

POWER PROFILE

Anthony Clark as told to PL USA by Rosemary Hallium



Anthony is often surrounded by fans when he competes (Finnegan)

One of the brightest new stars in powerlifting is also one of the nicest, most highly-regarded guys in the sport: Anthony Clark.

Anthony is familiar to Powerlifting USA readers from the December 1990 cover shot - in which he's lifting a pickup - to coverage on his competition accomplishments. At 26, Anthony has already earned the title World's Strongest Man, courtesy of some impressive records:

- * First, and only teenager to bench press 600 pounds, 1986. World record holder in the squat: 1025 pounds, 1988.
- * First man to reverse grip bench press 700 pounds, 1992.
- * Most weight lifted in powerlifting competition history: 1015-pound squat, 725-pound bench, 720-pound deadlift at the 1993 WPA World Record Breakers meet in Pennsylvania, for a total of 2460 pounds.

* Biggest bench press of all time, 735 pounds at the USPF Northwest Open Bench Press Championships, this past September. And to think that Anthony started out as a 98 pound weakling! "I did!" he recalls with a rueful smile. Now 330 pounds at 5'7", with 8% bodyfat, Anthony says that when his whole family moved to Texas from the Philippines, he was "lost" at the neighborhood bullies, and I got beat up again when I came home. I suffered physical abuse from my dad for years. I felt like I was nothing, the lowest of the low. I even failed at three suicide attempts.

"Discovering lifting when I was 13 really helped me a lot, but it was a Jay Streek religious crusade one day at school that totally turned my life around. I remember how excited I was hearing that the Lord loves you unconditionally and that trials and tribulations in life aren't there to punish you, but to help teach you lessons you need to learn. If you don't learn, it's your fault, and the same lesson will keep coming back again and again.

"Once I accepted the Lord into my life and put Him first, that put everything in my life into order. I began to develop self-respect, discover my God-given talents, and use these talents for the benefit of myself and others. I'm an instrument of the Lord, and I want to make an impact."

That Anthony is successful in these wishes is evident in the faces

of kids and youth when he talks at schools, gyms, detention centers, and prisons. "The best thing in the world," he says, "is to see a kid smile and be happy, to tell you that you made a difference in his life. I'm thrilled, actually, when guys from the detention center where I worked four years ago will come back and tell me what they're doing right in their lives."

Anthony does scores of such appearances every year, plus his training, dieting, and business activities. "It can be tiring," he says. "My work days are always at least 10 hours long. You need a strong body to serve the Lord."

Anthony's training sounds like a take-no-prisoners deal: all out, no holds barred. He trains very care-

fully, always warming up first, and very strictly, to try to avoid injury. His program is a combination of powerlifting, bodybuilding, and aerobics, supplemented by racketball, basketball, fishing, shooting at the rifle range, and playing with whatever kids are around.

Off-season Clark follows a two-on, one-off schedule: Day 1 - Chest, shoulders & tris and Day 2 - Legs, back and bis.

His pre-contest program is carefully worked out, as per the following workout plan preparing for a 10/23/93 meet:

Squat attempts: 1st-969, 2nd-1022, 3rd-1065. The last squat is 16 days out. The last bench is 9 days out. The last deadlift is 26 days out. Week 1: 7/5/93 Squat 533x5;

