

INTERVIEW

Sioux-z Hartwig interviewed by Liz Willett

LW: How about a little background information.
SH: Date of birth: October 5, 1968. Residence: Bethesda, MD. Occupation: Nationally Certified Massage Therapist. Interests outside of powerlifting: I enjoy dancing, art projects, collecting tigers, movies, concerts, dining out and spending quality time with family and friends. Teas lifting: In 1991 I competed in my first competition. After a short break, I resumed training in August 1992 and have been consistent ever since.

LW: What got you interested in powerlifting?
SH: In the summer 1990, I lifted on a Universal machine with some coworkers. One of them noticed my strength and suggested I try powerlifting. In the spring 1991 I found some people on the Intramural Powerlifting Team at South Dakota State University. Within the next three months I had three competitions under my belt. I totaled 90 pounds less than the current ADFFPA national champion. Despite my inexperience, I lifted could win nationals with proper training and technique. Weight Class: 105 and 114 pound. I have staved at 114 lbs since 2001. Best lifts: Squat: 369 @ meet, 375 in gym. Bench: 214 @ meet, 220 in gym (210 for a triple). Deadlift: 369 @ meet, 365 in gym. Records titles held: National & American Records in the Squat and Bench classes in SD, MD and VA, 1993 ADFFPA National Champion @ 105, 1993 WDFPF World Champ @ 105, 1994 USPF Bench National Champ @ 105, 1995 Lifetime Drug Free National Champ @ 105, 1997 USPF Bench National Champ @ 114, 1999, 2000 USAPL National Champ @ 105, 2001, 2002, 2003 USAPL National Champ @ 114, Bronze Medal IPF Worlds in Bench 2000, 2001, Bronze Medal OVERALL - IPF Worlds 2002, GOLD medal in the past: USPF ADFFPA Lifetime Drug Free, USAPL. Currently only the USAPL.

LW: Can you tell us a little about your workout schedule on a basic week?
SH: Monday - Heavy Bench, Tuesday - Deadlift, Thursday - Light Bench, Friday - Squat. A typical workout lasts 90 minutes and includes the core lift followed by assistance exercises targeting my weaknesses.

LW: What does your diet consist of and what supplements do you take?
SH: When I competed at 105, my diet consisted mainly of chicken, turkey burger, tuna, eggs, whites oatmeal, vegetables, and apples. At 114 I eat most foods, just in smaller amounts. I start my day with oatmeal and scrambled egg whites. I then try to eat 4-5 smaller meals throughout the day. Most of my carbohydrates come from oatmeal, veggies, and apples. Occasionally I eat rice, pasta, potatoes, and bread. My main protein sources are pork chops, turkey, chicken and tuna. I eat red meat once a week. I drink at least one gallon of water a day. On a good day, I'll drink two. I supplement my diet with a multi-vitamin, calcium, protein powder, and glutamine. I eat clean during the week

and moved to the Washington DC area to train and compete. I attribute most of my success to my dedication, hard work, sacrifice, and perseverance. I also have to give credit to some wonderful people in my life. Kirk Karwowski trained with me for seven years and helped perfect my form and technique. He was also a great example of dedicated lifting. Larry Maile gave me new training ideas that helped my muscle shoot over 200 lbs and added 8 weeks. Matthew Gary is my current coach and training partner. He came to my rescue this past year when I no longer had a squat training partner and coached me at the World's in Chicago. I would also like to thank Lance Breeden and Jeff Cook for being my bench training partners for the past year and a half. Mike O'Donnell for his help coaching me at the past few Worlds (thanks for telling it like it is... Shut up about the squat, it is time to bench!), Pete Alaniz of Titan for all of the gear throughout the years, my sponsors for their support, and last but not least... my wonderful family and friends that have been there for me throughout the process. NEVER give up your dreams - shoot for the stars!

LW: What have been your biggest obstacles to overcome?
SH: When I was 13 I asked my mom for a weight set for Christmas. Instead she gave me 3 lb. dumbbells because she was afraid I would hurt myself. In high school I started lifting and was told, "girls don't lift." I did not lift again until college and then it was a different story. As soon as they saw how naturally strong I was, I was told I should compete. I then had to find a place to train after I graduated college. I knew there were numerous gyms and lifters so I moved to the Washington DC area to train and

follow my dreams. My biggest physical obstacle was the lower back and hip injury that stopped me from squatting for almost 6 months.

LW: You have been to numerous IPF World meets. Tell us the places you have been and how competing internationally differs from the US.

SH: I have traveled all over the world. I have competed in Argentina, The Czech Republic, Japan, Germany, and the USA. Competing internationally means

strict judging, travel concerns including fatigue, dehydration, cramping, and proper nutrition. I travel a few days ahead of time to help combat jet lag. I never know how my body is going to react to local cuisine so I often bring canned tuna and oatmeal. Competing abroad also means experiencing different cultures, foods (after competing), and exploring other countries.

LW: If you could give one of Sioux's secrets to success, what would that be?
SH: Never give up! Do not let others keep you down. I recently learned to mix up my training. For years I did the same training rou-

time and had only small gains. I switch my routines every cycle or to your body when it fails to you. A difference between good pain and bad pain. Fatigue and muscular soreness are good; it means you are working hard. Sharp pains and muscular strains that won't go away are bad. If your body needs

to be a world champion - train hard, sacrifice, don't give up, and listen to your body when it fails to you. Difference between good pain and bad pain. Fatigue and muscular soreness are good; it means you are working hard. Sharp pains and muscular strains that won't go away are bad. If your body needs

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Sioux-z Hartwig on her way to the IPF Women's World Championship in Chicago.



Pyros Dimas (GRE) had his head in the jaws of the 2000 Olympics when he missed his first two snatches. But once again proving that a ego head is strong back he fought his way back. Sure enough, Dimas ended up three-palling in Sydney, the second weightlifter in the history of the sport to ever win three Olympic gold medals. Rowan J. Strassan, Ph.D. photo Sydney, Australia. (From the book THE IRONMIND, Vol. 10, pp. 1)

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