

PERSONAL BACKGROUND

I live in Bradenton, FL with my husband Barclay and teenage daughters, Cari and Chloe. My husband and I are both dentists and I have a full-time dental practice. I come from five generations of professional violinists beginning with my great, great grandfather Gindl from Austria, so I grew up playing and performing with orchestras and ensembles. Currently I play with the Sarasota Pops Orchestra. My daughters also do lifting, both Olympic lifting and powerlifting. They both lettered last year on the Manatee High School team and both won the Sunshine State Games last year. My husband helps all three of us call our lifts at the meets. We sometimes all train together but because of our very different and busy schedules, sometimes that is impossible.

ATHLETIC BACKGROUND

I played tennis and softball in school but was not very fit. After college, while in dental school, I decided to get in better shape and I started lifting weights. I had become overweight from spending all my time studying and it was a challenge to get the weight off. I started running for my cardiovascular health and the pounds started dropping. I quickly found out how strong I was once I focused on the lifting. I felt like I had more natural strength than most women I saw in the gym. I

POWER PROFILE

MARGARET KIRKLAND DDS

as told to PL USA by Bruce Citerman

enjoyed the challenge of lifting more than a lot of the guys around me.

HOW I GOT INTO WEIGHTLIFTING AND COMPETING

At the age of four, my father started me squatting. He was a powerlifter and had the Michigan bench press record back then. None of his friends believed him when he told them he had me squatting 70 lbs. as a skinny little four year old.

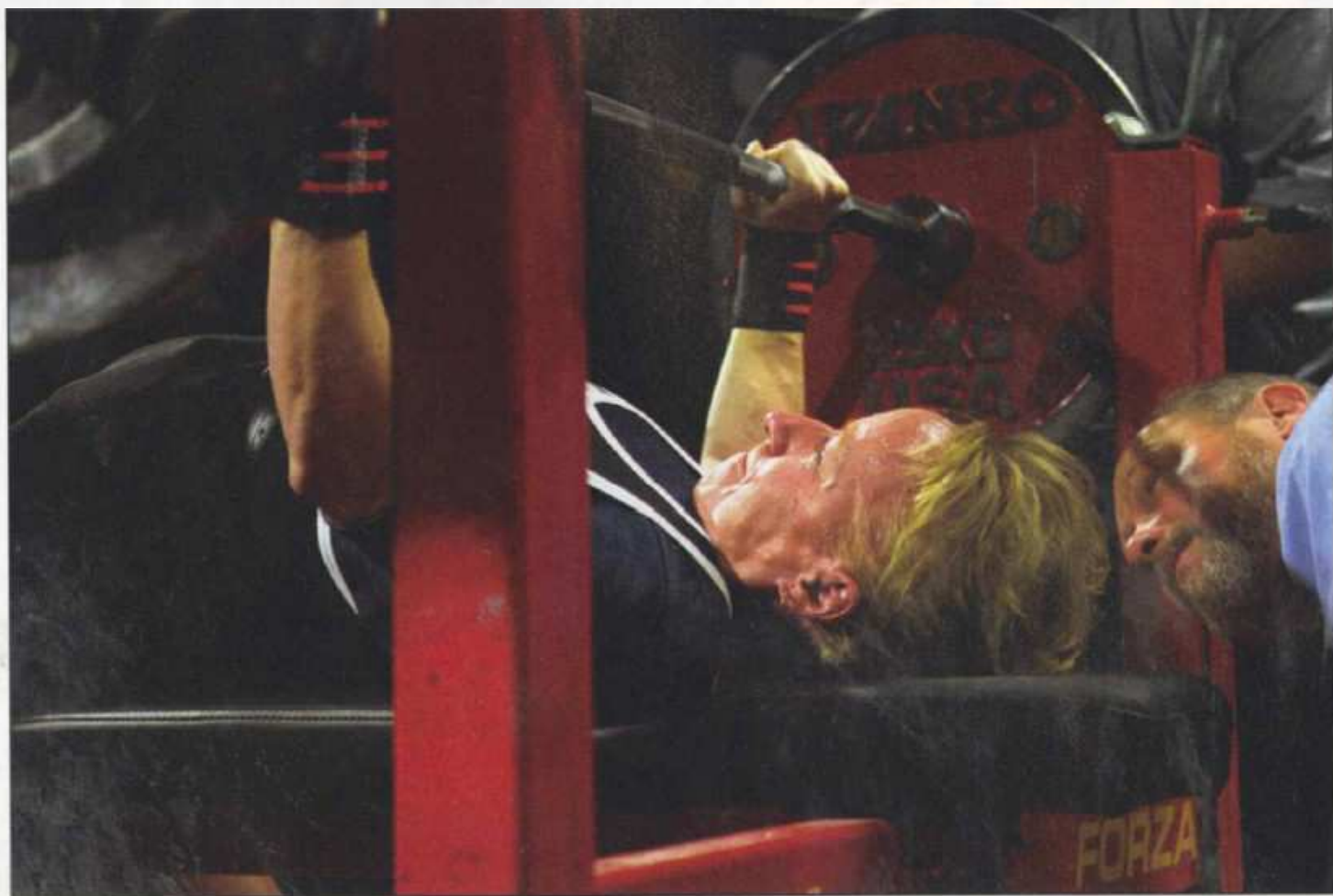
Since seeing me on the cover of the October 2007 issue of *PowerliftingUSA*, his friends finally believe him now! After my parents divorced I didn't pick up the lifting again until my mid-20's. I started lifting to gain muscle and lose fat and I just wanted to feel better. Immediately I had more energy, and lost about 40 pounds. My first date with my husband Barclay, we went to the gym and then out to dinner so we have been committed to this together for a long time. As a kid Barclay worked out at Harry Smith's gym in Tampa where Frank