Leg Press 873x8; Stand-up (all 10 seconds) 753, 803, 853. Week 2: 7/12/93 Squat 703x3; Leg Press 969x8. Week 3: 7/19/93 Squat 533x5; Leg Press 1054x8; Stand-up (all 10 seconds) 806, 856, 906. Week 4: 7/26/93 Squat 756x3; Leg Press 1140x8. Week 5: 8/2/93 Squat 554x5; Leg Press 746x8; Stand-up (all 10 seconds) 859, 909, 959. Week 6: 8/9/93 Squat 809x3; Leg Press 1203x8. Week 7: 8/16/93 Squat 618x5; Leg Press 746x8; Stand-up (all 10 seconds) 913, 963, 1013. Week 8: 8/23/93 Squat 863x2; Leg Press 1267x8. Week 9: 8/30/93 Squat 618x5; Leg Press 746x8; Stand-up (all 10 seconds) 955, 1005, 1055. Week 10: 9/6/93 Squat 905x2; Leg Press 1321x8. Week 11: 9/13/93 Squat 660x5; Leg Press 692x8; Stand-up (all 10 seconds) 998, 1048, 1098. Week 12: 9/20/93 Squat 948x2; Leg Press 916x8. Week 13: 9/27/93 Squat 660x5; Leg Press 916x8; Stand-up (all 10 seconds) 1046, 1096, 1146. Week 14: 10/7/93 Squat 996x2; Leg Press 714x8. Week 15: 10/14/93 Squat 373; Stand-up (all 10 seconds) 969, 1022, 1065.

Bench Press Attempts: 1st-713; 2nd-733; 3rd-748. Week 1: 7/15/93-402x8x2. Week 2: 7/22/93-440x8x2. Week 3: 7/29/93-477x5x2. Week 4: 8/5/93-515x5. Week 5: 8/12/93-552x5. Week 6: 8/19/93-468x5. Week 7: 8/26/93-580x3. Week 8: 9/2/93-608x3. Week 9: 9/9/93-505x3. Week 10: 9/16/93-636x2. Week 11: 9/23/93-664x2. Week 12: 9/30/93-561x2. Week 13: 10/7/93-692x1x2. Dead Stop. Week 14: 10/14/93-726x1x2. Dead Stop.

Deadlift Attempts: 1st-710; 2nd-749; 3rd-780. Week 1: 7/15/93 Deadlift 515x3; Rack DL 530, 580, 630x3. Week 2: 7/22/93 Deadlift 382x5. Week 3: 7/29/93 Deadlift 554x3; Rack DL 577, 627, 677x3. Week 4: 8/5/93 Deadlift 398x5. Week 5: 8/12/93 Deadlift 593x2; Rack DL 616, 666, 716x3. Week 6: 8/19/93 Deadlift 413x5. Week 7: 8/26/93 Deadlift 632x2; Rack DL 655, 705, 755x3. Week 8: 8/23/93 Deadlift 429x5. Week 9: 8/30/93 Deadlift 663x2; Rack DL 686, 736, 786x3. Week 10: 9/6/93 Deadlift 449x5. Week 11: 9/13/93 Deadlift 694x2; Rack DL 710, 760, 810x3. Week 12: 9/20/93 Deadlift 468x5. Week 13: 9/27/93 Deadlift 729x2. Week 14: 10/

7/93 Deadlift 355x3; Rack DL 710, 749, 780x2.

Meet Days: 1st Attempts - (969 - 713 - 710 - 2392); 2nd Attempts - (1022 - 733 - 749 - 2504); 3rd Attempts - (1065 - 748 - 780 - 2593).

Anthony's diet is a source of amazement to many, as you may well imagine. It's got to take a humungous amount of food to nourish that 330 pound frame with a 61" chest, 108" shoulder girth, 24.5" arms, 18" forearms, 33" thighs, 21" calves, and 23" neck. No pencil-neck, this Clark.

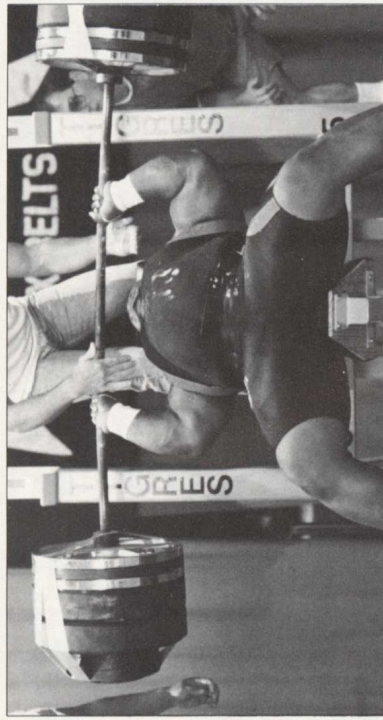
The question he gets asked the most often is, "What do you eat?" His answer is, "A lot of food! I eat eight meals a day, and yet I'm pretty much always hungry. I've always eaten well and consistently, and contrary to what a lot of kids think, I don't eat everything in sight."

