INTERVIEW

GREG PANORA *as interviewed for PL USA by Bruce Citerman*

BC: What is your personal background?

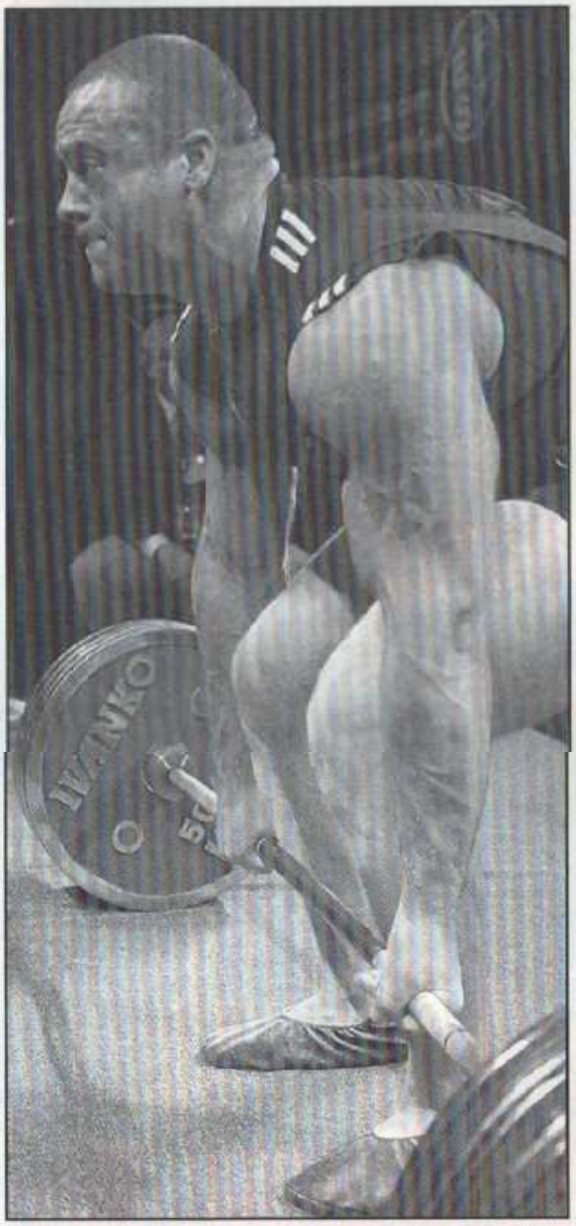
GP: *I'm 26 years old, and grew up in a small suburb of Boston, MA. I went to the University of Maine Orono, and I currently work as a Youth Specialist at a residential home for troubled kids. I live in Columbus, Ohio with my beautiful girlfriend Katie (hopefully soon to be my wife) and the dumbest Pit Bull and Rotweiller in the world. My free time is usually spent watching the show "24" or at the bar with my girlfriend and friends.*

BC: What other sports have you tried?

GP: *I have tried almost every sport at least once in my life. In high school I was a decent athlete. I played defensive tackle for our football team. I was actually bigger then and played at around 260 pounds. I was recruited by a few small schools, but decided to hang up the jersey. I also wrestled and threw the shot for my high school. However, I always felt like I was playing sports for someone else and never enjoyed them that much.*

BC: How did you get involved in lifting weights?

GP: *I began lifting weights my freshman year of high school and never looked back. I was really focused on being the strongest kid at my school and that happened pretty quickly. I tried to get as big as and strong as I could and would eat enormous amounts of food. I gained 45 pounds in a month once in high school, and I benched 500 raw my senior year. I remember reading about Louie Simmons and thinking "I need to be there." I read every piece of Westside Barbell literature I could and became completely focused on training like those guys. Louie Simmons, Chuck Vogelpohl, and Dave Tate were my Michael Jordan or Joe Montana. I did my first contest when I was 19 and weighed around 215 pounds (I went through a little bodybuilding phase). I squatted 550, benched 425, and deadlifted 650, all raw. It was an AAU contest that I heard about 1 week out and me and my Dad decided to go.*



Greg Panora's Resume *now includes a history making 2502 lb. total as a 242 pounder at the 2007 WPO Arnold Classic competition, via 1030 699 771 lifts.*

BC: What kind of lifting have you done in competition since then?

GP: *I competed in the AAU for the next two years and put up some decent raw numbers in the 220 class. I squatted around 650, benched around 470, and deadlifted around 700, all raw. I won the APF Junior Nationals when I was 21 and went 765, 507, 716 at 275. This was in single ply gear that I had never tried on before the contest. The next three years were spent competing at APF Maine contests. I eventually went 920, 545, and 745 as a junior 275er. Recently I moved out to Columbus to train at Westside and my numbers went through the roof, thanks to Louie. I won APF Senior Nationals in Vegas via a 942, 644, and 782 at 242. I then broke the world record in Fremont Ohio with lifts of 1000, 685, and 800. Then I competed in my first WPO contest at the semifinals in New York. I went 1003, 688, ad 744 in the 242 pound weight class. After that, it was the Arnold Classic here in Columbus.*

BC: How do you train?

GP: *I follow a very standard Westside template. Basically I consider Louie Simmons and Matt Wenning the brains of the operation and do exactly what they say. A standard week looks something like this:*

Sunday - Speed Bench Day*: 8 sets of 3 using 40% of my raw max plus mini bands, chains or both. Dumbell presses for high reps 2 sets of 20-25. Some type of barbell or dumbbell extension 4 sets of 8-10. Press Downs 3 sets of 10. Rear delts 3 sets of 12. Some type of row or pull down 3 sets of ten. Hammer curls 2 sets of 15*

Monday - Max Effort Squat/Deadlift Day*: Most often some type of deadlift (against bands, in the rack, off blocks), a good morning (bent over, seated, out of the chains, arched back) or a squat (reverse band, safety squat bar, cambered bar) up to a max single. Reverse hypers 3 sets of 10. Glute ham raises 3 sets of 10. Shrugs with kettle bells 2 sets of 25. Calves 3 sets of 12. Weighted abs 5 or 6 sets (weighted crunches, pull down abs, stability ball crunches)*

Wednesday - Max Effort Bench Day: *Some type of bench exercise up to a max (Floor press, board press, bench press against different bands, incline press, cambered bar bench press). I like to do a down set of 5-8 reps of that exercise after I complete my final set. The rest of the day looks exactly like my speed bench day minus the dumbbell presses.*

Friday - Speed Squat Day: *We do 6-10 sets of box squats with varying amounts of band tension for sets of three. My weight and band tension vary quite a bit depending on how I feel. Sometimes I will use a lot of band tension with less weight, sometimes more bar weight with less tension, often working up to a heavy single. I will also use the safety squat bar or the cambered bar for variation. Speed deadlifts 6 sets of 1 against mini bands (usually around 50% of my max) I then do the same assistance work that I did on Monday.*

BC: What sort of supplement program do you use?

GP: *I don't use many supplements. I used them years ago and I didn't really feel any different. I do use Nitrean protein from AtLarge Nutrition and I really like it. I eat 4 meals a day and 2 or 3 shakes.*

BC: What do you think about the current state of Powerlifting?

GP: *I think we deserve some more notoriety as athletes. There has got to be some way to bring powerlifting to the general public. People are fascinated by strength. We just need someone to market it. Also, stop with the hating on the internet. Most good powerlifters are now turned off by the internet and this a huge loss to the next generation of lifters.*