

POWERLIFTING USA

VOL.30 NO.2

NOV/2006 \$3.95

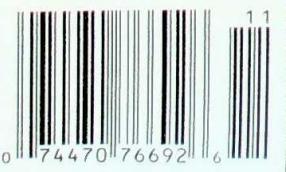
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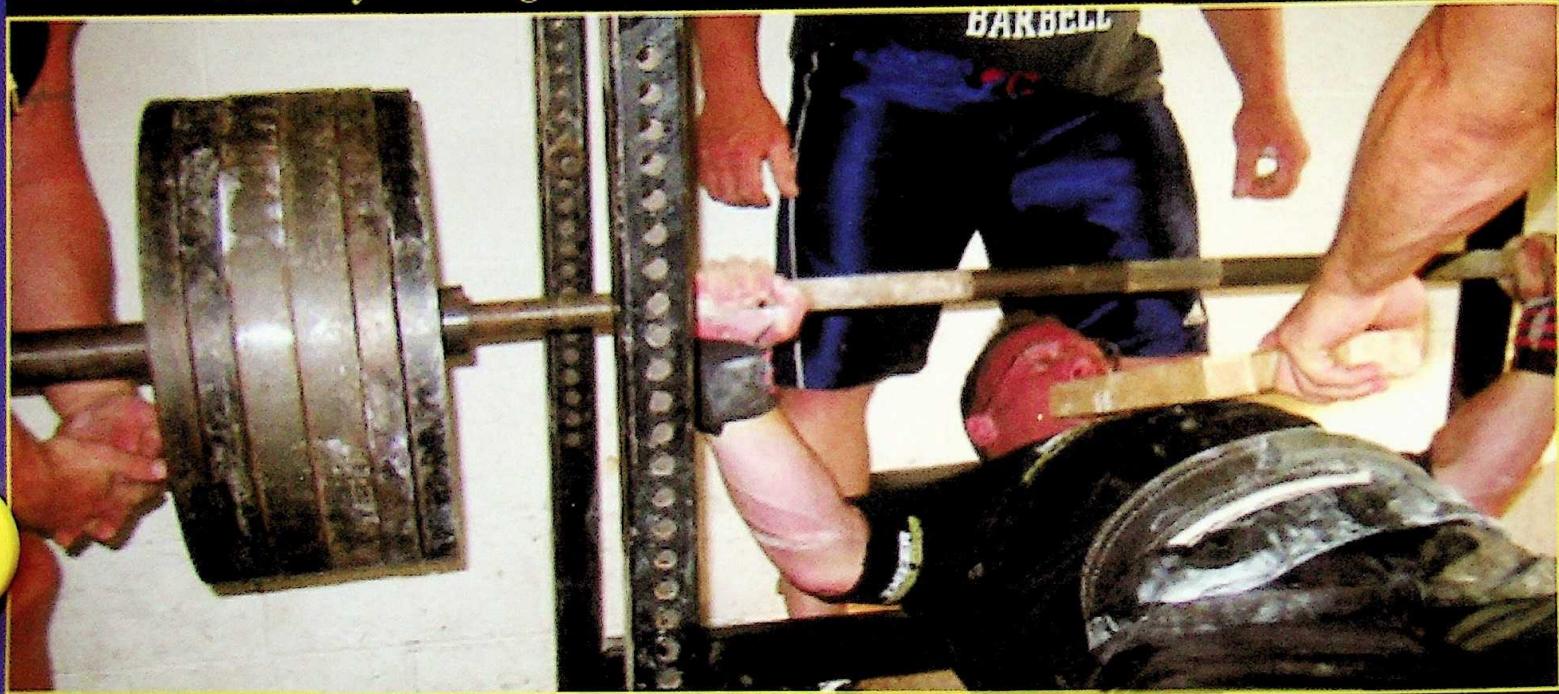


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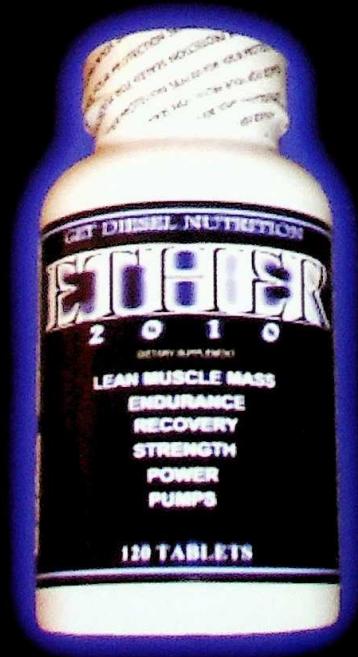