Zane trained. (He introduced me to Frank at the 2007 Arnold Classic). I did this for about 10 years and really felt good keeping in shape. Then, in 1999, Barclay worked out at a gym in Lakeland, FL called All-American Gym and they had meet results posted on the walls. Kim Austin had some of the AAU state records and was the same size as me (105 lbs.). It looked like with some work, many of them were within reach. He asked me if I wanted to give it a try. I said sure and I have loved competing ever since. The very first meet I entered was a deadlift competition. I was so excited to have pulled 200 lbs.; it was almost twice my bodyweight. In fact, I thought I could have pulled 205! Anyway, I started getting records right away and have been hooked ever since.

My very first full meet was in July of 1999. It was the Senior Nationals in Daytona Beach, Florida. It was at Kieran Kidder's Huger Iron Gym (his first meet too!).

There I met Mike Ferrantelli who encouraged me and helped me with the gear and training techniques. Neither Barclay nor I knew anything about the gear. My inauguration to lifting had begun. I squatted 265, benched 143 and pulled 231 at 105 lbs. Through the years I have gone up a few weight classes (and gone back down). This past year I have lifted at 105, 114, and 123 lbs. I have two gym memberships in Bradenton. One is a regular gym that caters to the "normal crowd" near my home and one is a more hardcore true powerlifting gym across town where the real strong boys go and they help me when I train heavy. Then I have a small gym at home and one at our farm and an Olympic platform at the lake in Kentucky. I never quit. I don't take any time off. For me, powerlifting is more than a hobby. I enjoy challenging my body to do things most people don't think possible. I have made many great friends through this sport. I would like to thank John Inzer and Inzer Advance Designs for providing me with the best gear possible. It is a great benefit which has been a real boost to my lifting! I want to mention my training partner, Mike Alloco, who spots me for my heavy squats and comes to most of the meets. His help has been so valuable! And most of all, I would like to thank my family

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for their help and support.

MY BEST LIFTS IN 2007

Bwt.	SQ	BP	DL	TOT
105	462	209	380	1051
			=10X bodyweight!	
114	475	240	430	1145
			=10X bodyweight!	
123	452	215	402	1069

The highlight of my lifting year has been at the AWPC Worlds in Chicago this past August. I was injured going into the meet due to a fall sky-skiing while on vacation at the lake in Kentucky. I had to go to the chiropractor the three weeks before the meet and could not do any of my heavy lifts. God and Dr. Woosley performed some great therapy! Since I was down in weight a bit, Barclay decided to lift me at 105 lbs. I did some severe weight loss the last three days prior to the meet and Barclay had to carry me to the weigh-in at 4:50p.m., ten minutes before the close. I made it. I rehydrated with electrolytes and ate modestly. The next

day I squatted 462 lbs. which is now the new all-time historical squat record at 105; beating the old record held by a Russian girl by 22 lbs.! This was quite a surprise considering I almost didn't compete when I realized I had pulled out a rib water skiing weeks before.

