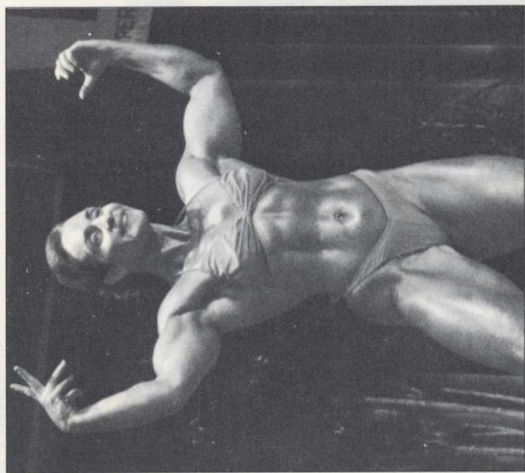


TRAINING

Residual Effect Methodology as seen by Greg Reshel



Dawn Reshel in her bodybuilding debut (courtesy of Greg Reshel)

After lifting successfully in 4 weight classes in 1991, Dawn Sharon was searching for her next goal. While training through such a range of bodyweight, Dawn had the opportunity to examine different styles of performance in the three lifts. After competing in the 1991 WPC World Championships in Las Vegas, Dawn and her husband Asher took some time to examine their priorities for the coming season. Training without goals is much like getting into your car and driving without any idea of where you are going. They decided it was time to test some new training combinations and to push the envelope of their performance potential.

Asher had successfully bench pressed 575 lbs. in training for the WPC Worlds. He felt that added mass and foundation as well as a carefully tailored bench shirt would give him a shot at the magic 600 lb. bench press barrier. He did not want to be a "bench specialist" but preferred to top the 2000 lb. total barrier, with a low to mid 700 lb. squat and a high 600 lb. deadlift. Asher had been repping 715 lbs. in the squat in training at 320 lbs. bodyweight and felt that he could accomplish his goal in the 308 lb. class of the WPC.

Dawn had other aspirations. After deciding on the appropriate powerlifting techniques for her body style of training and lower bodyweight, Dawn wanted to go after the all-time squat, deadlift, and total records regardless of bodyweight. This would mean exceeding all other lifts historically according to Malone, Reshel, and percentage bodyweight formulas. With the aid of Michael Soong's published all-time lists it was determined that Dawn would need to exceed the 9.18 x bodyweight total of Mary Jeffrey (1052.7 lbs. at 114). She would need to exceed the recent squat of Mary Warren (485 lbs. at 132) 3.73 x bodyweight. Dawn also wanted to attempt the 3.87 x bodyweight deadlift of Ruthi Shaffer (545 lbs. at 148). The worst thing that could happen would be to post big numbers but fall the magic threshold. Dawn is a very emotional lifter and needs to focus on goals as well as challenge herself to do really well.

With the long term goals chosen, two things remained. Dawn and Asher would need to make a sincere and total commitment for the next 6 months with training, eating, and sleeping being their top priorities. Once committed, they would need to chart the course by choosing the training pattern that would get them there. They decided to explore residual effect methodology. For Asher it meant peak-

formance was her bodyweight. When you are trying to establish peak performance relative to percentage bodyweight, you must establish the lowest possible weight without jeopardizing performance. We experimented with a low protein, high carbohydrate, and low fat diet in an effort to keep her energy resources at a peak while inhibiting the growth of her muscle mass. Dawn had her training weight to 169-172 lbs by limiting her total protein intake. She would eat 450-600 grams of high quality carbs (bannet, rice, pasta, potatoes, green vegetables, and low glycemic fruit) while holding her protein to 60 grams per day. Dawn supplemented her diet with regular Branched Chain Amino Acid supplementation as well as regular doses of L-Arginine Complex and a metabolic activator formulation. Dawn's bodyfat was stable at about 18%. Her intake of fats was very low, about 9-10%, which kept her from gaining fat, but her diet was out of balance by being too low in protein which would not allow her to lose any more fat weight. At 8 days out from the contest Dawn increased protein to 120 grams while reducing carbs to 30 grams in the form of green salads. This caused her to carb deplete. She began restoring carbs three days out while restricting water. Dawn had been drinking more than a gallon of water per day. The last week before the contest she drank only distilled water to sodium deplete. At three days out, she severely restricted her water to 8-12 oz. per day. One day before the contest Dawn went to the sauna for two hours to dehydrate. She weighed in at 162.5 lbs. She then began drinking heavily replacing 2 gallons of water and electrolytes while carb loading to fill the muscles with glycogen.