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GLC Formula
Patent Pending
US00/30268



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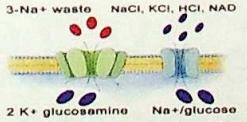
Todd Margolis, Rob Fletcher and Relson Gracie

In the ring or in the gym, being the best means pushing your body to the limit each and every day. That's why Professional Athletes and Medical Doctors rely exclusively on the Patent Pending formula found in GLC 2000 to help reduce pain, speed joint recovery and increase their flexibility.



Dr. Sherman G. Madere MD
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"GLC 2000 is the only product which effectively addresses glucosamine utilization. If you are serious about the care of your joints, GLC 2000 is as good as it gets."



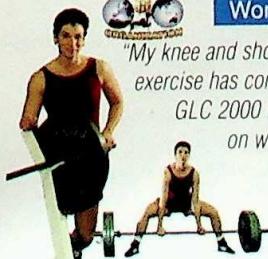
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GLC 2000 is the ONLY joint supplement strong enough for the World Powerlifting Organization and strong enough for you.



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World Champion

Gary Stevens

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Attributes Full Comeback to GLC 2000
Year 2001 Earnings \$11,864,491.00

"This is absolutely the best product I have ever used. The Doctors told me I was out of options, my career was over; but after only 3 months using GLC, the pain totally went away and I'm able to live my dream once again. GLC 2000 has literally given me my life back! Thank you GLC"

Jean Mae Cordova

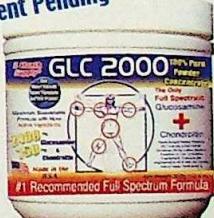
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Patent Pending



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1.79g

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per gram

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Powerlifting USA

Post Office Box 467 Camarillo, CA 93011

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Statistician Herb Glossbrenner
Publisher Mike Lambert

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ON THE COVER ... Kerwin Unten (462 @ 132 - Namea Designs), Jeff Peshek (1st master over 800), Mike Womack (over 800 lbs. 4 meets in a row - 870 - CSS Photo Design).

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POWERLIFTING USA Magazine

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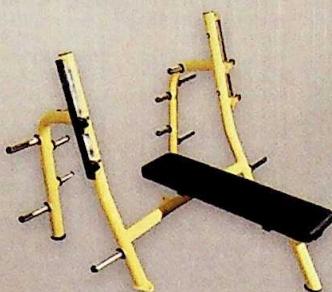
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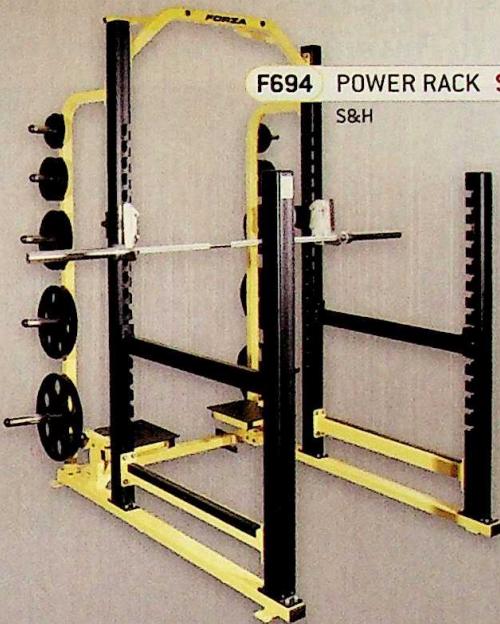


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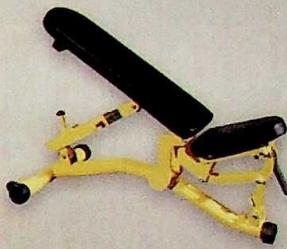


