white lights popping on as the crowd cheers for your successful effort. Are you getting the picture now? The more realistic the image seems the easier it is for your mind to register that the lift has already been completed thus making the lift believable. This will take some practice, of course, as with anything you get better at. The more consistently you practice, the better your focus and concentration will be also. I would do this mental exercise about a half hour before my workout and to do it nightly right before you go to sleep. On meet day, I would do it about twenty minutes before my first attempt and between all my other attempts. This will also keep you focused on the goal at hand and keep your mind from wandering from distractions at the gym or meet site. Remember practice, practice, practice. Another effect of this mental exercise

will be a more confident mindset of your lifting abilities. You will notice a decrease in your anxiety levels before you are being challenged to hit PRs in training or in a meet. This is why mental practice is so important. A good example would be the "fight/flight" syndrome where your body is being forced into an uncomfortable, stressful situation where a monumental reaction is called for such as being challenged to a fight, where either you will rise to the occasion and meet the challenge or you will cower and fall apart, just like the reaction you get from some lifters when faced with hitting a PR in front of the gym members or at a meet. Some lifters are good at the pressure, some are unfocused and are not. This is why the visualization will help you so much and as you get better at it, you will be better in pressure cooker situations like a big meet setting.

Here are some other points I'll touch on that will make a difference in your mental preparation. One of the most common used mental psyching tools lifters use is the MP3 player, in other words music. When you find music that can touch the inners of your soul, it can be a very powerful motivational tool. Your job is to find out what that music is. The majority of lifters like hard rock and metal because this type of stimulus reflects a kind of "out of control" effect which most lifters like. Just experiment with it. Smelling salts and caffeine have their place also, although just remember that you should do everything in moderation. When you take too much caffeine you can become shaky and jittery—not a good plan before getting under a heavy bar—and smelling salts too close to the nose can trigger an involuntary neck movement as an irritation reflex, which can itself be harmful to some extent and also irritate your sinuses and taking you out of your focus. I would tell you to experiment in the gym first with these aids before you try them at a meet.

The time has come, your name has just been called on the platform, you're just seconds away from achieving your goal. Your training has gone very well and you have hit new PRs in the gym. You're confident and hungry to achieve your meet goal. Don't screw up now, just let the Big

Evil talk you through the last minutes before you accomplish your mission. Run through your mental exercises until about three lifters out, and then get into the psyching mode. This is the time to increase your heart rate and aggression levels. Breathe deep through your nose and out of your mouth and get yourself psyched up. Now here is where most lifters make the mistake of getting more excited and start the "entertaining antics" of yelling and screaming and putting a show on. Most of these cats are gassed out by the time they lie down on the bench and it's red light city. The Big Evil has a better plan. When you are on deck (one lifter out) relax and start to do a mental technique check point of your lift in workman-like fashion. Your heart rate is already up now, so all you need to do is get focused. This is about the time you're wrapping your wrists and chalking up or adjusting your bench shirt/belt. Here are some good pointers to start with. The first is not to make eye contact with the bar. I know I told you to visualize the bar in the mental exercises, but there are two reasons why you don't want to look at the bar at this point. The first reason is because the meet may be using different plates than you trained with which might throw you off mentally because this is not what we mentally conditioned ourselves for. The second reason is simply the weight can just look too intimidating. In either or both cases, these are stress factors you just don't need right now. You have done the prep work and we know we can lift this weight, so high tail it to the bench, looking at the ground and thinking about your technique run through. A good example of this would be foot placement, then hand placement, then deepening your arch or whatever you like to do, but make sure it's in the same sequence every time you do it, mentally and physically; remember your comfort level will be greater with things you are more in practice with doing. Also, when you are on the bench take your time and get set up right. Once you're on the bench there is plenty of time to get ready—use that time to your advantage. In later articles I will be covering my list of "technique checkpoints." The lift at this point should be there, providing you are really physically ready to achieve this weight, as we know, the mental toughness is already there.

There you have it, Big Evil's mental preparation tools. You can check us out on the web at WWW.BIGEVILSLAIR.COM for our monthly talk show with cutting edge interviews with the biggest names in the sport, along with a lot of training info and entertainment, BIG EVIL STYLE! Also remember I am here to help you, the powerlifter, any way I can. I have returned to this game as a media figure and to be helpful in the growth and support of our sport. If you have any questions about the article, please use the contact page on the website and I will help you the best I can. Until next month, Believe to Achieve. «



Harley ridin', Big Evil style

GORILLA®
THE POWER IN SPORTS NUTRITION

ONLY A FEW HAVE THE POWER™

The Gorilla Sports Nutrition Supplements presents the entire family pack one of the highest Nutritional Food Supplement available today at affordable prices, to help you achieve your maximum gains and goals for the competitive and all around athletic athlete.

Gorilla Sports Nutrition Supplements are concentrate food nutrients formulated to have specific effects on the human body. Gorilla Nutrition is created for serious body builders, powerlifters who want mass and size goals, and for lifters who are competitive in the sports world. Gorilla Sports Nutrition lays the foundation for growth and strength as does your body which needs basic nutrients, the natural way.

Gorilla Sports Nutrition has been designed to suit the athletes needs and supplement your diet during every phase of your individual program. They're the most advanced nutritional supplements ever developed... You've tried the rest now try the best, check out the New Liquid Line, and coming soon a new Natural and Organic Line.

Research the Best within...
"I endorse and support all Gorilla Products."
Will Surette
Written in Redwood on Thrash Records, the New Universal DJ

"I endorse and support all Gorilla Products."
Jamie Harris
"Big Evil"
King of the Bench

www.GorillaNutrition.net

GENC FRANCHISE AVAILABLE
PHONE: (800) 823-6261 / 1-800-852-0428

Dealers and distributors welcome
We accept MasterCard,
Visa, American Express, and Paypal

ONLY THE STRONG SURVIVE!

House of Pain

and they wear HOUSE OF PAIN...

House of Pain
IRONWEAR

1-888-463-7246
HOUSEOFPAIN.COM

the **BENCH PRESS**
EQUIPMENT OUTFITTERS

FOR ALL YOUR EQUIPMENT NEEDS, GIVE TONY A CALL TODAY!
HOME AND COMMERCIAL GYM SALES!
NEW AND USED FITNESS EQUIPMENT!
INSTALLATION AVAILABLE!

OLD SCHOOL BUSINESS DONE WITH A HANDSHAKE.
"TheBenchPress.com IS MY 1st CHOICE IN STRENGTH EQUIPMENT" - JAMIE HARRIS

CONTACT TONY 1-866-772-3624
EMAIL AT sales@thebenchpress.com

www.TheBenchPress.com

INZER
ADVANCE DESIGNS The World Leader in Powerlifting Apparel

INZER ADVANCE DESIGNS AND JAMIE HARRIS

TWO POWERLIFTING LEGENDS HELPING YOU ATTAIN ALL YOUR BENCH PRESS GOALS!
LET BENCH PRESS LEGEND THE BIG EVIL JAMIE HARRIS
HELP YOU WITH ALL YOUR BENCH PRESS SHIRT NEEDS.

JUST CALL INZER ADVANCE DESIGNS AND ASK FOR ONE ON ONE HELP FROM THE BIG EVIL HIMSELF

CALL NOW!!
1800 222 6897
WWW.INZERNET.COM

BIG EVILS LAIR POWERLIFTING TALK SHOW

Hosted by The Big Evil Jamie Harris
Check us out at WWW.BIGEVILSLAIR.COM

THIS MONTH A THREE WAY ROUND TABLE DISCUSSION ON THE EVOLUTION OF THE BENCH PRESS with **BILL CRAWFORD** and **KEN LAIN**

POWER FORUM »

tions. I think if you took the best U.S. lifters against the best foreign lifters, without regard to federation, we would fair pretty well.

MIKE MCDANIEL: I have no experience with the IPF, and consequently have no opinion and no right to one.

MIKE TUCHSCHERER: I think in the U.S. we have a highly fractured talent pool where we lose an enormous amount of talent between junior and senior levels.

I have seen and heard about some high school level lifters in many states (especially Texas) with unreal levels of talent in many weight classes. Totals that would certainly get your attention at a collegiate and sometimes open level are being done by high school kids. But most disappear somewhere between high school and open levels. I'm not saying that all of them could be world champions, but it certainly wouldn't hurt our chances! We, the U.S., have to get better at cultivating this talent and making it something people really want to continue to do into adulthood. Having a larger talent pool is a major piece of the puzzle right off the bat, and it's not just in the transition periods that we lose folks.

Then there's the giant elephant in the room that nobody wants to talk about—drug testing. I try my best to not accuse anyone of drug use when I have only circumstantial evidence or no evidence at all. Who am I to say what is possible and what isn't? That said, having traveled to other countries and competed alongside lifters from these other countries, I have seen that a few don't share the same views on drug testing that we hold on the U.S. team. And I'm talking about the collective perspective of national teams—not the perspective of a few individuals. Here's an example of what I mean, and I'm being intentionally vague here. On one IPF Worlds trip that we were on, the lifters from one particular country were very open about their drug use. They even went as far as to discuss what kind of drugs they were on, how they beat the in-meet tests, and so on. They even asked a friend of mine if he wanted to be their "American Dealer" and had the goods right there with them. That's not to say that everyone thinks that way. In fact, from what I can tell, most countries and athletes in the IPF take drug testing really seriously. There's just a few that come to mind that seem to disregard it. And again, I'm talking about the general attitudes of national teams, not one or two individuals. This factors in to who has advantages and who doesn't which can affect who is dominant and who isn't.

SIOUX-Z HARTWIG-GARY: I believe the OMTs factor into the equation. Many other countries do not test their athletes prior to competition and the USAPL does.

Training: for many lifters in other countries, it's their full time job to compete. Many have the support of their government as well as training facilities and coaches available to the athletes. For most powerlifters in the USA, powerlifting is a hobby, not a job.

RICKY DALE CRAIN: Too many federations. When you divide your best among so many federations your talent pool is diluted. Also, athletes—more so in this country than others—nowadays have many more choices than 20–30 years ago as to strength/speed related sports, once again diluting the talent pool.

BOB GAYNOR: I feel there are a number of reasons why the United States is no longer top dog at the men's IPF Worlds.

Powerlifting really began (as a sport) in the U.S. For many years there were more powerlifters in this country than any other, and almost as many as the other countries combined. Through the '70s there was almost no powerlifting in some countries that were very strong in overhead lifting. That has changed. Although actual numbers are tough to come by, there probably aren't many more registered powerlifters in the U.S. than there were 30 years ago. I have been told Russia alone has almost 5 times the number the U.S. does. We are competing against a much bigger base today than in the past.

The second problem is the number of federations in the U.S. Our lifters are now spread out over some 20 different federations, so the U.S. team has a much smaller base to draw from.

Drug testing is another issue. I think the U.S. truly tries to field a drug tested team. In some countries, passing the drug test is just part of train-

ing. This makes a huge difference. As an example, in the '60s the U.S. was very competitive in Olympic Lifting. Bednarski, Dube, Lowe, Holbrook, etc. were among the best. Today, the U.S. fields probably the best tested team in the world, but they are not competitive. Until all countries put the same effort into testing, the U.S. will be at a disadvantage.

Another reason, unfortunately, in this country a lifter competing in a backyard bench meet gets as much publicity as an IPF World Champion. This is sad.

Economics also play a part. In some countries the lifters are funded so the cost of travel is not a problem. This is not the case in the U.S. Travel costs and some of the places the Worlds have been held have kept lifters away.

Will any of this change? Probably not in the near future.

This concludes the discussion for the month. As you can see there is no one answer for just about any question.

If you have a subject you would like to see discussed, contact lambert-plusa@aol.com or bobgaynor@comcast.net. If you would like to serve on the Forum Panel, contact bobgaynor@comcast.net. «



Sioux-z Hartwig-Gary securing her IPF World Championship back in '03

« DAMARRIO "DOC" HOLLOWAY

What would you like to change in the sport?

I would like for the sport to eventually become an NCAA sport or ultimately become an Olympic sport. Even though there are some impurities in the sport, it's still great. What makes it great is that everyone can do it and it can be addicting.

What type of equipment do you use?

I've always used Titan and Pete has been good to me through the years.

Do you follow a strict diet?

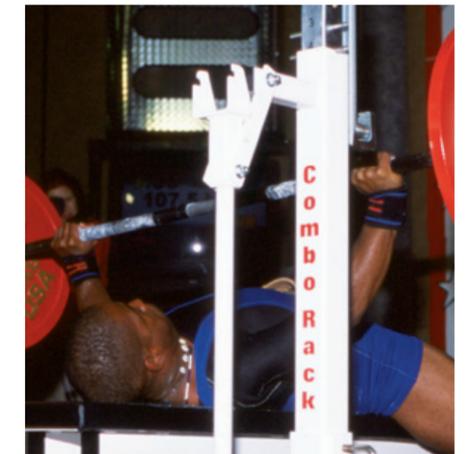
About 70% of the time I do follow a strict diet. I like to eat a lot of different foods, but I practice moderation when needed.

What are your views on the multi-layered equipment and some of the lifts people are being credited with?

Earlier in my career, I didn't know much about the equipment and how it can be used, but over the years the lifts that a lot of people are credited with doing using multi-layered equipment can't be justified as legitimate. In my opinion, it takes the fun out of the sport because the difference between multi-layered and raw is so great. Lifting weights is an individual movement and the amount of weight YOU can lift depends on technique, genetics, and other biological factors. Multi-layered lifting is not really display-



Doc Holloway squatting and benching some serious weight at the 2003 USAPL Nationals



ing how strong YOU are, but how strong you can be with assistance. Yes I use single-ply and my equipment does help me with my lifts, but I don't think it distorts the reality of my lifts.

What are your views on drug testing?

I think its great the way it's done and the way it's regulated. No complaints.

Do you have any additional comments?

I'd like to thank God for giving me the ability to continually compete in this sport. I'd also like to thank my family for their support. All my powerlifting family, especially at Louisiana Tech University, who helped me begin this quest 11 years ago and my family at Quest Nutrition Gym, who have really been great the last six years of lifting. I'd rather not mention names because I'm sure if I've received any help from you, I've thanked you many times. «

SPORTSWEAR WITH ATTITUDE

<p>FALCON T COLOR: black, charcoal PRICE: \$20.00</p>	<p>FEATHERS T COLOR: black, white PRICE: \$20.00</p>	<p>INTENSITY T COLOR: black, white, charcoal PRICE: \$20.00</p>
--	---	--

Model Kristyn Nicole
Wearing Gym Girl Tribal Tank
Custom Image Photography

HOUSE OF PAIN
IRONWEAR

FLEUR D'VIL T
Back Shown
COLOR: black
PRICE: \$20.00

CALL OR ORDER ONLINE!
1-888-463-7246
WWW.HOUSEOFPAIN.COM

in a test tube for all of you who skipped your biology class in high school), it caused Mesothelioma cell death. These Japanese researchers didn't stop there—these guys were on a mission. Next they found that this high dose of Vitamin C also inhibited Mesothelioma tumor growth in vivo (which was performed on living mice with malignant Mesothelioma). This is some fantastic news. Of course if you have Mesothelioma and are currently taking chemotherapy, do not start mega dosing Vitamin C in hopes of getting rid of the disease. There have been studies that have shown that there is an interaction between Vitamin C and Chemotherapy drugs, so before you do this consult with your doctor to discuss the protocol beforehand. New studies are on going right now to research further on how to take advantage of both of them while avoiding interactions. So the researchers were quite excited due to the fact that this was the first study in which Vitamin C has been shown to cause Mesothelioma cell death. As you can seem nutrition and medicine are marching on to find a cure for cancer and hopefully in our lifetime this will become a reality.