WEIGHTLIFTING PROGRAM

I have a heavy day and a light (speed) day for upper body and legs usually 72 hours apart. I have found that this takes the constant stress off the body when one is lifting heavy basically all the time or year round. The speed workout can be just as demanding, but in a different way. I do quite a few meets every year so my training varies some depending on what I have coming up but I'll lay out the foundation here:
Sunday: Max Effort Bench, Heavy Triceps ...
Flat bench: up to max 1-3reps, then sometimes a down set of 10-12 reps
Incline bench: usually sets of 8-10 going up in weight each week
Board Presses or declines: working up to a triple or double with different boards.
Dumbbell pause press: 3-4 sets of 10-12
Skullcrushers: 3-4 sets of 10 reps
Lying dumbbell extensions: 3 sets of 10 reps

Tuesday: Speed Squats Deadlifts ...
Speed squats on 12" box with chains or bands from

bottom: 10-12 sets of 2 reps
Sumo deadlifts: up to a max 3 and then one final set as many as I can get

Rack pulls from power rack with pin set just below knees: 3 sets of 5-6 reps

Glute Ham Raises: 4 sets of 10-12reps; or
Reverse Hypers: 4 sets of 10-12 reps

Wednesday: Speed Bench, Triceps ...

Bench Press: 9 sets of 3 reps using 40-50% of my max shirted bench with doubled mini bands or chains using three different grips

Incline bench WG: usually sets of 8-10 going up in weight each week
J.M. Presses: 3 sets of 10 reps
Tricep push-downs: 3-4 sets of 10-12reps

Dips sometimes either weighted or on machine: 3 sets of 10 reps

Thursday: Back ...
Pull-ups or lat pull downs: 6-10 sets of 6-10 reps

Biangular pull downs: 4 sets of 10-12reps

Seated rows: 4 sets of 10-12reps

Bent Over Rows: 4 sets of 10 reps

Friday: Shoulders ...

Biangular front shoulder press: 4 sets of 10 reps

Dumbbell press: 4 sets of 10 reps
Dumbbell lateral and front raises: 3 sets of each, max reps

Heavy shrugs: 3-4 sets of 6-10 reps

Saturday: Max Effort Squat ...

Squats: using Monolift working up to a max or either 5,4,3,2, or 1 rep; usually 3 heavy work sets

Heavy Partial Squats: 4-5 sets of 5 reps working up to 100 lbs. over max squat

Hack Squats: 3-4 sets of 10 reps
Leg press alternating inclined with vertical: 5 sets of 10 reps

Leg extensions: 3-4 sets of 8-10 reps

Leg curls: 3-4 sets of 8-10 reps
Calves, seated alternated with standing: 3-4 sets of 10-20 reps

I also try to do restoration training if time allows following some of my heavier days just to help get bloodflow into the muscle and to help with recovery. I also believe in GPP and do some when I can.

VITAMINS & SUPPLEMENTS

I take a lot of supplements. I started supplementing before I started powerlifting for health/longevity.

As my knowledge base grew and I was made aware of all the benefits one can achieve through the use of supplements, I began to really believe in them and included them in my regimen. Some of the supplements that I take are the following: whey protein isolate, glutamine, creatine, BCAA's, CoQ10, DHEA, N02, Vit's A, C, & E, ALA, Chromium, digestive enzymes, glucosamine, fish oil green barley, a multi-vitamin and ionic minerals.

I have never been injured lifting. I attribute my success to using the correct supplements and a healthy diet. For me it has been hard work (which I love), consistency and no training injuries.

FUTURE PLANS AND COMMENTS

I truly love powerlifting. It is my passion. It teaches one mental focus, discipline, and dedication. You have to be absolutely convinced that you can accomplish your goal. Arnold Schwarzenegger was recently asked how his background in bodybuilding helped him become one of America's greatest leaders. His reply: "If you have 500 pounds of weight in front of you, the only way you know you can lift it is if you try." So true! If you fall, then you keep on trying until you make it.

My goal for 2007 was to be nationally ranked in four different weight classes: 105, 114, 123, and 132. In 2008, I plan to get the historical all-time high in the squat at 114 lbs. and to continue improving.

This sport is unique in that it has a remarkable camaraderie. Many have helped me in my achievements and this "helpfulness attitude" is prevalent at meets. More often than not, others are encouraging each other. Many different personalities blend together and encouragement seems to be the norm. Considering all the muscle and adrenaline, meets are generally very positive experiences which says a lot for our sport. See you at the next meet!

