

I would like to tell you about the amazing progress of a former training partner of mine. I've had many training partners throughout the last twelve years. In my mind, they all deserve recognition in *Powerlifting USA*. I've chosen to tell you about my oldest training partner, because I believe you will not only be astounded by his recent world bench presses, but also by the methodology he used to achieve his improvement.

During the recent 1986 Police Nationals, sanctioned by the APF, Larry Danaher thrilled the crowd by setting three new bench press records. Larry opened with an easy 505 lb. bench. He then hit a second attempt at 555 lbs. On his third, Larry became the lightest man ever to successfully lift 565 lbs. at a sanctioned meet. Now that I've piqued your interest, there are a couple of things that you should know. Larry weighed in at 191 lbs. He also is completely drug free; that's right, Larry is completely drug free!

If you haven't heard about Larry before, you might be thinking that he is just a bench press specialist. You would have been right to think that a few years ago. Larry has now lifted in four powerlifting meets over the past two years. His progress, at least to me, has also been amazing. Larry totaled 1775 lbs. during the Police Nationals, Elite at 198 in any organization. That total would have won the ADFPA Nationals.

Larry trains at "The Gym" in Lafayette, Indiana regularly with one of the owners, Randy Copus. Neither of them are experienced powerlifters. They have had to intuitively learn proper lifting technique and equipment use. Larry, in my mind, is capable of adding a quick 75-100 lbs. onto his total. Larry had hoped to attempt a 700 lb. squat during the Police Nationals, but when his second attempt was judged high, he was forced to take the 675 lb. squat over. That third lift was easy and judged good. The deadlift is the hardest for Larry. While he pulled 575 lbs., the judges didn't feel he properly locked it out. Some concentrated effort should bring that lift up to around 600 lbs. Get this, Larry hopes to attempt a 600 lb. bench press this year. His fourth attempt at 575 lbs. was $\frac{3}{4}$ s of the way up, when fatigue got the best of him. By carefully selecting his bench attempts, he has another 10 to 20 lbs. I shudder to think what Larry could do if he could train with the likes of Kuc, Frantz, or Hatfield.

To say that Larry has always been a good bench presser would be an understatement. To say that Larry is capable of becoming the greatest bench presser of all time is within reason. Certainly, he is right up there with the likes of Ted Arcidi and Rick Weil, with his remarkable improvement over the last two years.

Larry started powerlifting during the 1984 Man-of-Steel Meet, in Indianapolis. Larry finished third overall at that meet, and set what we all thought was to be a national bench press record in the 181 lb. class. Larry weighed in at 173 lbs., and lifted 419. While the lift was passed by three national ADFPA judges, the

THE BENCH

Larry Danaher: 565 @ 198 as told by his training partner, Joe Brettnacher



Larry Danaher and his 565 at the Police/Fire Nationals. Photo courtesy Joe

Larry gave me his bench press routine and philosophy to share with you. Remember that everyone is different. Hard work, smart and sensible training, along with genetics, are all a part of the equation that makes good lifters with potential into great lifters. If Larry's routine is not agreeable to you, this magazine is full of routines to try. Larry's routine is outlined below:

I. Mind Routine

- A. What the mind can see, the body can achieve.
- B. Mentally train your mind each day.
- C. Use hypnosis to train your mind.
- D. Mentally rehearse your routine before each workout.
- E. Mentally rehearse a successful lift before every heavy set.

II. Bench Routine (beginning of cycle til 4 weeks before meet)

- A. Train the bench twice a week. (light, then heavy)

B. Light bench routine:

1. 3 warmup sets
2. 6 sets of 4 reps in the bench press. When 6 sets of 4 reps becomes easy, go up 10 lbs. (Larry uses 430 lbs.)

3. 4 sets of partial bench presses each of 2 reps, in the squat rack. Bottom position: set two squat rack pins so that the bar rests on your chest. Then set two more pins at a position that will allow you to press halfway up. Mid Position: set two squat rack pins at just above the mid point of your bench press. Set the bar on top of the pins. Bench press the bar from that point to lockout. Remember to pick a weight that will allow you to do 2 reps during each set. When 4 sets of 2 reps get easy, go up 10 lbs.