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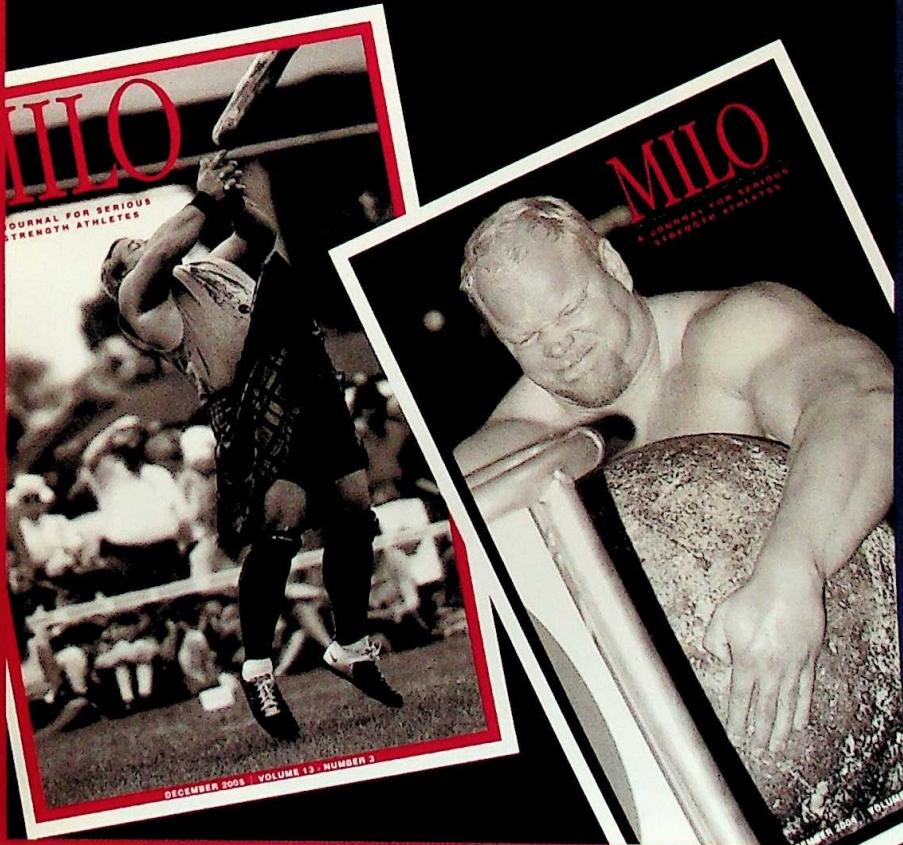
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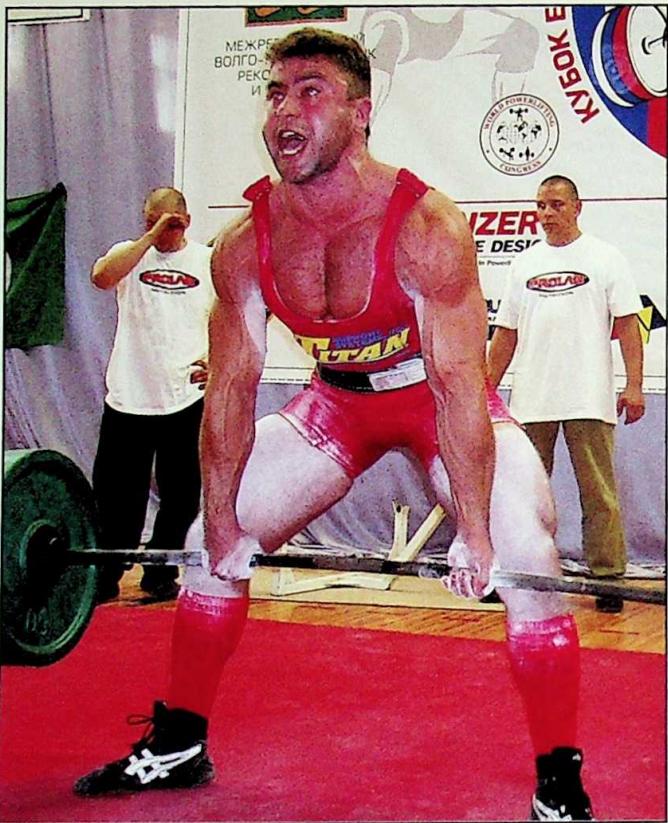