Recently Anthony has been working with nutritionist Skip La Cour to fine-tune his diet for optimum nutrition. Here's a sample Sports Enhancement/Fat Reduction diet that La Cour designed for Anthony:

Meal 1: 3 cups of cream of wheat, as much lettuce and cucumbers as you want, 2 tomatoes, 1.25 cups of mushrooms, 1.5 cups of broccoli, 1 cup of corn, 1 apple, 1 cup of lowfat milk, 18 egg whites.

Meal 2: 3 cups of rice, as much lettuce and cucumbers as you want, 1.5 cups of broccoli, 1 cup of corn, 1 banana, 7 ounces of turkey breast.

Meal 3: 3 cups of rice, as much lettuce and cucumbers as you want, 1.5 cups of broccoli, 1 cup of corn,



Overall Strength... Anthony can move incredible weights in any kind of pressing movement (Finnegan)

1 banana, 7 ounces of turkey breast, 2.25 cups of broccoli, 1.5 cups of corn, 1 apple, 7 ounces of chicken breast.

Meal 4: 3 cups of rice, as much lettuce and cucumbers as you want, 2 tomatoes, 1.25 cups of mushrooms, 1.5 cups of corn, 1 banana, 7 ounces of chicken breast.

Meal 5: 3.75 cups of cooked pasta, as much lettuce and cucumbers as you want, 2 tomatoes, 1.25 cups of mushrooms, 1.5 cups of corn, 7 ounces of chicken breast.

Meal 6: 3.75 cups of cooked pasta, as much lettuce and cucumbers as you want, 2 tomatoes, 1.25 cups of mushrooms, 1.5 cups of corn, 7 ounces of chicken breast.

Meal 7: 3.75 cups of cooked pasta, as much lettuce and cucumbers as you want, 2 tomatoes, 1.25 cups of mushrooms, 1.5 cups of corn, 7 ounces of chicken breast.

Meal 8: 5 cups of cooked pasta, as much lettuce and cucumbers as you want, 2 tomatoes, 1.25 cups of mushrooms, 1.5 cups of corn, 7 ounces of chicken breast.

Meal 9: 5 cups of cooked pasta, as much lettuce and cucumbers as you want, 2 tomatoes, 1.25 cups of mushrooms, 1.5 cups of corn, 7 ounces of chicken breast.

Meal 10: 5 cups of cooked pasta, as much lettuce and cucumbers as you want, 2 tomatoes, 1.25 cups of mushrooms, 1.5 cups of corn, 7 ounces of chicken breast.

Meal 11: 5 cups of cooked pasta, as much lettuce and cucumbers as you want, 2 tomatoes, 1.25 cups of mushrooms, 1.5 cups of corn, 7 ounces of chicken breast.

Meal 12: 5 cups of cooked pasta, as much lettuce and cucumbers as you want, 2 tomatoes, 1.25 cups of mushrooms, 1.5 cups of corn, 7 ounces of chicken breast.

Meal 13: 5 cups of cooked pasta, as much lettuce and cucumbers as you want, 2 tomatoes, 1.25 cups of mushrooms, 1.5 cups of corn, 7 ounces of chicken breast.

Meal 14: 5 cups of cooked pasta, as much lettuce and cucumbers as you want, 2 tomatoes, 1.25 cups of mushrooms, 1.5 cups of corn, 7 ounces of chicken breast.

Another Look at Anthony's all time record 735 bench at the Northwest Open (Brian Baerlein photo).

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