I have preached the use of Vitamin C since I started writing for *PL USA* over eight years ago and all my athletes can attest that I am a big believer in supplementing with it in their nutrition programs. So among all the other health benefits like improving immune function, healing soft tissues, improving your recovery from training, increasing Testosterone levels and more, you can now add to the list these new findings that has shown some real promise for those that want to prevent this disease before it starts. So take it from me, get yourself some time-released Vitamin C and take at least 1000 mg. three times daily. You will notice less colds and infections. You will find that you are not as sore from your training sessions and recover quicker as well. These are just a few of the many benefits that this wonder vitamin has to offer and if you are not currently taking it I highly recommend you look into supplementing with it for your performance and long term health as well.

KICK THE CAN TO THE CURB

Q: I am a university student trying to make ends meet, but at the same time I want to still eat healthy. I try not to eat at the cafeteria too often because most of the food there is horrible to say the least. That last article about fast food burgers had my jaw on the floor considering I would eat several per week. It makes me think of just how much window cleaner I consumed over the years. Well, thanks to you that is a thing of the past as I try and prepare most of my meals. I have a question about canned foods. What is your take on them—are they healthy? Is there something I need to watch out for in them that I may not be aware of? I eat at least one to two cans of food daily, whether it be some type of tuna or canned beans because it's quick and very convenient. Is this okay to do? You seem to know the finer things that the media doesn't seem to want us to know about so I leave it to you to tell us the truth of what is really going on behind the scenes. I really like how you bring to light what food companies and the FDA don't want us to know. Please keep it real and keep reporting to us all this valuable information.

Yours in strength, Brian Rotike

A: Hey Brian, it's great to hear from an aspiring student. I remember those days back in university like it was yesterday. Keeping your head buried in books for hours at a time; the stress of getting those essays in on time and then exams. Oh boy, am I glad that is all over with. I can fully relate to you wanting to eat healthy and on a budget, but I am sorry to say canned foods are not the way to go. There are many different reasons why I am against eating them, but this one alone will likely be enough to keep you away. Hey, all you powerlifters reading this I know you love those canned macaroni in sauce and all the other kiddy noodle canned products out their like raviolis and such. Put the can down and read this as this may be the last time you ever use your can opener again.

Now I want to shed some light on what is known as Biphenol-A or for short BPA. You may see some new plastic water bottles that say BPA free on them and that is a good thing. BPA is something you want to completely stay away from right from the start. Most people don't know this, but BPA can cause a tsunami on your endocrine health. It can wreak havoc on your thyroid function among many other problems. To make this worse it can also affect your fertility. It can help create the perfect environment for ovarian disease. I have even seen links between BPA and obesity. All

right powerlifters don't completely blame the BPA in your cola bottles as the main reason for your bloated stomach because those chocolate tacos that you wolf down by the half dozen can also be a contributing factor. One other major thing I hate about BPA is also that it is related to cancer. It has been shown to help proliferate prostate cancer cells by binding to a mutant form of androgen receptor that is expressed in a subpopulation of prostate cancer cells. That sounds good, doesn't it? Let's not forget its estrogen activity that it is known for as well. New studies have shown that it may also block Testosterone synthesis. Oh yeah, that is exactly what a powerlifter needs—nothing like ruining your natural Test levels! Yep, good ol' BPA is something that you want to stay away from like a plague. Now most people are aware that BPA is heavily known for its role in plastic bottles and food containers. But guess what—BPA has now shown its ugly head in a place you would least expect it. Yes you guessed right, it's also in your canned foods. Wow, you ditch the plastic containers only to find out that you are getting a nice hefty dose of "cancer enhancer" BPA now available in your canned goods. Oh yeah, sign me up, I just can't get enough BPA in my regular diet, so I better start supplementing with canned foods. Sorry for the sarcasm, but as you can see there should not be BPA in canned foods, but guess again...it's in there. Let's take a look at some really good information that will blow your mind once again on what dirty tricks are going on in the food industry. According to an article in the Tribune Business News, The National Workgroup for Safe Markets tested a whopping 50 different brand name foods. You know what they found? Yep, you guessed it, contaminants by the boat loads—well maybe not boat-loads, but enough to endanger your health. Get this, they found contaminants and BPA in 46 out of 50 of the cans they tested. That is a whopping 92% containing contaminants that are harmful to your health. That says a lot for the food industry and the food governing body (you know who I'm talking about here) that is supposed to be monitoring them. To make matters worse, many of the cans actually contained higher levels of BPA than even the FDA allows. What does that tell you? Stay far away from canned foods if your health means anything to you. Now the grand kicker here, the big Pooba in the "BPA Awards" most honored food product was none other than Del Monte French Style Green Beans from Wisconsin. It scored a mind blowing 1,140 parts per billion of BPA. Whoooo-eee! That is a tremendous amount of BPA in a single can of goods if I do say so myself. Other top contenders included Wal-Mart Great Value Green Peas found in Kentucky. Let's not forget Healthy Choice Old Fashioned Chicken Noodle Soup from Montana. This doesn't sound so healthy to me; maybe they should consider a name switch. If eating that is a "healthy choice" then what is not eating healthy? Agent Orange?

So as you can see, it doesn't matter if you buy cheap generic canned foods or gourmet ones—they still have BPA in them. To make matters worse, if you are eating from cans on a daily basis, this is exposing your body to these harmful chemicals way too much and can be creating the perfect environment for different health ailments down the road. I know canned foods are cheap and with you being a student it probably made sense for you to buy them especially with time considerations and cost. But as you can see here, your health is worth much more than the few cents you save in the grocery line. I recommend you buy fresh produce and stay away from all canned goods no matter if they are your favorite spaghetti treat, canned beans, and fruit punch drinks or that tapioca pudding you love so much. Make it fresh because in the end it will be much better for your health, believe me.

I know I sound like a party pooper and love to rain on your parade, but the bottom line is that I write this column every month to look out for all of you lifters. If I don't keep you up to date on what is really going on in the food and health industry who will? You can be sure that the food companies are not going to be the ones to let you in on the bad news or the so called food governing bodies that are supposed to be watching out for your health and best interest either. I know after this article I will get tons of emails about this BPA stuff and I am sure you will be requesting a full article on it. Not a problem for those of you who would like to see one, please feel free to drop me an email and I will for sure include it in an upcoming issue. So please stop eating canned foods—especially in the amounts that you are doing daily because what it may do to your health years from now can be a very scary thing. So until next month, train hard, eat clean and stay away from the canned foods because your health depends on it! «

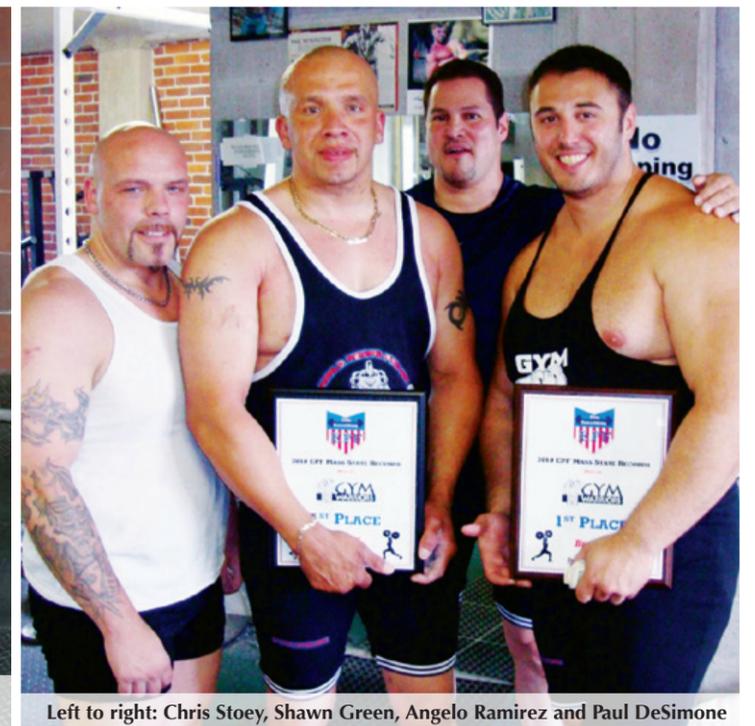
**EPF SUMMER SLAM
JUN 26 2010 » Peabody, MA**

BENCH	A. Ramirez	480		
Masters	Raw			
220 lbs.	198 lbs.			
S. Green	380	C. Flynn	180	
181 lbs.		Open		
F. Quirk	362	165 lbs.		
198 lbs.		J. Floyd	250	
Push Pull	BP	DL	TOT	
242 lbs.				
C. Stoev	380	420	800	
Powerlifting	SQ	BP	DL	TOT
242 lbs.				
100% Pure				
Open				
275 lbs.				
P. DeSimone	399	175	500	1069
FEMALE				
Open				
132 lbs.				
S. Sidilou	145	95	265	505
148 lbs.				
N. Gagne	145	75	235	455
Teen				
181 lbs.				
P. Hartigan	404	335	455	1194
Teen Raw				
148 lbs.				
M. Cronin	315	225	400	939
181 lbs.				
M. Amontolla	339	180	379	898
P. Cronin	339	280	450	1069
165 lbs.				
H. Carter	334	190	410	934

» courtesy Paul DeSimone



Shawna Sidilou – 265 DL
(DeSimone photo)



Left to right: Chris Stoev, Shawn Green, Angelo Ramirez and Paul DeSimone

SPORTSWEAR WITH ATTITUDE

BERZERKER T
COLOR: black, navy
PRICE: \$18.00

PSYCHO SCRIPT T
COLOR: black, red
PRICE: \$20.00

GOTHIC CROSS T
COLOR: white
PRICE: \$20.00

DEATH B4 WEAKNESS T
COLOR: black
PRICE: \$20.00

Model Mike Knowles wearing Wife-Beater Tank & Board Shorts

HOUSE OF PAIN IRONWEAR

CALL OR ORDER ONLINE!
1-888-463-7246
WWW.HOUSEOFPAIN.COM

RESULTS

100% RAW BATTLE OF THE BORDER

MAR 27 2010 » Currituck, NC

BENCH	K. Wescott	160
FEMALE		
114 lbs.	Open Teen (18-19)	
Youth (10-11)	K. Amerson	116
B. Dowdy		
72		
MALE		
123 lbs.	Open	
97 lbs.	Teen (14-15)	
Open	A. Hickerson	72
132 lbs.		
148 lbs.	Open Master (45-49)	
Master (50-54)		

J. Leavitt	248
165 lbs.	
Master (45-49)	
J. Fox	265
Master (50-54)	
F. Wescott	287
Open (20-24) PFM	
C. Balance	276
181 lbs.	
Junior (20-24)	
T. Malenfant	276
Open	
C. Knight	292
Open Teen (16-17)	

Williamson	220
K. Larson	149
198 lbs.	
Open	
A. Simpson	375
Open Teen (14-15)	
B. Becker	154
Sub (35-39) PFM	
J. Gardner	342
220 lbs.	
Master (55-59)	
B. Gabbert	292
Open Teen (16-17)	
K. Rogers	243

242 lbs.	
Master (45-49)	
J. Rascoe	397
Master (60-64)	
I. Brooks	276
Open Teen (16-17)	
A. Baldwin	265
J. Ritter	176
275 lbs.	
Junior (20-24)	
C. Betts	353
Open Teen (16-17)	
K. Norman	209
Sub (35-39)	

B. Mitchell	413
Sub (35-39) PFM	
C. Elliott	502
308 lbs.	
Open Sub (35-39)	
D. Owens	480
SHW	
Open	
J. Gunter	557
Open PFM	
A. Davie	502
DEADLIFT	
FEMALE	
123 lbs.	

Open	
K. Johnson	226
148 lbs.	
Open Teen (18-19)	
K. Amerson	248
MALE	
114 lbs.	
Junior (20-24)	
Pizzoferrato	424
Open (20-24) PFM	
C. Balance	496
181 lbs.	
Open Teen (16-17)	
Williamson	419
K. Larson	314
198 lbs.	
Open Teen (14-15)	
B. Becker	386
220 lbs.	
Open Teen (16-17)	
K. Rogers	386
242 lbs.	
Master (60-64)	
I. Brooks	430
Open Teen (16-17)	
A. Baldwin	502
J. Ritter	386
275 lbs.	
Open Teen (16-17)	
K. Norman	424
Open Teen (16-17)	
K. Norman	109

CURL	
FEMALE	
148 lbs.	
Open Teen (18-19)	
K. Amerson	60
MALE	
114 lbs.	
Youth (10-11)	
B. Dowdy	43
165 lbs.	
Junior (20-24)	
Pizzoferrato	115
181 lbs.	
Open Teen (16-17)	
Williamson	109
K. Larson	82
198 lbs.	
Open Teen (14-15)	
B. Becker	87
220 lbs.	
Open Teen (16-17)	
K. Rogers	126
242 lbs.	
Master (60-64)	
I. Brooks	115
Open Teen (16-17)	
A. Baldwin	131
J. Ritter	93
275 lbs.	
Open Teen (16-17)	
K. Norman	109

» courtesy Paul Bossi, 100% RAW Pres.

NEW ENGLAND RAW JUN 6 2010 » Warwick, RI

BENCH	J. Carreiro	400		
Teen	B. McLean	365		
T. Ferreira	255	308 lbs.		
Submaster	N. Silva	415		
C. Worsley	315	DEADLIFT		
Master		Teen		
F. Bucco	415	N. Salois	465	
C. Berthiaune	320	Master		
Open		K. Iskierski	430	
148 lbs.		Open		
P. Him	335	198 lbs.		
198 lbs.		M. Kirejczyk	495	
C. Worsley	315	220 lbs.		
220 lbs.		J. Carreiro	550	
Powerlifting	SQ	BP	DL	TOT

T. Ferreira	320	255	400	975
J. Elliott	365	225	400	990
N. Salois	345	225	465	1035
J. Leonard	275	165	330	770
S. Amalfitano	225	135	310	670
M. Webster	280	220	370	870
B. Stewart	300	175	365	840
W. Harris	305	200	450	955
Submaster				
G. Sousa	400	305	475	1180
J. Amaral	325	255	420	1000
Master				
S. Conte	470	400	640	1510
D. Monty	415	275	500	1190

Open				
165 lbs.				
T. Roselli	455	335	485	1275
181 lbs.				
C. Isdepski	400	230	450	1080
220 lbs.				
J. Carreiro	550	400	550	1500
D. Jones	455	375	580	1410
165 lbs.				
B. Lillehaug	200	275	440	915
165 lbs.				
(40-44)				
G. Finley	330			
181 lbs.				
Open				
B. Price	205	181	280	666
198 lbs.				
(45-49)				
SHW				
Open				
P. Mejias	525			



only six months. Nick Salois who lifted in this meet last year came back again putting 85 lbs. on his squat, 70 lbs. on his bench, and 120 lbs. on his deadlift. Nick also lifted two weeks later in the USPF Nationals and set four Rhode Island state records and one American record, proving hard work pays off. Good job Nick. I would like to thank all the lifters for coming to this year's meet and hope to see you next year.
» courtesy Joe Reeves

ADFPF/USPC NORTHERN MARYLAND MAR 27 2010 » Towson, MD

BENCH	220 lbs.	
FEMALE	(60-64)	
132 lbs.	W. Huhn	250
Open		
M. Salafia	180	242 lbs.
181 lbs.		
Open		
J. Ott	305	275 lbs.
123 lbs.		
(18-19)		
D. Joy Sr.	265	198 lbs.
165 lbs.		
(40-44)		
G. Finley	330	198 lbs.
181 lbs.		
Open		
R. Clasing Sr.	410	198 lbs.
198 lbs.		
(45-49)		
SHW		
Open		
C. Rodriguez	345	198 lbs.

