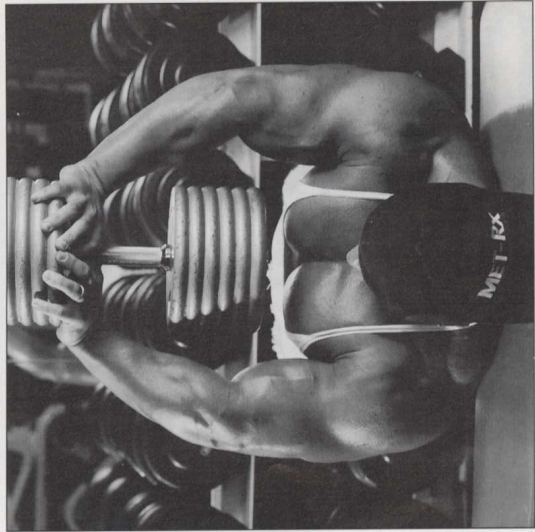


INTERVIEW

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

Dave Waterman as interviewed for Powerlifting USA by Mike Lambert



ML: How does it feel to be the best in the world, for all time, in two weight classes and a given lift?
DW: After all the time I put into this, it feels good to finally get some reward out of the many years of training and hard work along the way.

ML: What kind of arrangement do you have with sponsors like MeirX and Inzer?
DW: Inzer helps me out with the equipment. For my endorsement of their equipment, I get anything I want for free, which helps out tremendously. MeirX provides me with their nutritional products and some money, which helps out with my traveling expenses and everything else.

ML: What is your personal history and athletic background outside of bench pressing?

DW: I started out in baseball and the normal sports, like football. I was a high school football athlete and I did well with that. All through my career I won in everything I did. On my first baseball team as a minor league or ball we always did well and won our division. In my football career, we won our division in Pop Warner. In junior high it was the same thing, we were the champs there. In high school we went to the Carrier Dome in Syracuse, New York, for the high school championship. We won all the 14 games we played. I was the captain of the team. We never lost, so I carried that over into my weightlifting career after sports were over at the high school level. I was never going to be a college football star, so I put more of my time into weightlifting and I excelled at it. It's all your mind-set what you put into it, you get out and I was used to that, so it just carried over.

ML: Was there any person or event that inspired you to get into lifting weights?

DW: I had an older friend, Tony Saccola, who was in his 30s. He was a powerlifter who knew what he was doing, but he just didn't have the genetics to excel at it as much as I did. As soon as I started as a 16 year old, I already had a

Then came the bodybuilding movements like incline barbell press, just to pump the muscle. It's a combination of both, and it's working well, so I'm not going to change anything for a while. Everyone wants me to try to change what I do, but until it's broken, I'm not going to fix it. J.M. (Blackley) wants me to get rid of the polyester bench shirts and go with the denim, but it doesn't work for me so why should I waste time so he can catch up?

ML: Did you win the cash up there in Canada at Ray Carey's World Tour meet on May 22nd?
DW: Actually, I missed my third lift. I tried six and a quarter for a world record, and missed it, so Bobby Hickey took home the money, with a 720 at 277. He's strong. He just missed 740. I thought he was 308. If I had known he was that light I would have taken a different weight. I thought I had the meet won and I sat back until somebody told me one more lift, so it kind of threw me off a little. I didn't train too hard for that competition. The Louisiana meet (Reed Bueche's Biggest Bench on the River II on April 17th) was the one that I peaked out for. I hit that 620 pretty easy down there. I have a few months off now. I'm training for Kieran Kidder's Bench Bash in Maine, August 8th. That's the one where I want to do something really good.

ML: What are some of your physique measurements?

DW: My shoulders are 55", chest 49", arms 19", waist is 31". I love the strength part of it, but also I started this out for looks and health reasons, so I'm never going to sacrifice those basic principles. I want to look good when I do this. I'm not going to put on 50 lbs. of bodyweight just to bench another 25 lbs. That's not me. That's not what I started this for and I won't do it. I'll always be in top physical condition because I like the look.

ML: How has your strength and development been of aid to you outside of lifting competitions?

out yet. I'm only 27, so give me a couple more years and I might be in the 1980s for a while.
ML: Do you consider yourself a powerlifter with a bodybuilder's physique or a bodybuilder with a powerlifter's strength?

DW: I started out to put on muscle mass to begin with, so I started out as a bodybuilder, learning the basic movements, and the strength came naturally. Now I'm more of a powerlifter with a bodybuilder's physique, because I train for the strength first and the bodybuilding comes second. I incorporate both of them into my workouts. My first exercise is heavy weights - high resistance / low repetitions, then I do two more exercises per bodypart and they're both bodybuilding movements. So, it's easy on my joints. When I do heavy weights, it's very low in the repetitions - singles in the bench press. That's all I train.

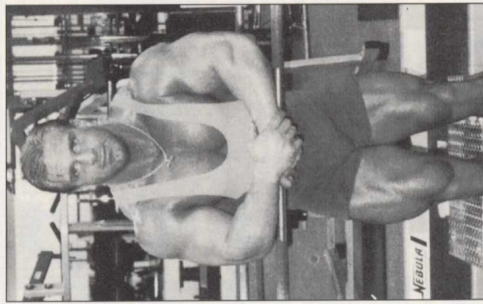
DW: I'm a registered nurse and we get a lot of big patients on the orthopedic floor, with total hip and knee replacements. I get to ambulate most of the people, and my strength helps tremendously at work. I work with some great girls and I love my job.

ML: What are some of your best sets and reps in training?