C. Heavy Bench Routine:

1. 3 warmup sets
2. 6 sets of 2 reps in the bench press. When 6 sets of 2 reps becomes easy, go up 10 lbs. (Larry uses 480 lbs.)
3. rack work, same as above.

D. Assistance work for the bench press (each day after rack work)

1. 3 sets of close grip bench press. (don't lockout)
2. 4 sets of tricep pulldowns. (down't lockout)
3. 6 sets of straight bar curls. (till failure)

III. Bench Routine (Start 4 weeks before your meet)

- A. Train the bench twice a week. (light, then heavy)

B. Light bench routine

1. same as above, except do 6 sets of 2 reps.
2. rack work, same as above.

C. Heavy bench routine

1. same as above, except do 6 sets of 1 rep.
2. rack work, same as above.

D. Assistance work for bench press, same as above.

IV. Notes:

- A. Never train with a pause. Your rack work prepares you for a pause.
- B. Train after work. Three weeks prior to the meet, train at meet time. This gets your body ready for the meet.
- C. Every three weeks set a new goal for yourself. Write it down where you can see it. Mentally envision reaching that goal several times a day.

organization would not certify the lift, since the weights were not weighed in before and after the lift.

Larry's most disappointing meet was the 1985 Indiana State Power-

lifting Championships, held in Indianapolis. Larry had hoped to get a certified ADFPA bench press record at this meet. Unfortunately, when it came time for the bench, the lift just

wasn't there. Larry was very discouraged, not only because he didn't get the record, but also because he bombed out in the bench.

Not being one to stay discouraged for long, he made a few adjustments in his next training cycle. He felt that cutting down to make weight had an adverse effect on his lifting, so, like most lifters at one time or another, he decided to go up a weight class. In addition, Larry decided to read up on and learn everything he could about a new training methodology he begun to employ at his previous meet. Larry trained hard and practiced his new training methodology several times a day. His lovely wife, Sharon, will confirm that he became almost obsessed in his preparation.

The 1986 Police and Firefighters Indiana State Powerlifting Championships, held in Indianapolis, was the place where Larry began his amazing bench press improvement. Larry benched an incredible 501 lb. press in the 198 lb. division. He also came away with the "Best Lifter Award" by totaling 1630 lbs. By the way, Larry weighed a lofty 187 lbs.

Judd Biasiotto, stand up and take a bow. Larry has followed the same path as you. He was greatly influenced by your book, *2001: A Sports Odyssey*. Larry, too, has harnessed the power of the mind.

Larry started using hypnosis, right before the 1985 Indiana State Powerlifting Championships. Although that meet was a disaster for him, he kept using hypnosis each day. It became as important as the actual lifting itself. He went to school to learn hypnosis and became a hypnotist himself. That commitment has paid off with his recent 565 lb. bench.

Larry uses hypnosis several times throughout the day. He mentally visualizes a successful lift during heavy training before he physically attempts the lift. He also does self hypnosis whenever he gets the chance. Before Larry goes to sleep, he listens to one of his hypnosis tapes. These are the same tapes that he sells commercially. If interested, check his advertisement on the facing page.

Not only does Larry use hypnosis, he also keeps his goal on a small index card or piece of paper that he keeps in his shirt pocket. He will pull out that card several times a day. This allows him to concentrate on his goal whenever he has a free moment.

Larry swears by hypnosis. As a drug free lifter, he feels it gives him an extra edge. He believes that it's all in the mind. Since Larry doesn't take anabolic steroids, he often wonders to what extent they offer a physical effect, as opposed to a placebo affect. Larry's success has peaked my interest. I've started to experiment with hypnosis. How about you?

If you're interested in experimenting with hypnosis, I suggest the books written by Judd Biasiotto, as they are informative and well written. If you are interested in hypnosis tapes, I would like to recommend the tapes created by Larry Danaher. His tapes put me under in a hurry. Both products are advertised in this magazine.