DEADLIFT				
FEMALE				
123 lbs.				
(50-54)				
B. Sanders	160	148 lbs.		
Open				
P. Maizels	255	181 lbs.		
MALE				
181 lbs.				
Open				
B. Price	385	220 lbs.		
220 lbs.				
(40-44)				
R. Wallace	440	275 lbs.		
275 lbs.				
(40-44)				
G. Finley	570	114 lbs.		
114 lbs.				
Open				
P. Maizels	150	242 lbs.		
242 lbs.				
(50-59)				
J. Bosley	155	198 lbs.		
198 lbs.				
(70-79)				
D. Joy Sr.	120	319 lbs.		
319 lbs.				
(50-59)				
Bradford Jr.	185	114 lbs.		
114 lbs.				
Open				
B. Williams	—	148 lbs.		
148 lbs.				
Open				
J. Butterhoff	305	181 lbs.		
181 lbs.				
(18-19)				
J. Begg	235	148 lbs.		
148 lbs.				
(64-69)				
P. Mullaney	270	181 lbs.		
181 lbs.				
Open				
N. Amen-ra	320	198 lbs.		
198 lbs.				
Open				
J. Bathurst	300	242 lbs.		
242 lbs.				
(40-44)				
A. Douglas	160	198 lbs.		
198 lbs.				
Open				
J. Begg	150	220 lbs.		
220 lbs.				
(35-39)				
S. Salafia	160	242 lbs.		
242 lbs.				
(40-44)				
P. Maizels	150	198 lbs.		
198 lbs.				
Open				
P. Maizels	150	242 lbs.		
242 lbs.				
(50-59)				
D. Joy Sr.	120	319 lbs.		
319 lbs.				
(50-59)				
Bradford Jr.	185	114 lbs.		
114 lbs.				
Open				
B. Williams	—	148 lbs.		
148 lbs.				
Open				
J. Butterhoff	305	181 lbs.		
181 lbs.				
(18-19)				
J. Begg	235	148 lbs.		
148 lbs.				
(64-69)				
P. Mullaney	270	181 lbs.		
181 lbs.				
Open				
N. Amen-ra	320	198 lbs.		
198 lbs.				
Open				
J. Bathurst	300	242 lbs.		
242 lbs.				
(40-44)				
A. Douglas	160	198 lbs.		
198 lbs.				
Open				
J. Begg	150	220 lbs.		
220 lbs.				
(35-39)				
S. Salafia	160	242 lbs.		
242 lbs.				
(40-44)				
P. Maizels	150	198 lbs.		
198 lbs.				
Open				
P. Maizels	150	242 lbs.		
242 lbs.				
(50-59)				
D. Joy Sr.	120	319 lbs.		
319 lbs.				
(50-59)				
Bradford Jr.	185	114 lbs.		
114 lbs.				
Open				
B. Williams	—	148 lbs.		
148 lbs.				
Open				
J. Butterhoff	305	181 lbs.		

cycling is essential. Using the same exercises for more than 3 weeks creates a negative result. The 3-week wave will help eliminate this phenomenon. In this period of training you must increase the rest time between working sets. The training is now directed toward your sporting goals. For the powerlifter, this means reducing the fun exercises and start using ones that build strength specific to powerlifting.

TRANSFORMATION PHASE

This period of training starts the competitive phase for track and field. At Westside this is the circa-max phase, based solely on the squat training weeks. In week 1 work up to the top weight of your all-time best. For Westside that means a box record. During week 2, work up to approximately 90% of your all-time best. In week 3 use 50% of your all-time best for 2 sets of 2 reps. Week 4 is the meet. Note: A 3-week reverse wave pendulum is used.

Delayed Transformation

This reverse wave loading was used for Naim Suleymanoglu by his coach Abadjev. The transformation phase lasted for 3 weeks. The third week revolves into the delayed transformation, or rest period. During the transformation phase, deadlifts for sets are used at moderate percents. Not counting abs, only two or three special exercises are used. Westsiders will wear a bench shirt 3 weeks out, and the last heavy pull is also 3 weeks out.

I hope you can relate to a plan that is intended to maximize the weight lifted at contest time. If you use this plan, you will not be scratching your head and wondering why the weights you lifted in the gym did not materialize at meet time. «

REFERENCES:

- Emvurturkileri, Y.; Suleymanoglu, N. The Pocket Hercules, 1997.
- Kurz, T. Science of Sports Training, 2001.
- Siff, M. Supertraining, 2004
- Zatsiorsky, V. M. Science and Practice of Strength Training, 1995.

LOUIE SIMMONS' REVERSE HYPER MACHINE



PRO REVERSE HYPER
\$1,635 Including Shipping within USA



ULTRA PRO REVERSE HYPER
\$2,190 Including Shipping within USA

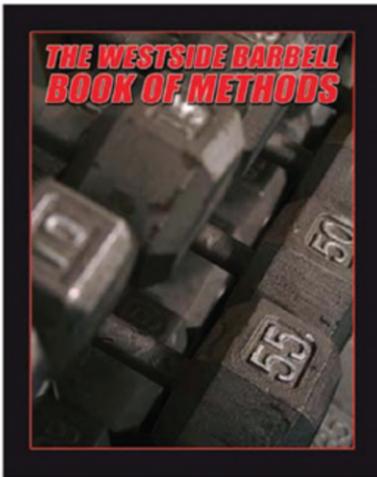
"New" ULTRA SUPREME REVERSE HYPER
\$2,594.00 includes Shipping. This new reverse hyper works the complete back. Use it with table set straight for the same effect you get on all our reverse hypers, allowing for dynamic strength development in the concentric phase, while serving as a rehabilitation mechanism in the eccentric phase by gently stretching and decompressing the spinal column with spinal fluid and the low back muscles with blood. Use it with table tilt down toward front and feel the stretch and decompression like never before into the complete thoracic area. When you tilt the machine down toward the rear it works like a 45 degree hyper highly stimulating the erectors and the gluts.

WOULD YOU LIKE TO ADD 100 POUNDS TO YOUR SQUAT AND DEADLIFT?

WWW.WESTSIDE-BARBELL.COM
3884 Larchmere Drive, Grove City, OH. 43123
Phone (614) 801-2060

THE WESTSIDE BARBELL BOOK OF METHODS

Finally Westside presents **THE BOOK OF METHODS**. 236 pages full of training advice. A collection of information thru experimentation of some of the greatest lifters, Olympic sprinters and NFL Players. A must for anyone who wants to reach the top.



The Book Of Methods retails for **\$49.95** plus \$7 shipping & handling in the U.S.

GET YOUR COPY NOW!!!

www.westside-barbell.com
3884 Larchmere Drive Grove City, Oh 43123
Phone (614) 801-2060

TOPPER SUPPLY COMPANY

2108 S. HIGH STREET
COLUMBUS, OHIO 43207

**THE SEARCH STOPS HERE!!!
THE COMPLETE POWERLIFTING ASSEMBLY:**

ELITE AND PROFESSIONAL POWERLIFTERS
5/8" SET \$143.90 1/2" SET \$119.90
TO ORDER CALL TOLL FREE
866-4CHAINS (866-424-2467)
ASK FOR LARRY, IVAN OR RON
MONDAY THRU FRIDAY 7:30 AM TO 4:30 PM
SATURDAY: 7:30 AM TO 12:00 PM EST.

WWW.TOPPERSUPPLY.COM

LOUIE SIMMONS TRAINING SECRETS



Team Champions Penn State at the NE Regionals (S. Mann photo)

USAPL RAW/NE HS/CL JAN 30-31 2010 » Scranton, PA

Powerlifting	SQ	BP	DL	TOT
FEMALE				
<i>NE High School</i>				
105 lbs.				
K. Polizzano	237	143	253	633
123 lbs.				
J. Kipp	149	99	237	484
132 lbs.				
R. DeGennao	138	105	242	484
M. Pert	138	83	198	418
148 lbs.				
C. Gibson	237	116	259	611
Heffelfinger	198	110	209	517
L. Hilligas	160	77	231	468
S. Blincoe	138	94	215	446
198 lbs.				
K. Shanfelt	154	72	176	402
<i>High School Raw</i>				
123 lbs.				
S. Helm	187	88	215	490
148 lbs.				
C. Neely	231	121	297	650
<i>Collegiate</i>				
105 lbs.				
C. Osborn	132	77	209	418
L. Litterio	143	83	149	374
148 lbs.				
A. Welcome	270	132	347	749
A. Padilla	259	154	308	721
C. Casado	220	99	226	545
165 lbs.				
K. Dormer	242	132	286	661
<i>Collegiate Raw</i>				
115 lbs.				
E. Moon	171	88	286	545
123 lbs.				
N. Gulla	165	94	237	495
MALE				
<i>NE High School</i>				
123 lbs.				
J. Schamber	237	187	275	699
T. Ford	193	132	182	506
132 lbs.				
Z. Knox	297	231	319	848
148 lbs.				
N. Beauplan	407	231	440	1079
B. Pham	341	193	363	897
N. Morelli	308	193	336	837
K. Hermon	264	171	330	765
D. Lesisko	253	171	303	727
165 lbs.				
T. Acker	380	253	451	1084
J. Connalley	402	253	402	1057
B. Archilla	402	242	374	1018
M. Timmons	308	259	402	969
C. Toptich	303	209	330	842
181 lbs.				
J. Keller	374	270	424	1068
A. Clark	402	226	407	1035
M. Ozoa	413	242	330	985
198 lbs.				
Grenninger	380	275	435	1090
Montgomery	391	220	358	969
220 lbs.				
S. Bennett	501	352	551	1404
Machtinger	495	319	484	1299

M. Pensak	473	303	457	1233
M. Reitenour	457	259	424	1140
L. Mascari	424	275	402	1101
R. Gregoire	429	253	391	1073
B. Albert	402	242	407	1051
T. Turchick	369	237	402	1007
M. Cameron	352	231	391	974
242 lbs.				
M. Taylor	446	259	539	1244
B. Byron	402	347	473	1222
B. Warner	418	275	440	1134
A. Bell	451	226	424	1101
S. Leslie	413	248	363	1024
C. Mann	297	171	330	798
275 lbs.				
B. McGaw	451	314	435	1200
J. Dobsovic	407	275	385	1068
M. Glantz	418	209	402	1029
275+ lbs.				
W. Hurley	402	303	424	1129
<i>High School Raw</i>				
123 lbs.				
D. Walker	220	143	336	699
148 lbs.				
N. Rombold	187	110	281	578
165 lbs.				
D. McVey	396	231	473	1101
V. Romett	319	209	385	914
181 lbs.				
Karstendiek	226	193	407	826
198 lbs.				
J. Tanguy	347	182	385	914
J. Caracappa	308	187	325	820
242 lbs.				
Laudermilch	506	281	501	1288
<i>Collegiate</i>				
165 lbs.				
E. Camacho	407	204	484	1095
181 lbs.				
S. Young	—	—	501	501
198 lbs.				
W. Novak	374	237	473	1084
242 lbs.				
T. Parker	578	407	584	1569
N. Sedar	440	380	534	1354
220 lbs.				
L. Jaimes	661	407	501	1569
242 lbs.				
B. Werner	584	402	539	1525
J. Sartor	545	363	584	1492
S. Snyder	506	275	512	1294
275 lbs.				
D. Mason	501	303	622	1426
UNL				
J. Cappellino	749	633	650	2031
G. Moyer	545	418	539	1503
<i>Collegiate Raw</i>				
132 lbs.				
A. Watson	292	209	385	886
P. Willette	275	193	352	820
181 lbs.				
D. Patrisso	418	314	534	1266
Z. Braun	330	270	435	1035
C. West	314	237	407	958
198 lbs.				
McLaughlin	517	352	584	1453
B. Chimel	413	325	479	1217
E. Schreiner	352	242	413	1007
220 lbs.				
M. Cantu	501	330	562	1393
T. Grzenda	325	286	418	1029

WPA RUSSIA BP NATS APR 24 2010 » Cherepovec, RUS

BENCH	SQ	BP	DL	TOT
181 lbs.				
Pavlov	440	242	473	1155
242 lbs.				
Sinetskin	418	275	440	1134
Koroglishvili	374	226	424	1024
198 lbs.				
Ivanov	440	275	473	1188
220 lbs.				
Belyaev	694	325	639	1658
<i>WPA Russia BP Nationals</i>				
Kushin	666	314	462	1442
Tsatsulin	551	314	462	1327
Naydenov	738	209	501	1448
Golubev	562	341	479	1332
Kurochkin	507	341	479	1332
275 lbs.				
Poletaev	661	341	479	1461
Krasavin	639	341	479	1459
Kostylev	529	341	479	1349

Open

H. Gerard	551	363	551	1464
J. Beck	501	314	556	1371
A. Cohn	468	314	573	1354
N. Amen-Ra	352	319	622	1294
J. Varani	435	264	551	1250
M. Richards	314	385	501	1200
M. Williams	418	314	462	1195
H. Lewis	264	176	347	787
B. Ruse	204	116	248	567
A. Hayward	209	99	253	562
J. Jones	—	501	—	501
<i>Open Master I</i>				
M. Reed	539	259	534	1332
J. Penn	341	242	479	1062
<i>Open Master II</i>				
K. Povner	187	127	270	584
<i>Teen (12-13)</i>				
S. Chappell	154	110	209	473
<i>Teen (14-15)</i>				
Z. Kruchten	—	154	—	154
<i>Teen (18-19)</i>				
R. Key	484	314	539	1338
S. O'Brien	402	286	501	1189
J. Blake	424	275	451	1151
D. Jackson	253	215	363	831
A. Pastore	226	193	314	732

USAPL 7TH RICHMOND OPEN APR 4 2010 » Mechanicsville, VA

Powerlifting	SQ	BP	DL	TOT
<i>Junior (20-23)</i>				
S. Young	—	—	501	501
<i>Master I</i>				
R. Gains	506	424	501	1431
M. Hill	—	451	523	974
A. Belfield	—	473	—	473
<i>Master III</i>				
M. Nichols	402	275	479	1156
<i>Open</i>				
T. Durrett	655	484	617	1756
G. Colombo	—	407	—	407
D. Maourv	—	—	—	—
<i>Teen (18-19)</i>				
K. Wilkerson	176	154	253	584
<i>Raw</i>				
T. Woolfolk	182	110	248	539
L. Umphlett	—	138	187	325
K. Martin	55	—	55	55
D. Taylor	—	55	—	55
<i>Junior (20-23)</i>				
B. Gillespie	330	314	369	1013
R. Myers	270	160	286	716
<i>Master I</i>				
J. Payne Jr	424	308	462	1195
J. Armendariz	374	248	418	1040
C. Krutchen	—	336	—	336
C. Laprada	—	99	—	99
<i>Master II</i>				
M. Punaro	275	176	374	826
M. Hurd	—	248	—	248
K. Larson	—	127	—	127