DW: I train mostly singles. I don't use a bench shirt until about a month out. I train with my wife, Donna Waterman, mostly. For a training partner, she has really inspired me and given me a lot of support along the way. Because I don't have to worry if my partner is going to show up, she has really helped my training. Occasionally, I'll get a spot from a couple guys in the gym. If I went to a raw competition, I'd win that hands down too. I do 550 for singles, no problem, without a bench shirt, double with no shirt on at the World Tour meet on May 22nd. I had some good credentials. I like to feel the weight without the shirt. Then, when I put the shirt on, it gives me that much more stability and I feel that much better. I try to do reps without the shirt on, but the shirt does help, no doubt. On the front shoulder-Smith machine, I've done 405 lbs. for a single. I don't squat, but I obviously train my legs. I do heavy leg presses up to 1500 lbs. I had a bad accident 10 years ago, so I got 3 pins in my hip. That's one reason why I don't do three lift meets, because of my hip. I want to achieve what I can in the bench press. Then, when I've topped out and want to do something for fun, I'll do three lift meets. I'll squat 700 and I'll pull a three lift meet, there are going to be some surprised people, because I've never done it. Still, I've got a ways to go (in bench pressing). I think my best strength will be in about 4.5 years, when I'm about 32-33. That's what I'm looking forward to.

ML: How often do you train your bench press and how long are your sessions?

DW: I train every bodypart once a week. My bench press works out as pretty short. I'm not using a shirt, I'll warm up with 135 for 6 and 225 for 6, 315 for 6, 405 for 4, then 500, 525, to 550 singles. If I think it's a little hard, I'll go to 525. I play everything by ear. I end up going about 3-4 singles. My bench goes up when I don't put on the triceps and shoulder work, so I push those a little bit more. The chest! Just kind of maintain week to week. My bench workouts are



Dave benched 620 in the 1980s back in April.

mix, which is my favorite. It's the high protein and low fat. I take two of those a day. I use Mass-Action Creatine by MeirX. That stuff is incredible. My strength hasn't missed a rep in the gym years. That goes to show you. I feel like I don't push it too hard. If I miss, I really don't take it. The shoulder injury in the last 6 months. Right before the Arnold Classic I hurt my shoulder a little and that's about it. Once in a while my elbow will act up. It's just inflammation, nothing major. I've had no major tears or anything like that. I'm thankful because it's tough to train hard and not have any injuries.

ML: What sort of diet and supplementation plan do you follow?

DW: I attribute most of my physique to MeirX Engineered Nutrition. I think they've contributed greatly to my physique. I follow a high protein, low carbohydrate diet, which keeps my weight down most of the time, which I like, so I can weigh-in light to win the contest. I eat steak, hamburger, chicken, egg, and a lot of cheese. It's a high protein, lower carbohydrates, moderate fat intake diet. The fat is burned as energy, which gives me more caloric intake. It seems to work out well for me. I stay lean most of the time and I don't put on the weight to make me heavier, so I can stay in a lighter weight class. My supplementation is MeirX. I use the Extreme chocolate drink

ML: Years from now, what do you

hope people would remember most about Dave Waterman?
DW: I hope they remember I was a great strength athlete. I hope I have a pile of world records that they can look back on and say, hopefully, he was the best ever, or at least say he was one of the best ever and had a great physique combined with great strength. It's one of my fortes that I have a great look about me compared to most power athletes. If they can't remember me as the best, then maybe one of the bests, and I'll be happy with that because there's some great names out there.

ML: Who's the greatest bench presser of all time, excluding yourself?

DW: Obviously, right now you've gotta say Anthony Clark is the best bench ever. Now, do I believe if I weighed what he weighed could I bench more? I think I could. I don't think I'll ever weigh that much, so right now he's the most weight consistently. If you look back at other names like Chris Confessore, I consider him to be one of the best ever, but I hear a lot of controversy about his lifts. I've only seen him bench press once, in Maryland, where he trained the world record 4 times, but couldn't get it. So, with what I've seen and what's been accomplished, I have to say that Anthony Clark's the best ever, right now.

ML: What's the biggest misconception the general public has about powerlifters?

DW: I would say that most people look at any kind of strength athlete or weightlifter and they think such people are stupid or muscle heads, that they're not intelligent. I think they change that once they have a conversation with me because I am educated and because I am very knowledgeable about the sport, nutrition, and overall matters at my job. I think most people think that weightlifters and strength athletes are unintelligent and can't do anything else but lift weights and I think that's false.

ML: If you were open to doing seminars and lifting exhibitions, what's the best way for someone to get in touch with you?

DW: They can contact me at 4 Sullybrook Lane, Utica, New York, 13502. I will be starting a web page in the future, and I do write individual programs. If anyone wants to write me a letter, I'll answer them all.

no more than an hour, for my whole chest. I don't take a long time between sets. I train a little different than most people, and but it works. I put the maximum resistance on the chest - 85% single for my high rep, then I give it a week to heal. The big thing for me is training my chest, which is typically Saturday. I'll train my back on Sunday, shoulders on Monday, and triceps on Tuesday, so that gives me from Tuesday to Saturday for my chest, shoulders, and triceps to heal. That makes a big difference for me because I go into my chest workouts at about 85% healed every week. It allows me to perform a little higher of a rep, which seems to work. That's the way I've been training for the last 5 years. It's a little different than Louie Simmons or other people think. It works for me, so I'm going to keep doing it.

ML: It seems like you're injury proof, or is it the way you train?

DW: I never push a 90% max. I haven't missed a rep in the gym years. That goes to show you. I feel like I don't push it too hard. If I miss, I really don't take it. The shoulder injury in the last 6 months. Right before the Arnold Classic I hurt my shoulder a little and that's about it. Once in a while my elbow will act up. It's just inflammation, nothing major. I've had no major tears or anything like that. I'm thankful because it's tough to train hard and not have any injuries.

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