For a truly peak performance, an athlete needs to take some chances. At the risk of a major drop in total you need to take some truly large jumps. You cannot establish a peak performance by taking a 20-30 lb. jump to your last attempt. In a competitive contest an athlete normally tries to get the largest possible second attempt and uses a third attempt to establish a small advantage. In the case of all-out record attempts you need to take 40-90 lb. jumps to your last attempt and roll the dice knowing you are as fresh as possible. In a tightly contested meet a missed jump like that will devastate your total and affect your potential placing. Dawn opened her meet with a sumo 520 lb. squat attempt. Knowing that she would need at least 610 lb. Dawn tried a 560 lb. second attempt to set up a 50+ lb. third attempt. Dawn fell prey to a

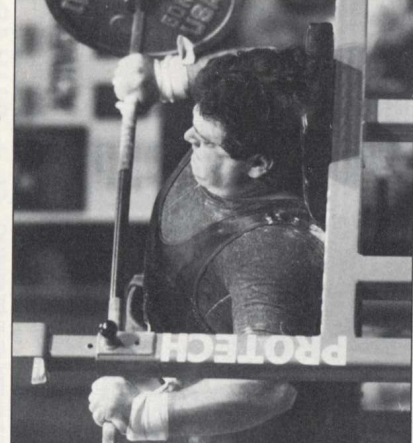
common mistake made by many powerlifters. She was focusing her attention on the third attempt to come and failed to keep her low back lightly arched coming out of the hole. This caused her to pitch slightly forward, and the lift stalled halfway up, causing her to resort to a back lift and gut the weight up. This does not help your confidence. However, 3 years ago after squatting 633 lbs. in competition, Dawn had squatted 675 lbs. several times in training at Frantz Sports Center for the 1990 WPC Worlds in Italy. Dawn had squatted 565 lbs. for 5 reps and 615 lbs. for 3 reps. It will keep these facts in mind you will understand why Dawn was not troubled by the 600 lb. barrier. Dawn called for a face value 610 lb. squat which previously weighed in at 617 lb. Dawn had no trouble walking the 617 lb. out, though the setup was difficult. Dawn is still getting used to the wide stance style and heavier weights cause her to set up too narrow. Too narrow a setup will jam her at parallel and not allow her to get her hips under the weight. She was not about to make the same mistake she had made on her second attempt. Dawn controlled the weight on descent and reversing direction without hesitation drove the weight solidly to a three white light lockout. There was some discussion of a 635 lb. fourth attempt but Dawn's goal was to go for total and she passed the fourth attempt.

For the bench press, Dawn used the same double thickness denim bench shirt that she had worn a year before at 200 lbs. Needless to say there were quite a few adjustments to the shirt. Dawn's heavy upper back training helped a lot to increase her bench press. The opening attempt was an easy 295 lb. The second attempt of 318 lb. was more of a problem in that the hand stitched adjustments to the shirt had worn the original fabric causing it to tear where the pec meets the shoulder on the beginning of the drive. Dawn managed to stay with the lift and drive it back to the rack. She passed the third attempt due to the damaged shirt and the fatigue from fighting the 2nd attempt to lockout. To establish a new standard in the deadlift, Dawn would need to lift at least 3.88 x bodyweight or 630+ lbs. We knew that Dawn would not be able to break that mark as she was still using a sumo style deadlift. When you squat in a wide stance at a contest you will decrease your sumo deadlift by tiring your hips. Dawn knew she would not be able to break even 600 lbs. so the only thing that remained was to break the 9.18 x total record. Dawn needed approximately 1495 lbs.

The face value of her squat was 610 lbs., her bench press was 315 lbs., and that left, on face value, a deadlift of 570 lbs. We worked with face value to encourage Dawn to lift more and also to make sure that the records would be exceeded by enough of a margin to be credible. A face value 570 lb. deadlift would, like the squat, weigh out at 577 lbs. Knowing that she would need a 570+ lb. deadlift to break the total record Dawn tried to position herself between 40 lbs. and 50 lbs. short on her second attempt. Dawn has a difficult time with a jump over 50 lbs. in her deadlift. Understanding this, she opened at 480 lbs. The deadlift was timed under 2 seconds and came up clean and easy. The second attempt was 530 lbs. leaving 40+ lbs. for a third attempt jump. When training for a meet all Dawn's deadlift attempts are timed. We know that she is rarely able to complete a deadlift that takes longer than 4.5 seconds to pull. The second attempt came up in 2.6 seconds. This gave Dawn confidence in her third attempt because it would take roughly 1.5 seconds longer to pull 40 lbs. more in the groove. Dawn followed her normal ritual of approaching the bar from the back of the platform, looking out and raising her arms as she gulped in as much air as possible, and then dropped quickly into her grip pulling the bar back into her as she squeezed her upper arms into her rib cage. Dawn went forward and up as hard and fast as she could, slowing slightly above the knees as she transferred the weight up onto her traps. The lift was locked out in 4.6 seconds, the limit of her pulling potential. I don't know if she had five more pounds in her but she had enough to finish the lift that counted.

The official results were: Squat -617 lbs. weighed at 279.9 kg., 3.8 x bdywt.; BP - 318 lbs. weighed at 144.3 kg.; DL - 577 lbs. weighed at 261.7 kg.; Total - 1512 lbs. weighed at 685.9 kg., 9.3 x bdywt. According to any formula in use, the squat and total are the greatest performances in the history of the sport. Dawn Sharon was informed of a serious illness in her family and elected to pass on the National Championships in favor of traveling to Florida to be with her family. In need of a goal, Dawn chose to enter her first bodybuilding show at the end of August. At the time of this writing she is two weeks out and working hard on her physique. I will write a comprehensive journal of the "residual-effect" methods used to train for this contest and you can analyze them in an upcoming issue of Powerlifting USA. Dawn can be reached care of Power Excel at (414) 769-1211.

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Dawn Sharon Asher Sharon Greg Reshel