» courtesy Barbara Bore



AAU Triple Crown – Dennis Rayback (Judy Wood photo)



Al Mangini, 220 lb. Master lifter, at the ADAU National PL Championships (Joe Oregina photo)



USPF Sooner State Games – Joe Davis (R. Crain photo)

AAU 8TH TRIPLE CROWN MAY 8 2010 » Mechanicsville, VA

BENCH		MALE	
A. Belfield	506	Open	
A. Belfield	506	East Coast Raw	
Masters (55-59)		165 lbs.	
C. Baggett	344	Masters (55-59)	
		4th-350	
308 lbs.		Open	
C. Baggett	344	Masters (45-49)	
A. Belfield	506	Masters (45-49)	
4th-350		Push Pull	
BP	DL	TOT	
MALE			
East Coast Raw			
220 lbs.			
Masters (40-44)			
R. Andrew	275	528	804
High School			
132 lbs.			
Teen (14-15)			
H. Green	176	292	468
148 lbs.			
Teen (16-17)			
B. Becker	176	319	495
165 lbs.			
Teen (16-17)			
D. Doane	187	407	595
S. Weirup	176	402	578
C. Stone	176	402	578
181 lbs.			
Teen (16-17)			
D. Scott	220	512	732
S. Reynolds	182	396	578
G. Duke	154	319	473
Teen (18-19)			
J. Lacewell	270	336	606
198 lbs.			
Teen (14-15)			
H. Patterson	242	341	584
4th-DL-363			
Z. Yates	176	402	578
C. Croston	187	369	556
Teen (16-17)			
W. Coalson	204	501	705
J. Smith	176	473	650
E. Lawson	231	380	611
M. Halloway	XXX	418	418
220 lbs.			
Teen (16-17)			
C. Davis	275	573	848
T. Stallings	182	336	517
242 lbs.			
Teen (14-15)			
T. Jackson	264	418	683
Teen (16-17)			
B. Robinson	281	545	826
E. Paolino	149	402	551
T. Cotman	143	396	539
275 lbs.			
Teen (16-17)			
W. Tuck	248	551	798
308 lbs.			
Teen (16-17)			
J. Munn	242	551	793
308+ lbs.			
Teen (14-15)			
F. Harris	264	264	528
Powerlifting			
SQ	BP	DL	TOT
FEMALE			
East Coast Raw			
123 lbs.			
Teen (16-17)			
K. Murphy	121	94	182
Triple Crown Classic Raw			
123 lbs.			
Teen (16-17)			
K. Murphy	121	94	182
132 lbs.			
Masters (40-44)			
A. Murphy	160	94	204
VA State Champ Raw			
97 lbs.			
Teen (12-13)			
L. Winston	121	72	171
132 lbs.			
Masters (50-54)			
J. Marchio	270	198	435
Teen (12-13)			
C. Coleman	165	110	231
148 lbs.			
Teen (14-15)			
S. Murphy	220	160	281
165 lbs.			
Teen (18-19)			
A. Bales	319	209	440

Open		Masters (55-59)	
A. Murphy	160	94	204
165 lbs.			
J. Hill	149	105	237
Open			
J. Hill	149	105	237
VA State Champ Raw			
123 lbs.			
Teen (16-17)			
K. Murphy	121	94	182
132 lbs.			
Masters (40-44)			
A. Murphy	160	94	204
Open			
A. Murphy	160	94	204
165 lbs.			
Masters (55-59)			
J. Hill	149	105	237
Open			
J. Hill	149	105	237
114 lbs.			
East Coast Raw			
148 lbs.			
Teen (14-15)			
S. Murphy	220	160	281
165 lbs.			
Teen (18-19)			
A. Bales	319	209	440
198 lbs.			
Teen (18-19)			
C. Murphy	231	220	380
Lifetime Masters (65-69)			
O. Rickman	132	132	369
Triple Crown Classic			
242 lbs.			
Open			
M. Stinson	523	275	490
1288			
Triple Crown Classic Raw			
97 lbs.			
Teen (12-13)			
L. Winston	121	72	171
132 lbs.			
Youth (10-11)			
A. Anthony	132	72	182
1385			
Youth (10-11)			
N. Anthony	121	83	182
1385			
132 lbs.			
Teen (12-13)			
C. Coleman	165	110	231
506			
148 lbs.			
Teen (14-15)			
S. Murphy	220	160	281
661			
165 lbs.			
Teen (18-19)			
C. Murphy	231	220	380
831			
181 lbs.			
Lifetime Masters (65-69)			
O. Rickman	132	132	369
633			
198 lbs.			
Teen (14-15)			
H. Hoggard	204	88	220
512			
275 lbs.			
Lifetime Masters (40-44)			
D. Rayback	573	352	628
1552			
Masters (40-44)			
D. Rayback	573	352	628
1552			
Open			
D. Rayback	573	352	628
1552			
Submasters (35-39)			
M. Clark	209	253	424
886			
VA State Champ Raw			
97 lbs.			
Teen (12-13)			
L. Winston	121	72	171
363			
132 lbs.			
Masters (50-54)			
J. Marchio	270	198	435
903			
Teen (12-13)			
C. Coleman	165	110	231
506			
148 lbs.			
Teen (14-15)			
S. Murphy	220	160	281
661			
165 lbs.			
Teen (18-19)			
A. Bales	319	209	440
969			

Open		Masters (55-59)	
A. Murphy	160	94	204
165 lbs.			
J. Hill	149	105	237
Open			
J. Hill	149	105	237
VA State Champ Raw			
123 lbs.			
Teen (16-17)			
K. Murphy	121	94	182
396			
132 lbs.			
Masters (40-44)			
A. Murphy	160	94	204
457			
Open			
A. Murphy	160	94	204
457			
165 lbs.			
Masters (55-59)			
J. Hill	149	105	237
490			
Open			
J. Hill	149	105	237
490			
114 lbs.			
East Coast Raw			
148 lbs.			
Teen (14-15)			
S. Murphy	220	160	281
661			
165 lbs.			
Teen (18-19)			
A. Bales	319	209	440
969			
198 lbs.			
Teen (18-19)			
C. Murphy	231	220	380
831			
Lifetime Masters (65-69)			
O. Rickman	132	132	369
633			
Triple Crown Classic			
242 lbs.			
Open			
M. Stinson	523	275	490
1288			
Triple Crown Classic Raw			
97 lbs.			
Teen (12-13)			
L. Winston	121	72	171
363			
Youth (10-11)			
A. Anthony	132	72	182
385			
Youth (10-11)			
N. Anthony	121	83	182
385			
132 lbs.			
Teen (12-13)			
C. Coleman	165	110	231
506			
148 lbs.			
Teen (14-15)			
S. Murphy	220	160	281
661			
165 lbs.			
Teen (18-19)			
C. Murphy	231	220	380
831			
181 lbs.			
Lifetime Masters (65-69)			
O. Rickman	132	132	369
633			
198 lbs.			
Teen (14-15)			
H. Hoggard	204	88	220
512			
275 lbs.			
Lifetime Masters (40-44)			
D. Rayback	573	352	628
1552			
Masters (40-44)			
D. Rayback	573	352	628
1552			
Open			
D. Rayback	573	352	628
1552			
Submasters (35-39)			
M. Clark	209	253	424
886			
VA State Champ Raw			
97 lbs.			
Teen (12-13)			
L. Winston	121	72	171
363			
132 lbs.			
Masters (50-54)			
J. Marchio	270	198	435
903			
Teen (12-13)			
C. Coleman	165	110	231
506			
148 lbs.			
Teen (14-15)			
S. Murphy	220	160	281
661			
165 lbs.			
Teen (18-19)			
A. Bales	319	209	440
969			

ADAU GREAT LAKES POWERLIFTING MAR 27 2010 » Eric, PA

Powerlifting	SQ	BP	DL	TOT
FEMALE				
105 lbs.				
K. Baughman	120*	80*	175	375
114 lbs.				
B. Steffan	190	105*	280*	575*
132 lbs.				
K. Irwin	200	107*	241*	545*
4th-BP-110				
165 lbs.				
C. Runniger	110	90	175	375
198 lbs.				
A. Lantz	190	75	245*	510
4th-260				
Teen (16-17)				
105 lbs.				
K. Baughman	120	80	175	375
132 lbs.				
K. Irwin	200	107	241	545
4th-110				
Teen (18-19)				
165 lbs.				
C. Runniger	110	90	175	375
Master (40-44)				
198 lbs.				
A. Laotz	190	75	245	510
4th-260				
Master (45-49)				
114 lbs.				
B. Steffan	190	105	280	575
MALE				
114 lbs.				
A. Ellis	110*	71*	131*	310*
148 lbs.				
J. Martucci	365	225	420	1010
Z. Reese	305	205	400	910
L. Lantz	290	180	385	855
M. Olivia	—	—	—	—
165 lbs.				
D. Montagna	265	180	405	850
M. Thomas	260	175	325	760
181 lbs.				
R. Cruz	480	305	500	1285
B. Ennis	410	310	531*	1250
D. Urban	390	250	470	1110
D. Heintzel	340	255	480	1075
M. Schneider	355	175	435	965
220 lbs.				
B. Bayer	500	235	550	1285
E. Betza	400	295	525	1220
N. Schneider	420	285	510	1215
E. Case	325	225	430	980
275 lbs.				
H. Thomas	425	325	425	1175
A. Mangini	410	240	510	1160
181 lbs.				
L. Creatura	—	—	—	—
242 lbs.				
R. Jenks	500	300	575	1375
275 lbs.				
D. Schneider	505	340	625	1470
J. Lawson	475	335	620	1430
B. Ott	455	315	545	1315
Youth				
66 lbs.				
A. Ellis	110	71	131	310
Teen (14-15)				
148 lbs.				
M. Olivo	—	—	—	—

165 lbs.		181 lbs.	
M. Thomas	260	175	325
Junior (20-23)			
148 lbs.			
Z. Rcese	305	205	400
910			
181 lbs.			
T. Schneider	355	175	435
965			
Master (40-44)			
220 lbs.			
H. Thomas	425	325	425
1175			
Master (45-49)			
181 lbs.			
R. Cruz	480*	305	500
D. He			



AIDE FIX ROVA

Randall Kea was a balanced lifter, but his squat usually gave him a solid lead



Lamar and Randall were USA teammates in a subsequent IPF Worlds

an inch above his knee cap. Most lifters lockout their deadlift 8 to 12 inches above their knee cap. In other words, his long arms allowed him the luxury of lifting the weight a substantially shorter distance. Add all that to the fact that he had the body of a world class bodybuilder (2% body fat) and the flexibility of a world class contortionist and, thus, you have a deadlifting machine.

Still, Gant wasn't just a big deadlifter either. He also held the world record in the bench and squat in the 123 pound weight class. In fact, he was the only powerlifter in history to have held all four world records—the three lifts and total pounds—in a single class. His total on all three lifts was ranked number one in the world for ten straight years. No one was even close to totaling what Gant totaled. Heck, during this time in his career, he could out lift many heavy-weights.

Gant's awesome physical presence, along with his confident glare that was as icy as the winters in Siberia, literally terrorized his opponents. Trust me on this one, fear is the kind of power that most people understand best. You can destroy an athlete's game just by scaring the heck out of him. In fact, to a limited extent, it is possible to control people through fear. Gant was an absolute master at this game. He calmly and subtly incited fear in his opponents. On more than one occasion, world class lifters abandoned their weight class in order to avoid Gant. They saw defeat and humiliation, and they surrendered. They were that intimidated by him. Needless to say, Gant was the prototype of the world's greatest powerlifter—ruggedly built, powerful, mentally tough and highly skilled. Basically a lifting machine!

Consequently, at the 1984 ADFPA National Championships, Gant was an overwhelming favorite to win not only his weight class, but the best lifter award, establishing him as the best pound for pound drug free lifter in the United States. When Gant showed up to compete at the ADFPA Nationals, Brother Bennett, the president of the ADFPA, said that Gant's chance of getting beat was about as good as a snowball's chance in hell. He paused for a second and then said, "Actually a snowball has a better chance in hell"—a rather poignant statement, especially coming from a man of the cloth. Of course, no one could argue with his assessment. For years, Gant had been destroying lifters in the USPF, an organization that was loaded with athletes who consistently posted significantly higher totals than lifters in the ADFPA. The ADFPA Nationals was going to be a cake walk for Gant.

When the meet started, it became obvious that Gant's major competition was going to come from Randal Kea, a relatively unknown lifter from Augusta, Georgia. Kea, although a seasoned lifter, had never won a medal at a World Championships. In actual fact, he had never competed in world

competition. Physically speaking, he was essentially the anti-thesis of Gant. He was rather thin and wiry. To be quite frank, he looked more like a tennis player or golfer than a national caliber powerlifter. He wasn't exactly a wimp, but he certainly wasn't Arnold Swartzenegger either.

Despite everything, it was immediately evident that Kea was there for a purpose. There was no trepidation in Kea's eyes. He was there to win. Without a doubt, he was the only person in the world who thought he could win. I am not exaggerating about that either. Even his coach didn't think he could win. Of course, Kea was the only person in the world who had to believe he could win.

In the squat, Gant struggled on each of his lifts ending up with a hard fought 485 pounds. Kea, on the other hand, blew away 529 pounds on his second attempt and just barely missed 545 pounds on his final attempt giving him a surprising 44 pound lead. The bench was even more shocking. Gant, who usually benched over 300 pounds, barely made his opener of 240 pounds and missed his second and third attempts at 260 pounds. Kea, who was renowned for his bench press, blasted up 347 pounds on his second attempt and then barely missed 358 pounds, giving him 151 pound lead.

Even with the enormous lead everyone felt that Kea would have to pull good if he was going to defeat Gant. After all, Gant had that BIG deadlift. There was also the fact that Gant had a history making the impossible possible. Consequently, it was the general consensus that if Kea pulled anything less than 500 pounds Gant would still put him away. Kea didn't disappoint. He pulled a hard fought 523 pounds on his last attempt. Consequently, Gant had to pull 675 pounds if he was going to snatch victory from defeat. Although Gant's best deadlift up until that time was 654 pounds, there were still many individuals at the meet who thought Gant would pull off the victory. Gant's plan was a 529 pound opener, a 600 pound second attempt and then the 675 pounds to win. His opener with 529 pounds was a breeze. His second attempt at 600 pounds went nowhere—it didn't even break ground. Gant scratched his third attempt giving Kea the unforeseen victory. For Kea, this was his moment in time. He had gone beyond what others thought was his breaking point and he succeeded, and in the process he produced the greatest upset in powerlifting history.

