

# INTERVIEW

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

## BEAU MOORE

as interviewed for Powerlifting USA by Bob Gaynor

**B.G.** Can you give us some personal information on yourself?

**B.M.** By name is Beau Moore. I am 29 years of age and live in Tampa, Florida. I work as a manager of Bally's Total Fitness in Tampa. I'm married to my beautiful wife, Michelle, who goes to all my contests and supports me 100%.

**B.G.** How did you get started?

**B.M.** I started training in high school. I was 6' tall at the age of fourteen (14), and did 250 lbs. on the bench press in my first workout. By the time I turned sixteen (16), I weighed 235 lbs. and benched 400 lbs. I played football in High School and College (was an All-American). I had a brief stint with the L.A. Rams until I hurt my shoulder. I moved to Tampa in 1992 and started playing football again. That's where I met Pat O'Brien (a National and World Champion back in the 70's) at a local gym. He began to work with me on all three lifts. I always had a 500 lb.+ bench by the time I was twenty (20) years old. Then I got hooked up with Tony Conyers from Tampa. Between Pat and Tony they got me started.

**B.G.** How long have you been

training and competing?

**B.M.** March of 1993. I began competing in the Region III A.D.F.P.A. competition in Lakeland. I took first with a 1910 total. I placed 2nd in the Supers in August of 1993 in the Florida State Meet with a 1968 total. In March of 1994 in the Region III A.D.F.P.A. competition I took first place with a 2065 total. In July of 1994 I won the 319 lb. class with a total of 2088 in the Men's Open Nationals A.D.F.P.A. In August of 1994 I garnered first place with 2105 lbs. at Super in the Florida State Meet, and September of 1994 I took first place in the A.D.F.P.A. World's with a 2055 lbs. total at 319 lbs. (Editor's Note: Beau also won the 1995 ADFPA Men's Nationals at 319 with lifts of 793 606 733 2132, as well as the WDFPF World title in England)

**B.G.** How did you get involved with the A.D.F.P.A.?

**B.M.** Pat O'Brien and Tony Conyers lifted in the A.D.F.P.A.

That's how I got started. After competing in the A.D.F.P.A. against the likes of Moses Battles, who is a Masters National Champion and World Champion, with a 900 lb. squat and well over 2000 lbs. total in his mid 40's, I knew I was ready for the A.D.F.P.A. Nationals in 1994. The competition in the A.D.F.P.A. is great and fair, and I will continue to support it.

**B.G.** What are your views on drug usage and drug testing?

**B.M.** Simple. If you are using drugs, don't lift in a drug free meet. The drug testing should be more consistent at all drug free meets.

**B.G.** Do you use any special supplement program or follow any special diet?

**B.M.** I use SportPharma Products, Vanady/PH, Creatine, OKG, Pro MAXX Protein. I eat low fats and lots of protein.

**B.G.** What are your future goals in powerlifting?

**B.M.** To total over 2200 lbs. and

then 2300 lbs. drug free, and bench 650 drug free.

**B.G.** What are your best lifts in competition and training?

**B.M.** 793 Squat, 606 Bench, 740 Deadlift, 2132 Total.

**B.G.** Give us a breakdown of your training.

**B.M.** I train Monday - Chest/Back, Wednesday - Legs/Traps, Friday - Shoulders/Triceps/Biceps. I use a twelve week cycle for competition. Off season I power build five days, four days, or sometimes three days. I change it a lot.

**B.G.** What do you see for the future of powerlifting?

**B.M.** I see powerlifting going back to the old school and not using all these aids.

**B.G.** What advice do you have for beginners.

**B.M.** Don't compete with anybody else but yourself and your own personal best lifts.

**B.G.** Are there any other comments you would like to make.

**B.M.** I would like to thank my wife, Michelle, Pat O'Brien, Tony Conyers, and of course, Bill Beeky, for their support and help. I appreciate the support from Bally's Total Fitness for their sponsorship. They help me along with the help of SportPharma.



Beau is one of the strongest drug free men in the world. He competed at John Inzer's 'Greatest Bench Press in America' contest, hitting a 605.