

# INTERVIEW

Personal dialogue between  
PL USA Magazine and the  
Sport's Greatest Names.

## CHRIS CONFESSORE

as interviewed for *Powerlifting USA* by Doug Daniels

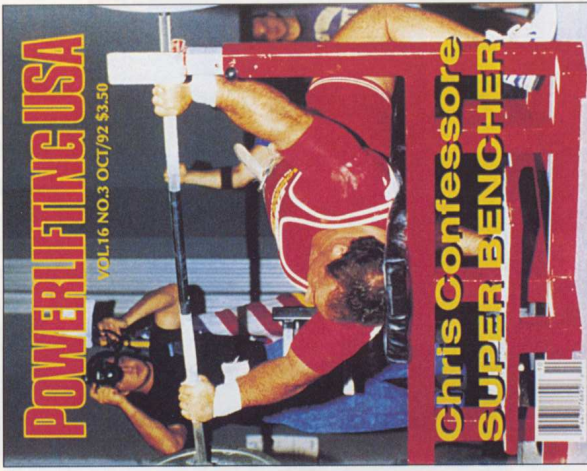
On June 17, 1995, in Phoenix, Arizona, Chris benched an amazing world record 741 pounds. There have been several 700 pound-plus benches lately, but what makes this so spectacular is that he is not a 300 pound-plus super-heavyweight, but a mere 236 pounds. Confessore is no flash in the pan or gym lifter. Chris has been setting world records in the bench since 1988. His resume includes about 16 world records and the most triple bodyweight benches in history with a dozen. Not just a bench, Chris has also distinguished himself as a top 3-lift competitor with YMCA and Junior National titles, registering an 804 squat and 2044 total in the 220 class. 1962 at 198 and 1878 at 181. His first meet showed there was some potential there with a 305 bench at 148 pounds in the mid-1980s. Chris managed to leave his mark on each weight class from 148 to 242 with a best of 350 at 148, 460 at 165, 562 at 181, 589 at 198, 662 at 220, and, of course, a 741 at 242. The 741 is the highest rated bench by the Schwartz formula, the first to surpass 400 pounds. This dominance and longevity in the sport makes Chris the greatest bench presser of all time and he's not done yet.

**DOUG:** I've known you for about 10 years and have always been amazed by your power, but the last year has seen your bench go out of sight. To what do you attribute this?

**CHRIS:** I think my body is just now getting to where it wants to be. This is my optimum weight class. I'm relatively injury-free, and the heavy weights don't bother me much at this weight. Also, my mentors at Iron Curtain Labs developed an incredible bench cycle routine to maximize my explosive power. I don't want to reveal how it works at the present because I intend to use this system to shatter the 800 pound barrier by next spring.

**DOUG:** Is your training any different than it was in the past?

**CHRIS:** Not really. I'm just hitting heavier weights now more often at this weight. After getting the 662 in 1993, it seemed to wake my body up. I've made steady progress since then and I realized that 700 was a real pos-



Chris appeared on the October 1992 cover of POWERLIFTING USA.

sibility. When I started, 600 was not in my mind, let alone 700.

**DOUG:** I've always wondered how record setters handle mental blocks. Your PRs are world records.

**CHRIS:** I compete against myself. My last block was 600, 700 didn't phase me, I don't know why. To set records for as long as myself you must be totally fearless of heavy weights and, in my case, if I come home without a record, people look at it as a failure, so that feeds my motivation and develops a strong mind as well.

**DOUG:** Of all your records, which one do you savor the most?

**CHRIS:** The 741 because it's fresh. It's the heaviest triple bodyweight bench of all time and it's up there with what the big boys are doing, at a much lighter weight. Just before the meet I

doubled 705 and followed that with an easy 730, so I was ready for a big lift.

**DOUG:** You've got a lot going on right, how about the scoop? **CHRIS:** I'm writing a monthly column for Muscle Mag called the "Power Page." It gives powerlifting some good exposure. I answer questions from readers. My bench press book has been selling well and I'm working on a bench press video. I'm also the spokesman for Iron Curtain Labs, a supplement distributor. I've gotten good results from all of their products, especially GH-1000. I highly recommend this special product.

**DOUG:** We know what you can bench, but what type of weight do you use in other exercises?

**CHRIS:** I can overhead dumbbell press a pair of 150s for 15

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