POSTSCRIPT

Gant's loss to Kea was his very last loss. He went on to win many more world titles. At 132 pounds he squatted 595 pounds, bench pressed 352.5 pounds (raw), and deadlifted 683 pounds. He also became the first man to total 12 times bodyweight, 1587.3 pounds. «

WI'S 12TH BEST BP APR 17 2010 » Independence, WI

BENCH FEMALE	148 lbs.	D. Fylsen	235
<i>Teen Raw</i>	165 lbs.	K. Jensen	330
A. Dejno	95	220 lbs.	
D. Marsolek	85	A. Russett	385
A. Riggs	65	<i>Open Raw</i>	
123 lbs.		132 lbs.	
E. Kampa	85	J. Smutney	225
181 lbs.		165 lbs.	
K. Guza	100	J. Newman	310
198 lbs.		D. Rice	225
C. Olson	110	181 lbs.	
<i>Teen</i>		C. Steindorf	325
123 lbs.		M. Brady	320
A. Fyksen	125	D. Kress	315
132 lbs.		J. Overland	285
L. Marsolek	135	B. Halverson	280
165 lbs.		S. Macharia	270
J. Brandt	130	D. Hoff	245
181 lbs.		198 lbs.	
H. Bautch	145	P. Krizan	260
<i>Open Raw</i>		220 lbs.	
148 lbs.		R. Fuchs	425
H. Worden	95	T. Frederick	330
<i>Open</i>		E. Barnier	310
SHW		D. Potter	220
S. Uhlir	200	242 lbs.	
<i>Submaster Raw</i>		J. Kester	450
105 lbs.		J. Reuss	435
A. Kress	90	D. Pasholk	400
SHW		J. Kleinhans	350
J. Riggs	125	C. Hamus	325
<i>Submaster</i>		SHW	
165 lbs.		Wojciechows	470
P. Meyer	225	<i>Open</i>	
<i>Masters I</i>		132 lbs.	
165 lbs.		J. Smutney	—
S. Meyer	185	148 lbs.	
<i>MALE</i>		N. Buck	345
<i>Teen Raw</i>		181 lbs.	
114 lbs.		J. Overland	300
D. Likar	95	198 lbs.	
K. Johnston	85	S. Sullivan	355
123 lbs.		C. Doering	350
W. Heins	125	220 lbs.	
132 lbs.		B. Sheckels	450
J. Young	180	T. Frederick	435
C. Kress	160	M. Abts	405
A. Hipke	135	242 lbs.	
148 lbs.		L. Umnus	460
T. Guenther	225	275 lbs.	
E. Martinez	215	J. Kubeck	—
D. Fyksen	215	308 lbs.	
N. Suchla	200	J. Zahn	—
B. Seidlitz	155	SHW	
B. Smith	145	G. Riggs	550
165 lbs.		<i>Submasters Raw</i>	
C. Laylan	300	198 lbs.	
B. Guenther	260	S. Callahan	270
S. Kennedy	240	P. Gaddis	175
181 lbs.		220 lbs.	
C. Legan	235	S. Guenther	350
B. Boynton	230	242 lbs.	
T. Munsch	180	G. Griebel	340
198 lbs.		275 lbs.	
J. Leque	225	R. Dallman	340
M. Haarsma	220	<i>Submasters</i>	
T. Bromeisl	165	181 lbs.	
M. Peters	125	T. Stinson	455
220 lbs.		220 lbs.	
B. Nyland	340	C. Thompson	395
J. Kampa	210	<i>Masters I Raw</i>	
242 lbs.		181 lbs.	
L. Haarsma	450	D. Kress	315
275 lbs.		S. Omernick	300
N. Chouinard	305	198 lbs.	
308 lbs.		R. Saxe	285
G. Eide	335	C. Golden	275
SHW		220 lbs.	
S. Witt	405	L. Seidlitz	325
<i>Teen</i>		275 lbs.	
C. Smith	335	T. Pernu	615
SHW		308 lbs.	
J. Riggs	355	J. Brust	620
J. Hager	350	<i>Masters III Raw</i>	
<i>Masters I</i>		198 lbs.	
165 lbs.		C. Roffler	170
D. Draeger	335	G. Nauman	285
181 lbs.		B. Juen	—
T. Ewy	345	275 lbs.	
198 lbs.		S. Fronk	405
D. Sullivan	440	B. Brodt	330
242 lbs.		308 lbs.	
D. Weltzien	485	G. Stene	330
SHW		<i>Masters</i>	
S. Bromeisl	550	220 lbs.	
<i>Masters II Raw</i>		S. Saluzzi	—
198 lbs.		308 lbs.	
B. Gajewsky	360	T. Nelson	460
A. Maldonado	225	<i>Police/Fire Raw</i>	
220 lbs.		165 lbs.	
D. Adams	350	J. Scarberry	260
J. Eide	310	198 lbs.	
J. Hauser	260	S. Heiser	320
SHW		220 lbs.	
Wojciechows	385	S. Johnston	260
<i>Masters II</i>		<i>Police/Fire</i>	
220 lbs.		198 lbs.	
M. Lee	410	M. Hepfler	265
M. Maloney	380	308 lbs.	
242 lbs.		J. Ragalie	505
» courtesy Glen Woychik			



The Many Participants in the Wisconsin's Best Bench Press Competition (Glen Woychik photo)

A. Low	501	424	523	1449
<i>(20-23)</i>				
J. Cadiz	468	319	473	1262
<i>Open (20-23)</i>				
J. Pascual	523	363	518	1405
<i>(16-17)</i>				
K. Cabellero	507	391	501	1399
<i>(20-23)</i>				
C. Velasco	523	391	501	1416
<i>Open</i>				
J. Jagers	501	468	578	1548
J. Domingo	589	424	501	1515
N. Navares	457	253	540	1251
J. Bareng	501	325	424	1251
M. Cummins	396	275	501	1173
220 lbs.				
<i>Open (45-49)</i>				
A. Keanu	666	523	617	1807
<i>Open</i>				
M. Nishida	578	496	633	1708
D. Medina	600	424	—	1024
275 lbs.				
<i>(20-23)</i>				
K. Wassman	501	407	501	1410
308 lbs.				
<i>(18-19)</i>				
D. Crowell	380	303	451	1135
<i>SHW (50-54)</i>				
J. Mersberg	—	—	—	—
We had 26 lifters many of them first time lifters. Lori Okami made a visit to the competition and wrote about it in her blog for the Honolulu Advertiser. It was such an honor to meet her as she was an inspiration for me. Also in attendance was Ed Morishima and Mike Navares, his son Nathan Navares competed in this meet and it was his first competition. It was nice to see the passing of the torch. Ray Verdonck, past USPF champion, is a USPF National Judge and he was in the judges chair all day along with Gordon Santee who is just a pleasure to be around. Of particular note is Jenna Neeley, 123 Jr. 20-23, this was her first powerlifting competition and she had a full sweep of American records with a 314 squat, 170 bench, 320 deadlift and 805 total. Austin Keanu, 242/45-49, also broke the American powerlifting bench press record with a 523 press. Ata, Darren and I are doing our best in helping to bring powerlifting back to Hawaii and give our lifters a platform to display their talents on. Hawaii really got together as a community to make this meet a great success. Thank you to everyone who came to support our lifters				

USPF HAWAII STATE APR 10 2010 » Honolulu, HI

Powerlifting	SQ	BP	DL	TOT
FEMALE				
105 lbs.				
<i>Open</i>				
D. Anderson	270	165	303	738
114 lbs.				
<i>(40-44)</i>				
L. Kahumoku	225	132	236	595
123 lbs.				
<i>(20-23)</i>				
J. Neeley	314	170	320	805
165 lbs.				
<i>(45-49)</i>				
C. Westin	385	—	—	385
MALE				
123 lbs.				
<i>(18-19)</i>				
N. Kido	308	281	374	964
165 lbs.				
<i>Open</i>				
D. Anderson	336	242	369	947
C. Dean	314	225	407	947
J. Bagayas	336	242	341	920
181 lbs.				
<i>Open</i>				



Jenna Neeley, in a fantastic debut at the USPF Hawaii State meet, with boyfriend Carlo Velasco, who also competed for the first time at the meet (L. Richardson photo)

without the lifters participation this meet wouldn't have been possible. Ata, Darren and I are already brainstorming on how to make next years meet better. Powerlifting is alive and well in Hawaii!
» courtesy Leonnetta Richardson

COLD IRON GYM PUSH PULL JUN 5 2010 » Tombstone, AZ

BENCH	DEADLIFT
<i>Open</i>	<i>Open</i>
148 lbs.	148 lbs.
R. Cooley	R. Cooley
176	367
220 lbs.	198 lbs.
G. Panttila	P. Thomas II
374	501
N. Classen	220 lbs.
318	G. Panttila
245 lbs.	501
B. Barrie	N. Classen
314	—
275 lbs.	242 lbs.
P. Leonard	B. Barrie
314	474
308+ lbs.	275 lbs.
M. Bowden	P. Leonard
622	617
<i>Master (55-59)</i>	<i>Master (45-49)</i>
220 lbs.	308+ lbs.
M. Sands	M. Bowden
231	584
<i>Master (60-64)</i>	<i>Master (55-59)</i>
148 lbs.	220 lbs.
R. Cooley	B. Sands
176	413
<i>Master (70-74)</i>	<i>Master (60-64)</i>
275 lbs.	148 lbs.
B. Hartshorne	R. Cooley
303	367
Check out www.coldirongym.com to see lots of meet pictures, other AZ USPF meet results, and for information on the 3rd Annual Tom Eldridge Top Gun USPF AZ State Championship Meet to be held on Saturday, September 25, 2010. Thank You! » courtesy Danni Eldridge	



Sherm Pensyl, age 36, with an ADAU American Record 455 pound bench press (Al Siegel photo)

ADAU RAW POWER DAY CLASSIC APR 24 2010 » Bigler, PA

BENCH FEMALE	N. Seiner-22	500
97 lbs.	Submaster	
Open	G. Dudash-39	350
S. Hunt-9	50	
114 lbs.	B. Butler-36	360
Open	Teen	
Hanford-31	115	
MALE	D. Ennis-14	225
66 lbs.	DEADLIFT	
97 lbs.	FEMALE	
Youth	Open	
J. Kitchen-9	53	
148 lbs.	S. Hunt-9	160
Master	132 lbs.	
M. Gaal-40	150	
181 lbs.	Teen	
Submaster	D. Young-17	270
M. Skal-37	300	
181 lbs.	165 lbs.	
Open	Junior	
M. Hitcho-31	225	
181 lbs.	J. Wise-22	335
Master	4th-340	
K. Miller-43	215	
198 lbs.	MALE	
Open/Master	66 lbs.	
D. Dick-55	345	
198 lbs.	148 lbs.	
Teen	J. Kitchen-9	90
S. Maines-19	270	
Master	M. Gaal-40	225
J. McNeill-65	265	
Master	181 lbs.	
C. Maurer-56	155	
220 lbs.	Open/Submaster	
Open	R. Gregory-38	490
S. Pensyl-36	455	
Open	Master	
B. Hunt-47	325	
Master	J. Lauder-24	465
Campiere-52	300	
220 lbs.	M. Hitcho-31	420
Open	198 lbs.	
B. Rogers-41	285	
242 lbs.	Master	
Open	K. Miller-43	300
B. Muretta-38	380	
Open	Master	
S. Koontz-28	380	
275 lbs.	Open	
Open	R. Lobb-46	430
Outstanding Bench Presser: 22 year old Nick Seiner. Outstanding Deadlifter and winner of the Dr. Nick Deadlift Award: 47 year old Bob Hunt. Official results are with the following lifters passing the urine testing done by Quest Diagnostics: Nicholas Seiner, Triston Simmons, Mark Skal and Robert Gregory.		

242 lbs.	S. Hines	510	
J. Osborne	—	165 lbs.	
C. Black	350	J. Rhem	435
242 lbs.	198 lbs.		
S. Berry	410	M. Brown	445
DEADLIFT	242 lbs.		
Master (45-49)	S. Berry	520	
Best Raw Lifter: Dan Figler. Best Shirt Lifter: Tommy Oldham. Best Deadlifter: John Rhem.			
» courtesy Alan Bremer			

SSA IMPERIUM	K. Herbert	740
MAY 1 2010 » Tribes Hill, NY	242 lbs.	
BENCH	Submaster Unl	
MALE	M. Ferlito	505
165 lbs.	DEADLIFT	
Masters (45-49) Unl	MALE	
T. Albano	530	
Open Master (45-49)	114 lbs.	
Unl	Teen (13-15)	
T. Albano	530	
181 lbs.	M. Tambasco	180
Teen (18-19)	4th-200	
T. Dunsmoor	310	
220 lbs.	181 lbs.	
Open Unl	Open Single-Ply	
Push Pull	J. Bronk	565
MALE	BP	DL
198 lbs.	DL	TOT
D. Hamah	320	550
Powerlifting	SQ	BP
FEMALE	DL	TOT
132 lbs.	BP	DL
Masters (50-54)	TOT	
C. Khoury	155	110
165 lbs.	210	475
Open Unl		
B. Curry	550	315
198 lbs.	420	1285
Master		
D. Odar	355	245
Open Master (45-49)	385	985
D. Odar	355	245
385	985	
MALE		
165 lbs.		
Teen (16-17) Unl		
J. Johnson	500	375
4th-DL-480	480	1355
181 lbs.		
Teen (18-19)		
J. Dimezza	425	295
505	1225	
4th-DL-545		
220 lbs.		
Junior		
M. Davydov	455	185
470	1110	
Open Junior		
M. Davydov	455	185
470	1110	
Submaster Unl		
D. Barker	700	440
580	1720	
242 lbs.		
Masters (40-44) Unl		
J. Oliksowycz	725	455
540	1720	
Masters (60-64) Unl		
L. Bagnoli	415	250
455	1120	
Open Unl		
B. Pavlus	670	510
585	1765	
Meet Directors: Sandi and Zane McCaslin.		
» courtesy Rheta West		

WINYAH FITNESS HARBORWALK JUN 26 2010 » Georgetown, SC

BENCH FEMALE	D. Figler	395
(Age 69)	242 lbs.	
S. Berry	470	
MALE	Raw	
(12-13)		
Submaster	A. Bremmer	75
T. Oldham	480	95
Master (65-69)	(15-17)	
J. Powell	315	
165 lbs.	C. Luquire	245
Open	T. Marsh	—
C. Bardon	300	
181 lbs.	Master (45-49)	
R. Howell	380	
Master (50-54)	L. Spears	240
B. Church	360	
198 lbs.	181 lbs.	
J. Walker	400	
M. Johnson	320	

SSA IMPERIUM MAY 1 2010 » Tribes Hill, NY

BENCH	K. Herbert	740
MALE	242 lbs.	
165 lbs.	Submaster Unl	
Masters (45-49) Unl	M. Ferlito	505
T. Albano	530	
Open Master (45-49)	DEADLIFT	
Unl	MALE	
T. Albano	530	
181 lbs.	Teen (13-15)	
Teen (18-19)	M. Tambasco	180
T. Dunsmoor	310	
220 lbs.	181 lbs.	
Open Unl	Open Single-Ply	
Push Pull	J. Bronk	565
MALE	BP	DL
198 lbs.	DL	TOT
D. Hamah	320	550
Powerlifting	SQ	BP
FEMALE	DL	TOT
132 lbs.	BP	DL
Masters (50-54)	TOT	
C. Khoury	155	110
210	475	
165 lbs.		
Open Unl		
B. Curry	550	315
420	1285	
181 lbs.		
Master		
D. Odar	355	245
385	985	
Open Master (45-49)		
D. Odar	355	245
385	985	
MALE		
165 lbs.		
Teen (16-17) Unl		
J. Johnson	500	375
480	1355	
181 lbs.		
Teen (18-19)		
J. Dimezza	425	295
505	1225	
4th-DL-545		
220 lbs.		
Junior		
M. Davydov	455	185
470	1110	
Open Junior		
M. Davydov	455	185
470	1110	
Submaster Unl		
D. Barker	700	440
580	1720	
242 lbs.		
Masters (40-44) Unl		
J. Oliksowycz	725	455
540	1720	
Masters (60-64) Unl		
L. Bagnoli	415	250
455	1120	
Open Unl		
B. Pavlus	670	510
585	1765	
Meet Directors: Sandi and Zane McCaslin.		
» courtesy Rheta West		

123 lbs.	S. Hines	510
Teen	165 lbs.	
C. Taylor	154	82
214	451	
198 lbs.	J. Rhem	435
P. Lockhart	—	110
291	401	
MALE		
148 lbs.		
Junior		
A. Oliphant	297	225
424	947	
Open Raw		
J. Nave	413	297
440	1151	
181 lbs.		
Masters		
S. Lewis	220	148
303	672	
198 lbs.		
Masters Raw		
B. Wozow	402	286
424	1113	
Teen		
T. Lavathorn	407	319
501	1229	
220 lbs.		
Masters		
T. Youngblood	303	264
424	992	
Open		
D. Thomas	291	248
451	1200	
Open Raw		
J. Goudy	457	319
440	1218	
242 lbs.		
Masters		
D. Sewell	529*	330
562*	1422	
275 lbs.		
Open Raw		
M. Hicks	512	352
507	1372	
R. Lynn	457	363
474	1295	
SHW		
Open		
L. Maxwell	611	418
655	1686	
Teen		
N. May	450	
Master (54)		
A. Smith	319	192
336	848	
*=State Records.		
» courtesy USAPL		



APC Hawg Farm Meet: back row, left to right: Ethan Muncy, Kale Christy, Tony Myers, Rudy Wernz, Tyler Maikrantz; front row: Johnny Vautlin, Teresa Morrison, Liz Hoover, Larry Hoover (Larry Hoover photo)

APC HAWG FARM MAR 13 2010 » Princeton, IN

BENCH FEMALE	242 lbs.	
132 lbs.	Open Raw	
Master (45)	B. Bolyard	375
Open	T. Morrison	135
100	190	425
MALE	J. Howery	505
198 lbs.	Submaster	
Master (73) Raw	J. Howery	505
L. Baker	240	
220 lbs.	DEADLIFT	
Teen (18-19)	MALE	
Open Raw	165 lbs.	
B. Balyard	625	
275 lbs.	Teen (16-17) Raw	
N. May	450	
Open	J. Wautlin	200
150	275	625
J. McDonald	375	
G. Rexing	725	
Powerlifting	SQ	BP
FEMALE	DL	TOT
L. Hoover	605	350
610	1565	

114 lbs.	Open	
Master Raw	Submaster Raw	
L. Rexing	L. Hoover	605
610	—	1565
132 lbs.		
Master (45) Raw	Teen (18-19)	
T. Morrison	480	350
515	1345	
165 lbs.		
Open	242 lbs.	
Submaster Raw	Teen (16-17)	
L. Hoover	405	225
450	1080	
275 lbs.		
Teen (16-17)	275 lbs.	
E. Muncy	405	375
460	1240	
T. Maikrantz	450	250
460	1165	
308 lbs.		
Submaster	S. Breen	725
540	630	1895
Open Raw	308 lbs.	
C. Beck	540	420
600	1560	
» courtesy Larry Hoover		

Jay Adams Xtreme Power TV
FoxSport'sNet
Special Show Schedule
60+ million homes

Michael Tuhscherer
"This Time I Break The Record"
Raw United Federation pro am
June 19 & 20, 2010 Tampa FL

RAW 504 "The Clash for Cash"
September 11, 2010 New Orleans
Raw United Federation MacDill 9/11
September 11, 2010 Tampa FL

Roger Puffers
All Forces National Military
Bodybuilding, Fitness, Figure
& Bikini Championships
October 9, 2010 Tampa FL

Andy Bolton "Who CAN Beat HIM"
Night of The Living Dead
October 23, 2010 Tenn

Eric Talmant
"Bring IT or Stay Home"
Raw United Federation pro am
November 6, 7 2010 Tampa FL

"To be the Best YOU Must Beat the Best"
The Superbowl of Powerlifting
Eric Talmant's Raw Unity
Powerlifting Championships 4

Executive Show Producer
dave@xtremepower.tv
www.xtremepower.tv

TIRED OF BUSTING YOUR ASS FOR ONLY AVERAGE RESULTS?

Amino Loading with 100% MR and Muscle Synthesis is a sure fire method for reducing body fat, increasing lean body mass and accelerating recovery. Dr. Serrano's scientifically engineered ratios can bypass digestive hang ups transporting critical fuel sources to hard working muscles within minutes. Protein powders are too little- too late! You deserve the most powerful tools available to make every oz of hard work pay off!



A customized approach to nutrition, training and supplementation is the fastest path to success. How much progress have you really made in the last 12 months? Craving better results? Let's discuss your unique needs and goals right now. I am available 7 days per week to support client success Scott@infinityfitness.com. Ask for cutting edge the extreme crash diet for strength athletes -

614 868 7521 | www.infinityfitness.com



100% MR™, Muscle Synthesis™, Muscle Synthesis Powder™, Amino Loading™, Fat Reduce™, are Trademarks of Superior Supplements and Training LLC, OHIO USA. These statements have not been evaluated by the FDA. These products are not intended to diagnose, cure, treat or prevent any disease. Your results may vary.



Best Lifter John Phillips with Head Judge Dale Thompson (left) at the Bullitt County Big Bench meet (Keith Griffiee photo)

BULLITT COUNTY BIG BENCH JUN 19 2010 » Mt. Washington, KY

BENCH	(50-54)				
FEMALE	242 lbs.				
(Age 10)	K. Griffiee	280			
MALE	220 lbs.				
(13-14)	D. Armstrong	305			
P. Griffiee	120	308 lbs.			
(15-17)	J. Phil 11ips*	360			
DEADLIFT	220 lbs.				
(13-14)	P. Griffiee	200			
220 lbs.	(15-17)	D. Ferguson	225		
P. Barnhouse	275	242 lbs.			
Masters (40-44)	D. Ferguson	225			
242 lbs.	D. Armstrong	410			
J. Fedenko	355	308 lbs.			
(45-49)	J. Phillips*	500			
220 lbs.	B. Kemper	310			

the deadlift for the win. 19 year old Dillon Armstrong was strong with a 305 bench and a 410 deadlift to win in the open 220 class. In his first ever contest Phil Barnhouse won the submasters 220 with an impressive 275 lb bench. In the masters 40-44/242 division we had John Fedenko winning with a strong 355. In the masters 45-49 division Brad Kemper won the 181's with an impressive 310. Keith Griffiee did a 280 lift to win in the 242 Masters 50-54 class. And Big John Phillips hit 360 to win in 308's Open. John also won the 308 deadlift with a pull of 500 lbs. Best Lifter Award went to John Phillips. Team Trophy was presented to PBI Bank. Special thanks to Club Fitness and all the spotters who helped all day, as well as our judges Scott and head Judge and World Champion Dale Thompson.

USAPL AGGIE INVITE FEB 6 2010 » College Station, TX

Powerlifting	SQ	BP	DL	TOT
FEMALE				
97 lbs.				
M. Strong	165	99	182	446
123 lbs.				
K. King	303	143	303	749
148 lbs.				
S. Solie	264	165	308	738
165 lbs.				
O. Harrington	336	171	336	842
MALE				
132 lbs.				

M. DeLaCruz	352	297	440	1090
148 lbs.				
D. Dansbury	242	209	281	732
165 lbs.				
B. Rybak	380	242	457	1079
B. Guzman	237	248	391	875
N. Canac	352	264	385	1002
181 lbs.				
J. Davis	562	341	584	1486
S. Sobunion	528	380	573	1481
T. Ferguson	584	358	567	1508
C. Murchison	501	220	567	1288
R. Williams	451	275	567	1294
T. Jannez	501	358	528	1387
A. Giant	—	253	—	253
Heinbracker	—	—	—	—
198 lbs.				
G. Johnson	—	286	578	864
C. Vickeny	600	385	501	1486
C. Powell	226	248	484	958
H. Davison	220	292	484	996
J. Briggs	413	319	473	1206
W. Young	396	358	374	1129
B. Kling	—	—	—	—
220 lbs.				
A. Kling	446	347	501	1294
J. King	—	226	—	226
242 lbs.				
F. Fairchild	517	319	539	1376
C. Anderson	606	—	506	1112
D. Lorak	501	314	501	1316
R. Hanojan	374	—	424	798
275 lbs.				
J. King	551	363	622	1536
D. Webb	462	292	545	1299
J. Schneebejl	501	396	523	1420
G. McMillian	—	209	341	551
J. Snyder	—	672	—	672

USAPL ALASKA STATE APR 10 2010 » Anchorage, AK

BENCH	J. Deans	—			
MALE	242 lbs.				
198 lbs.	Master				
Master	S. Rabender	380			
Powerlifting	SQ	BP	DL	TOT	
FEMALE					
198+ lbs.					
Open	R. Ethridge	308	176	380	864
132 lbs.					
Open	C. McGill	187	116	264	567
MALE					
Open	181 lbs.				
B. Everts	319	182	446	947	
198 lbs.					
D. Farrow	595	396	584	1574	
C. Tucker	429	391	473	1294	
242 lbs.					
R. Schmidt	600	396	562	1558	
275 lbs.					
D. Johns	584	391	473	1448	
220 lbs.					
C. McGill	506	292	517	1316	
242 lbs.					
D. Autrey	528	347	551	1426	
275+ lbs.					
J. Brow	606	440	595	1640	
Teen I	181 lbs.				
W. Skjothaug	429	209	352	991	
242 lbs.					
T. Lee	303	248	352	903	
Teen II	220 lbs.				
C. Burnett	451	281	440	1173	
Teen III	220 lbs.				
T. Wagner	462	286	501	1250	
Master II	198 lbs.				
S. Peek	407	—	—	407	
220 lbs.					

H. Lloyd	539	325	589	1453
242 lbs.				
S. Rabender	457	380	413	1250
275 lbs.				
L. LaVarro	705	551	705	1960

CHAMPS FITNESS SPECIAL OLYMPIC MAY 29 2010 » York, PA

BENCH	242 lbs.			
105 lbs.				
A. Catlin	190	N. Kalchich	175	
148 lbs.				
B. Shelley	145	M. Bordner	215	
165 lbs.				
Dunkleberger	115	K. Lenartz	30	
181 lbs.				
C. Noll	25			
R. Huber	180	B. Crowe	495	
L. Osman	175	A. Ettinger	350	
C. Branda	145	B. Fausey	335	
220 lbs.		R. Schandle	425	
R. Jones	115			

Champs Fitness held another great special Olympic powerlifting event, featuring many great athletes in front of a standing room only crowd. Stand-outs included Adam Catlin's 198 lb. bench press at only 105 lbs. bodyweight, Kiara Lenartz proved that seven year old girls rae strong too, with a fantastic 30 lb. bench, and Chase Noll overcame many physical set backs last year and had a great time at his first meet. Thank you to Tom Levering, Terry sherk, Bud Wolfe, Mac McFadden, Liz, Colleen, Brett, Joe, Palmer, Nick, Nate, Kevin, Spencer, and Will for making the competition go well. And thanks to Champs Fitness for providing us with a great place to train and hold competitions. And a big thank you to all the Nortumberland/Snyder County Special Olympic athletes who continue to inspire us with their work ethic and sportsmanship - good job!

» courtesy Brian Crowe

USAPL ORANGE COUNTY JUN 5 2010 » Pine Bush, NY

C. Mahgra	225			
FEMALE				
181 lbs.				
Raw	P. Carroll	363		
198 lbs.				
O. Ceresnak	154	D. Nemow	429	
D. Octave	126	242 lbs.		
U. Herbert	77	T. Leher	523	
165 lbs.		R. Kruszely	385	
E. Bryant	82	G. Haley	—	
181 lbs.		275 lbs.		
R. Goldstien	99	B. Klinger	—	
MALE		SHW		
Open	J. Bogart	677		
148 lbs.	K. Johnson	606		
Ironman	BP	DL	TOT	
MALE				
Raw	220 lbs.			
G. Holodniak	286	584	870	
M. Caceci	259	418	677	
Open	220 lbs.			
D. Nellis	314	424	738	
Powerlifting	SQ	BP	DL	TOT
FEMALE				
105 lbs.				
K. Porretta	198	143	220	562
148 lbs.				
B. Brown	220	104	253	578
MALE				
Raw	148 lbs.			
T. Rasmussen	330	214	440	986

C. Smith	303	198	402	903
181 lbs.				
V. Vilensky	314	264	380	959
L. Gibson	165	165	165	496
198 lbs.				
T. Gibson	165	165	165	496
220 lbs.				
S. Roy	429	347	562	1339
Open	165 lbs.			
Golembieski	501	358	501	1361
Ghebretzadic	485	314	468	1267
220 lbs.				
R. Brunk	628.	473	573	1675
D. Newkirk	584	—	—	—

USAPL GLEN MILLS INTERNATIONAL FEB 28 2010 » Glen Mills, PA

Powerlifting	SQ	BP	DL	TOT
Varsity				
114 lbs.				
A. Sanchez	275	180	275	730
McCutrighen	275	180	275	730
H. Almodovar	275	180	275	730
123 lbs.				
D. Murray	310	195	310	815
D. Brown	310	195	310	815
Y. Shakir	310	195	310	815
132 lbs.				
R. Hardy	345	165	345	855
D. Reams	345	165	345	855
M. Zaratae	345	165	345	855
198 lbs.				
K. Mapp	400	205	475	1080
D. Nelson	400	205	475	1080
C. Bostic	400	205	475	1080
G. Hopkins	400	205	475	1080
165 lbs.				
R. Thomas	450	250	450	1150

CALIFORNIA SPORTS SPOTLIGHT
WWW.CssPhotoDesign.com
Phone: (916) 359-2670
Email: css@winfirst.com
VIEW PRINTS ONLINE
Contact CSS with Your Custom Order
EVENT DVDS AVAILABLE
DVDs Available Within Days Following Event
CONTACT US ABOUT BOOKINGS
Book Early to Ensure Your Coverage
WWW.CSSPHOTODESIGN.COM

M. Gaddy	450	250	450	1150	D. Robinson	450	280	500	1230	R. Laury	500	270	500	1270
J. McGuff	450	250	450	1150	D. Bowman	450	280	500	1230	275 lbs.				
181 lbs.					C. Beatty	450	280	550	1280	D. Carter	475	275	440	1190
L. Johnson	455	250	455	1160	K. Alonzo	450	280	550	1280	J. Cordona	475	275	4440	1190
C. Taylor	455	250	455	1160	242 lbs.					SHW				
F. Johnson	455	250	455	1160	B. Byron	500	350	500	13850	J. Jones	500	245	500	1245
198 lbs.					A. Respes	500	270	500	1270	P. Gaskill	500	245	500	1245
J. Foster	450	280	500	1230										» courtesy USAPL

BENCH OF CHAMPIONS

F200 Super Bench
Price: \$995/ S&H: \$225
Durable Powder Coat Finish
Competition Gripper Pad
Spotter's Platform
Adjustable Bar Catchers
4x2" & 3x3" Steel Tubing
Easy 4 Bolt Assembly

Pad Only with FORZA Innovative Gripper Cover: \$295 S&H: \$45

FORZA STRENGTH SYSTEMS
MADE IN THE USA

ORDER TODAY!
VISA MasterCard American Express
1.800.769.9259
Forza can outfit your entire gym.
www.FORZASTRENGTH.com

USAPL MI PUSH PULL MAY 1 2010 » Flushing, MI

BENCH	198 lbs.				
FEMALE	Raw Junior				
114 lbs.	Chamberlain	331			
Open	Junior				
J. Lamson	T. Zintsmaster	408			
148 lbs.	Raw Open				
M. Kuchar	M. Kuchar	353			
Raw Open	220 lbs.				
K. Hockeborn	Raw Master II				
220 lbs.	C. Henderson	364			
MALE	Raw Open				
132 lbs.	C. Henderson	364			
Raw Teen III	Open				
C. Waatti	J. Gordon	353			
Raw Master IV	242 lbs.				
M. Hess	Raw Open				
165 lbs.	B. Faber	391			
Teen I	N. Kaltsounis	325			
J. Miller	SHW				
Raw Open	Master III				
R. Dukes	B. Edwards	501			
181 lbs.	Open				
Open	J. Skorupa	573			
M. Ruelan	181 lbs.				

BP	DL	TOT	Raw Master I			
			S. Distel	231	419	650
			Raw Teen III			
			R. Miller	248	457	705
			123 lbs.			
			S. Binash	127	248	375
			Teen II			
			K. Schmiedernecht	116	242	358
			Raw Open			
			M. Kuchar	353		
			220 lbs.			
			C. Smith	127	270	397
			Raw Teen II			
			K. Hockeborn	226	275	501
			MALE			
			132 lbs.			
			P. Rotar	248	435	683
			Raw Teen III			
			B. Defelice	220	424	644
			Teen II			
			B. Defelice	220	424	644
			Raw Master VII			
			K. Donnelly	215	375	590
			Raw Master III			
			B. Elbert	253	551	804
			242 lbs.			
			Raw Junior			
			C. Harrington	331	513	844

BP	DL	TOT	Raw Master I			
			S. Distel	231	419	650
			Raw Open			
			R. Miller	248	457	705
			198 lbs.			
			B. Birchmeier	331	507	838
			Junior			
			T. Zintsmaster	408	121	529
			Raw Master III			
			T. Roche	347	452	799
			Raw Open			
			M. Raffin	298	485	783
			SHW			
			Teen II			
			J. Dabbs	209	320	529
			Powerlifting			
			SQ			
			BP			
			DL			
			TOT			
			FEMALE			
			114 lbs.			
			J. Dabbs	342	579	921
			Raw Teen III			
			C. Perez	342	513	855
			Teen II			
			K. Hayes	342	513	855
			123 lbs.			
			S. Binash	137	127	264
			Raw Teen III			
			B. Defelice	220	424	644
			Teen II			
			K. Schmiedernecht	165	116	281
			148 lbs.			
			Teen I			
			C. Smith	149	127	276
			Raw Junior			
			C. Connor	226	154	380
			Raw Junior			
			M. Cerillo	253	—	253

BP	DL	TOT	Raw Master I			
			S. Distel	231	419	650
			Raw Open			
			R. Miller	248	457	705
			198 lbs.			
			B. Birchmeier	331	507	838
			Junior			
			T. Zintsmaster	408	121	529
			Raw Master III			
			T. Roche	347	452	799
			Raw Open			
			M. Raffin	298	485	783
			SHW			
			Teen II			
			J. Dabbs	209	320	529
			Powerlifting			
			SQ			
			BP			
			DL			
			TOT			
			FEMALE			
			114 lbs.			
			J. Dabbs	342	579	921
			Raw Teen III			
			C. Perez	342	513	855
			Teen II			
			K. Hayes	342	513	855
			123 lbs.			
			S. Binash	137	127	264
			Raw Teen III			
			B. Defelice	220	424	644
			Teen II			
			K. Schmiedernecht	165	116	281
			148 lbs.			
			Teen I			
			C. Smith	149	127	276
			Raw Junior			
			C. Connor	226	154	380
			Raw Junior			
			M. Cerillo	253	—	253

BP	DL	TOT	Raw Master I			
			S. Distel	231	419	650
			Raw Open			
			R. Miller	248	457	705
			198 lbs.			
			B. Birchmeier	331	507	838
			Junior			
			T. Zintsmaster	408	121	529
			Raw Master III			
			T. Roche	347	452	799
			Raw Open			
			M. Raffin	298	485	783
			SHW			
			Teen II			
			J. Dabbs	209	320	529
			Powerlifting			
			SQ			
			BP			
			DL			
			TOT			
			FEMALE			
			114 lbs.			
			J. Dabbs	342	579	921
			Raw Teen III			
			C. Perez	342	513	855
			Teen II			
			K. Hayes	342	513	855
			123 lbs.			
			S. Binash	137	127	264
			Raw Teen III			
			B. Defelice	220	424	644
			Teen II			
			K. Schmiedernecht	165	116	281
			148 lbs.			
			Teen I			
			C. Smith	149	127	276
			Raw Junior			
			C. Connor	226	154	380
			Raw Junior			
			M. Cerillo	253	—	253

BP	DL	TOT	Raw Master I			
			S. Distel	231	419	650
			Raw Open			
			R. Miller	248	457	705
			198 lbs.			
			B. Birchmeier	331	507	838
			Junior			
			T. Zintsmaster	408	121	529
			Raw Master III			
			T. Roche	347	452	799
			Raw Open			
			M. Raffin	298	485	783
			SHW			
			Teen II			
			J. Dabbs	209	320	529
			Powerlifting			
			SQ			
			BP			
			DL			
			TOT			
			FEMALE			
			114 lbs.			
			J. Dabbs	342	579	921
			Raw Teen III			
			C. Perez	342	513	855
			Teen II			
			K. Hayes	342	513	855
			123 lbs.			
			S. Binash	137	127	264
			Raw Teen III			
			B. Defelice	220	424	644
			Teen II			
			K. Schmiedernecht	165	116	281
			148 lbs.			
			Teen I			
			C. Smith	149	127	276
			Raw Junior			
			C. Connor	226	154	380
			Raw Junior			
			M. Cerillo	253	—	253

for their service. Scott Steel won the Open and the Master's and Kevin Clark won the Submaster's. The group award went to Montcalm High School who had nine competitors. MHS weightlifting Coach Brian Krabbe said of the students that "This was Montcalm's first competition, we just started the team less than a month ago, and already strong significant improvement has been shown by this meet alone. Donnie Robbins, a champion weight lifter himself, of Pure Athletic Power and event coordinator, volunteers his time to work with MHS students and has had a very positive effect on them and this sport." Thanks to Everyone involved in the competition appreciates all the support. A special thank-you to Chuck Ray Ullly who emceed the event and Montcalm JROTC who with support of the event. Almost one hundred fifty spectators attended the event. Another bench press competition is planned for Memorial Day, May 31, 2010 at Glenwood Park. Those wishing to compete in the next event can visit pureathleticpower.com for more information.

USAPL ALBANY STRENGTH APR 3 2010 » Albany, NY

BENCH	MALE				
FEMALE	198 lbs.				
165 lbs.	G. Socsin	410			
Open	220 lbs.				
E. Bryant	K. Solonya	250			
181 lbs.	Michael				
S. Winchip	250				
Powerlifting	SQ				
BP	DL				
TOT </					

RESULTS



Anna McCloskey – serious squat power (G. Rychlak, Jr. photo)

SHW	Raw AM Junior	400*	560*	960*
Powerlifting	SQ	BP	DL	TOT
FEMALE				
105 lbs.				
AM Master (45-49)				
R. Edson	195	95	215	505
123 lbs.				
AM Teen (16-17)				
A. Gabriel	205	130	275*	610
132 lbs.				
Pro Open				
J. Burkey	400	250	300	950
148 lbs.				
AM Submaster				
T. Howard	350	265	320	935
AM Teen (16-17)				
K. Klink	185	115	245	545
Elite AM Open				
M. Borzok	485	370	400	1255
Raw AM Master (45-49)				
J. Swarhout	195	140*	250	585
165 lbs.				
AM Master (55-59)				
B. Bowen	340*	185*	315*	840*
181 lbs.				
Elite AM Open				
A. McCloskey	580*	280	445	1305*
SHW				
AM Open				
T. Jones	430	300	360	1090
MALE				
114 lbs.				
AM Teen (14-15)				
A. Feta	235	160	300	695
AM Teen (16-17)				
D. Fitzgerald	245	165	300	710
Raw AM Teen (16-17)				
B. Johnson	135	110	225	470
4th-S-150* B-120* D-235*				
123 lbs.				
AM Teen (14-15)				
A. Belli	315	275	385*	975
4th-BP-285*				
148 lbs.				
AM Junior				
R. Stover	530	365	470	1365
AM Teen (16-17)				
T. Applegate	255	165	340	760
Pro Junior				
M. O'Brien Jr.	680*	430*	525*	1635*
Pro Open				
M. O'Brien Jr.	680	430	525	1635
Raw AM Junior				
A. Eckrode	340	260	445	1045
4th-BP-460*				
165 lbs.				
AM Master (50-54)				
G. Ruth	375	250	385	1010
AM Open				
M. Kemper, Jr.	570	305	530	1405
AM Open				
D. Gebo	430	310	440	1180
AM Teen (16-17)				
N. Gonzalez	300	235	415	950
Elite AM Open				
J. Hall	260	200	330	790
Raw AM Junior				
A. Harvey	405	390*	440	1235
Raw AM Teen (14-15)				
T. Betz	275*	175	350*	800*
Raw AM Teen (16-17)				
J. Lobb	315*	215*	340*	870*
E. Ruth	235	185	335	755
4th-BP-200				
181 lbs.				
AM Submaster				
B. Lemieux	435	375	530	1340
AM Teen (16-17)				
M. Robertazzi	325	245	430	1000
A. Mastrandr	295	230	350	875
Pro Open				
F. Piermattei	700	455	550	1705

Raw AM Open	325	285	470	1080
S. Bettencourt	325	285	470	1080
Raw AM Teen (14-15)				
K. Gillow	275*	190	375*	840*
Raw AM Teen (16-17)				
B. Gillow	240	190	275	705
198 lbs.				
AM Junior				
G. Lobb	635	480	555	1670
AM Open				
C. Wittway	530	500	475	1505
AM Submaster				
J. Matta	610	580*	500	1690*
AM Teen (16-17)				
F. Thelmo	460	295	460	1215
Raw AM Junior				
T. Tyson	440*	340	470	1250
Raw AM Master (40-44)				
B. Huling	405*	340	490*	1235*
Raw Pro Junior				
M. Delbert	470	305	—	—
220 lbs.				
AM Junior				
J. Ellis	675	315	500	1490
AM Open				
R. Garvey	675	365	630	1670
AM Teen (18-19)				
S. Hanna	550	355	520	1425
Pro Open				
J. Jones	770	530	605	1905
Raw AM Junior				
J. Durner	460	380	550	1390
Raw AM Submaster				
M. Gallo	425	335	500	1260*
242 lbs.				
AM Master (60-64)				
R. Harper, Sr.	600*	315	630*	1545*
AM Open				
N. Gibson	625	425	550	1600
AM Open				
C. Clark	505	405	605	1515
AM Submaster				
D. Brown	650	475	500	1625
AM Teen (16-17)				
N. Sites	490	300	525	1315
Elite AM Open				
E. Winter	750*	555	580*	1885
4th-BP-580*				
Pro Junior				
Baughman, Jr.	725	600	500	1825
Raw AM Open				
S. Maffett, III	350	280	410	1040
Raw AM Submaster				
P. Mingoes	520*	315	580*	1415*
275 lbs.				
AM Open				
L. Livermore	635	530	540	1705
Raw AM Master (40-44)				
R. Stoult	505	385	500	1390*
Raw AM Master (50-54)				
D. Martin	400	330	525	1255
Raw AM Open				
D. Maffett	425	335	500	1260
308 lbs.				
AM Master (40-44)				
P. Hilliard	700	575	655*	1930
AM Teen (16-17)				
J. McAlpine	590*	375	520*	1485*
Pro Open				
J. Flores	765	565	625	1955
Raw AM Junior				
C. Collier	510	400*	600*	1510*
*=IPA World Record (records verified).				
#=Unsanctioned, Best Lifters Saturday				
Full Power: Overall Women-Jenny				
Burkey, Teen AM Light Weight-Anthony				
Belli, Teen AM Heavy Weight-Scott				
Hanna, Teen Raw AM-James Lobb, AM				
Light Weight-James Matta, Best Lifters				
Sunday Full Power: Raw AM-Chad				
Collier, Pro-Jim Jones, AM HW-Paul				
Hilliard, Best Lifters Sunday Bench:				
AM-Will Schwabenbauer, Raw AM-Tom				
MacDonald, Pro-Stan Roesch.				
» courtesy Gene Rychlak, Jr.				

IPA POWERPALOOZA 12

APR 17-18 2010	York, PA	AM Open	280	410	690
		A. Terrien	280	410	690
		Elite AM Open			
		A. McCloskey	280	445	725
BENCH	J. Prilla	535			
FEMALE	308 lbs.				
181 lbs.	AM Open				
Elite AM Open	Schwabenbau	600			
A. McCloskey	280	Pro Master (45-49)	235*	310*	545
MALE	S. Roesch	625*			
198 lbs.	Pro Raw Open				
Raw AM Open	A. Bosnyak	470*	310*	440*	750*
J. McDaniel	425*	AM Master (55-59)			
AM Master (50-54)	L. Jordan	430			
T. Evangelista	435*	Raw AM (40-44)	250*	425*	675*
Raw AM Open	L. Jordan	430*			
I. Guido	385	Raw AM (45-49)			
AM Submaster	T. MacDonald	540*	385	530	915
J. Matta	580*	DEADLIFT			
220 lbs.	FEMALE				
AM Open	148 lbs.				
D. Brauer	350	Raw AM Open	330	425	755
Pro Open	J. Bettencourt	240	325	410	735
P. Murphy	425	MALE			
Raw AM Open	148 lbs.				
R. Smith	350	AM Junior	505	575	1080
Raw AM Submaster	W. Anstine	320	365	475	840
M. Johnston	350*	165 lbs.			
242 lbs.	AM Junior				
Pro Master (45-49)	C. Weyandt	450	340	335	675
C. Blough	520	Raw AM (40-44)	390	410	800
Pro Police	P. O'Grady	425*			
R. Powers	575	181 lbs.			
4th-600*	Raw AM Open				
275 lbs.	D. Ruhl	475	550	640	1190
AM Master (40-44)	308 lbs.				
Ironman	Raw AM Junior				
FEMALE	A. Cuenco	340	560	900	
181 lbs.	Raw AM Open				
	R. Doll#	450	530	980	

WWW.NEWYORKBARBELLS.COM

SERVING THE INDUSTRY FOR OVER 30 YEARS!

CL-95810 BIO SEATED MILITARY PRESS



Bi Angular Arm Movement to Duplicate Natural Motion

C82626-WP GLUTE & HAM STRING MACHINE

Extra Wide Diamond Toe Plate for Foot Support
Adjustable Horizontal & Vertical Slide
Special Contoured Seat, Front & Rear Hand Grips



C-PRO92580 TITAN POWER RACK-96"

*Plates not included



3" X 3" X 11 Gauge Steel Tube Construction
Self Locking Jumbo Steel Pins
Self Locking Jumbo "J" Hooks
Front Deep Knurled Chinning Bar
33" Space between front & Rear Posts

KETTLE BELLS SOLID OR ADJUSTABLE



POWER LIFTING BELTS



1/2" Thick Top Quality Leather
Soft Suede Lining & Padded Back for increased Support.

MEGA SHRUG BAR



1000 lb. Capacity
Deep Knurled for Better Grip
1.25" Dia. Steel Bar - Knurled & Chrome Plated
Plates, Stand & Collars are not included

BENCHES, CALF MACHINES
DUMBBELL RACKS, LAT MACHINES
PLATE HOLDERS, POWER RACKS
SMITH MACHINES, PLATES
HEX DUMBBELLS, BARS,
WEIGHT SETS
STRONGMAN EQUIPMENT
AND MORE!!

Im5634 WEIGHTED VEST 50 lb.



POWER LIFTING BELTS



Distance between holes-2"
28 Holes with numbers for adjustment
26" Distance between Posts

FARMER'S WALK - 2" & 5"



TITAN SQ. PLYOMETRIC PLTFORMS



Top: 3/4" CD Plywood base with
3/4" US Made Non Toxic, Non Skid Rubber
Available Sizes: : 12", 18", 24", 30", 36 & 42"

SPECIAL POWER LIFTING BARS



(IM-0260-O) MEGA TRICEP CURL BAR - 86" LONG-\$199
(IM-0250-O) MEGA BOW BAR - 92" LONG-\$199
(IM-0240-O) MEGA SPL. OLYMPIC BAR - 92" LONG-\$169

POWER RACK # C92563



FARMER'S WALK - 2" & 5" BLACK FINISH WITH CHROME COLLARS



TITAN SQ. PLYOMETRIC PLTFORMS



CHAPTER 44: CONTROL - MIKE BRIDGES »

With no visible sign of emotion, Mike Bridges won a long hard battle against 737 pounds. I'll never forget the look on the face of Mike Lambert, the *Powerlifting USA* editor, who knows everything that has ever happened in the history of powerlifting. The lift took about ten seconds. Had he tried to deadlift 738 pounds that same day, he would have surely failed. World champion Ray Benemerito passed the comment that had Bridges put more chalk on his hands for that lift, he would have failed.

Working with the best lifter in the history of the world was priceless. Never once did he yell, shove smelling salts up his nose, or bang his head on the bar, as many competitors did. He knew exact weights to choose and sat in a somewhat unnerving, calm manner between lifts—a manner atypical for powerlifters.

I have been in this sport for thirty years and seen thousands of people approach it as though victory depended only on how much they could psych themselves up. Mike Bridges, with his calm, poised, in complete control approach, fascinated me. For years after meeting him, I have tried to teach athletes to stay inside their own heads, and not to look for outside sources to drive them. The contest just seems to always go to that one person who concentrates on themselves, not everything around them. In their 1908 research studies, which were published in the *Journal of Comparative Neurology and Psychology* under the title, "The relation of strength of stimulus to rapidity of habit-formation," Robert M. Yerkes and J.D. Dodson showed that psyching yourself up too much causes a decline in performance. In my eyes, they could have saved themselves the research subjects and time by watching Mike Bridges.

From that day onward, I have understood why this quiet man has earned the right to be called Mike Bridges, "The Greatest Lifter in the History of the World." I only wish the thousands of other athletes I have coached since then, including many of the world's best, could have been with me to see the master of self control.

Plato said, "The greatest conquest of all lies within one's self." So did Bridges. «

THE GORILLATRAP BLASTER

Presented by Ron Fernando, National Columnist Powerlifting USA Magazine
INCREASE YOUR DEADLIFT LOCKOUT TODAY
www.gorillatrapblaster.com

GET IN SHAPE SALE

Limited Time Price Reduction

Price: \$449.99

Now Only \$399.90!

Heavy Duty yet Portable
Easily Holds up to 800+ lbs of barbell plates



Versatile and Portable- 4 exercise Machines in One



Shrugs Chest Dips Triceps Dips Toe Raises

American made and absolutely bombproof, this unit will allow you to do the heaviest shrugs possible in total safety. Forget about wrestling with heavy dumbbells! The Gorilla Trap Blaster also is a functional Triceps and Chest Dip Station plus Toe Raise Device for huge Calves. Get Huge Traps, Triceps, Chest and Shoulders, plus dramatically Increase Your Deadlift lockout

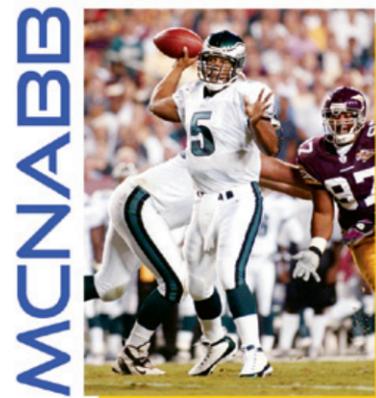
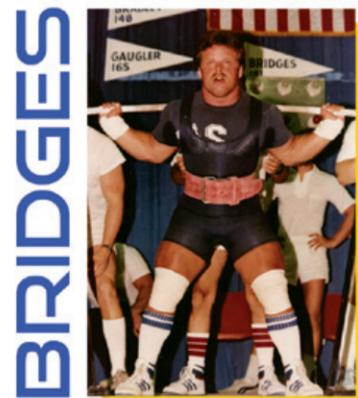
CALL RON FERNANDO to Order
OFFICE 630 566 9171
Direct 630 674 1681

Partial List of Exercises
Shrugs/ Front and Rear
Chest Dips
Triceps Dips
Toe Raises
Parallel Grip Deadlifts on Box
High Pulls on Box
Parallel Grip Bent Rows on Box

TO ORDER
630 566 9171
Ships via Fedex \$399+ \$60 Shipping and Handling

Debuted at the '09 Mr. Olympia
See Us At Mr. Olympia 2009
in Las Vegas

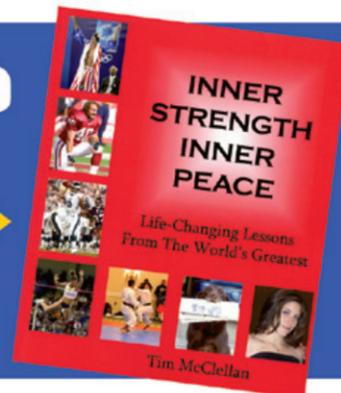




WHAT MAKES THEM SPECIAL?

FIND OUT FROM A MAN WHO COACHED THEM ALL

WWW.STRENGTHANDPEACE.COM



Top-Quality Supplements at Rock-Bottom Prices!



SUPPLEMENT POLICE.COM
Independently Certified 100% Authentic

SUPPLEMENT DIRECT.COM

1 GH SUPPORT

GH Support is an efficacious full spectrum blend of amino acids shown to enhance and support GH production.

30 SERVINGS FOR \$19.99

2 REPS!

REPS is an innovative pre-workout formula designed to increase performance and work capacity while in the gym, on the field and during periods of sporting competition. REPS works on many different levels within the body, in order to improve work capacity and performance.

39 SERVINGS FOR \$9.99 CAFFEINE FREE IN 4 FLAVORS AND CAFFEINATED IN 5 FLAVORS

3 JOINT SUPPORT

Extra Strength Joint Support powder is a combination of dietary supplements that support healthy joint and ligament function.

15-30 DAYS FOR \$11.99

A SIZE & POWER TRIPLE THREAT!

Prices are subject to change and may not accurately be depicted as these changes may occur. Every effort is made to keep these comparisons accurate and up to date.

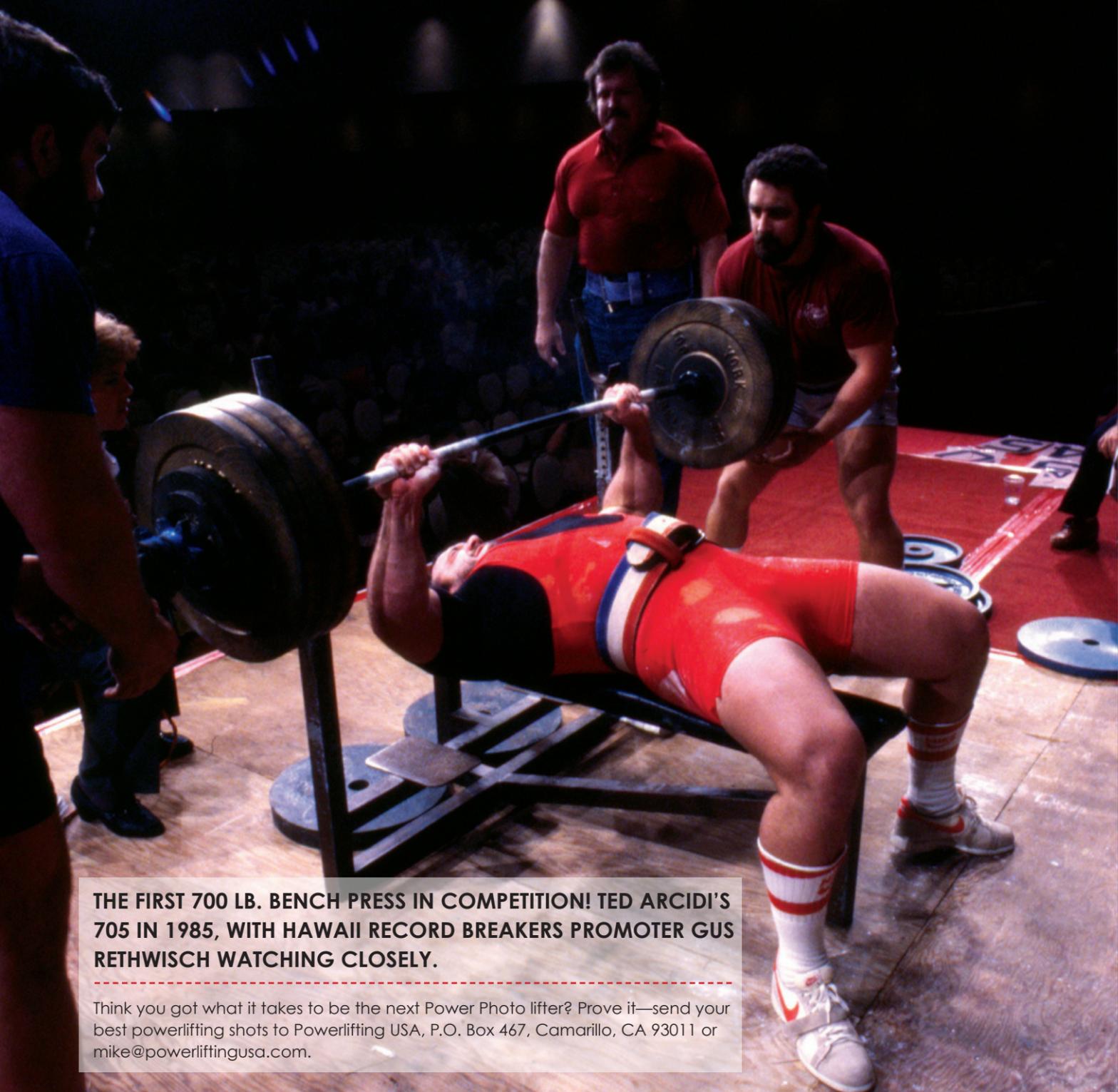
www.SupplementDirect.com



3971 S. Higuera #130
San Luis Obispo, Ca. 93401

Order Line: 1-888-776-7629

TED ARCIDI



THE FIRST 700 LB. BENCH PRESS IN COMPETITION! TED ARCIDI'S 705 IN 1985, WITH HAWAII RECORD BREAKERS PROMOTER GUS RETHWISCH WATCHING CLOSELY.

Think you got what it takes to be the next Power Photo lifter? Prove it—send your best powerlifting shots to Powerlifting USA, P.O. Box 467, Camarillo, CA 93011 or mike@powerliftingusa.com.

INZER ADVANCE DESIGNS

THE BEST POWERLIFTING BELTS IN THE WORLD
THE FOREVER GUARANTEE™ MANUFACTURED SO SECURELY WE BACK UP THE LASTING WEAR OF YOUR BELT FOREVER.

13mm lever belt \$68
13mm buckle belt \$70
10mm buckle or lever belt \$58
Tapered buckle or lever belt \$52



Choice of stiff leather for the firmest support or soft leather for immediate comfort. Extra firm leather will conform over time for a permanent personal fit. Soft leather will conform to your shape more quickly. Available in any style. Most popular choices are double prong buckle, single prong buckle or lever belt. 13mm or 10mm thick, 10cm wide or 10cm tapered to 6cm body-building style suede both sides, suede inside only, or smooth leather both sides.

- ZINC PLATED STEEL BUCKLE.
- TONGUE LOOP RIVETED NOT SEWN.
- LOCKSTITCHED WITH CORROSIVE RESISTANT, HI-DENSITY NYLON.
- SAME RIVETS AS USED ON THE SPACE SHUTTLE.
- Highest quality suede provides non-slip surface.
- NOT BRADED. HIGH COMPRESSION RIVETED. WILL NEVER COME LOOSE.
- New, closer prong holes for more choice in precise fitting.

INZER
WE MAKE POWER GEAR A SCIENCE
1-800-222-6897



INZER[®]

POWER SHOE

maximize your leverage • stabilize your body

The first powerlifting shoe designed specifically for medium stance to wide stance squatters with emphasis on a proper leverage base, stability, and shin/ankle position.



Extra Wide Ankle Band

Thick Padding Around Ankle and Throughout Body of Shoe

Extra High Top

All Full Grain Leather, Solidly Constructed and Angled to Prevent Rollover

3 Buckle and Leather Velcro Strap System Placed Where You Need It

Upper Hook Eyelets for Lacing Speed Save Time and Energy While Providing Superior Control of Fit



SOLE MOLDED TO PERFECTION

Inside Sole is Flat and Same Height from Toe to Heel. This Shifts the Load to the Larger, More Powerful Muscles and Power Position for a Bigger Squat.

All-Direction Traction Bottom

INZER[®]
ADVANCE DESIGNS

INZER POWER SHOE \$119.95
Available in solid white with scarlet red logo.
Solid black available soon. Sizes 4 1/2 - 15

The World Leader In Powerlifting Apparel
P.O. Box 2981 • Longview, Texas 75606
800-222-6897 • 903-236-4012