WPC European Cup
16-20 AUG 06 - Togliatti, RUS

BENCH	148 lbs.
FEMALE	Teen (16-17)
98 lbs.	Mammed-AZE 286
Teen (18-19)	Chudin-RUS 209
Sergienk-RUS 121	Teen (18-19)
105 lbs.	Nekipelo-RUS 374
Teen (16-17)	Stoyanov-RUS 297
Podelko-RUS 99	Zhigulin-RUS 286
Teen (18-19)	Junior (20-23)
Slavina-RUS 99	Utemov-RUS 374
Junior (20-23)	Avgdeev-RUS 352
Kuzneco-UKR 198	Dimurin-RUS 286
Zotova-RUS 154	Open
Open	Speransk-RUS 463
Dzina-RUS 148	Rode-RUS 440
Shtin-RUS 143	Shuvakov-RUS 391
Voronova-EST 121	Golubcov-RUS 363
114 lbs.	Master (40-44)
Junior (20-23)	Osiyan-RUS 220
Alyabeva-RUS 137	Master (45-49)
Open	Lopatin-RUS 275
Mihaylova-RUS	165 lbs.
170	Teen (16-17)
Gileva-RUS 132	Bogatirev-RUS 308
123 lbs.	Ermakov-RUS 253
Teen (18-19)	Konkin-RUS 237
Gass-RUS 148	Teen (18-19)
Open	Blinov-RUS 374
Stepanovich-RUS	Pavlov-RUS 330
187	Junior (20-23)
Fomenok-RUS 143	Aliev-AZE 407
132 lbs.	Aliyev-AZE 396
Teen (18-19)	Muhtarov-RUS 385
Poteshki-RUS 132	Open
Open	Kurlov-RUS 485
Bemova-RUS 248	Pleshkov-RUS 385
Kulagina-RUS 248	Yakovlev-LAT 352
148 lbs.	Master (40-44)
Open	Truhnin-RUS 286
Raputa-RUS 220	Master (45-49)
165 lbs.	Stoyanov-RUS 264
Open	Master (60-64)
Umeren-RUS 154	Chepec-RUS 407
181 lbs.	181 lbs.
Open	Teen (16-17)
Sablina-RUS 209	Markelov-RUS 286
MALE	Teen (18-19)
114 lbs.	Romanov-RUS 396
Junior (20-23)	Caculin-RUS 374
Abdiev-RUS 220	Mikaelyan-RUS
Open	369
Artemev-RUS 319	Shisterov-RUS 363
123 lbs.	Roshupuk-RUS 319
Teen (13-15)	Junior (20-23)
Kosyashnikov-RUS	Popov-RUS 496
104	Dyachen-RUS 396
Teen (18-19)	Handzhy-RUS —
Lashukov-RUS 209	Nikolaev-RUS 176
Open	Junior (20-23)
Artemev-RUS 341	Koshkin-RUS 540
Kuchin-RUS 325	Ushakov-RUS 507
132 lbs.	Shiraliyev 479
Teen (13-15)	Shuplov-RUS 446
Sargsyan-RUS 297	Varlamov-RUS 429
Teen (16-17)	Bogatkov-RUS 374
Ispiryany-RUS 275	Dzhafarov-AZE —
Barabano-RUS 242	Baumer-EST —
Ivanannikov-RUS —	Master (40-44)
Teen (18-19)	Rodionov-RUS —
Karavaev-RUS 319	Master (45-49)
Zinin-RUS —	Muran-RUS 297
Junior (20-23)	Ponomar-RUS 573
Koit-EST 396	Mamedo-RUS 562
Vartanov-RUS 363	Permyak-RUS 529
Junior (50-54)	Gaak-RUS 529
Master (55-59)	Baumer-EST 507

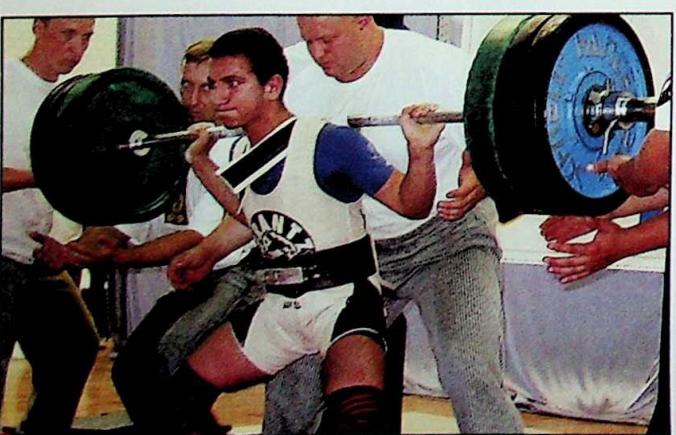
WPC EUROPEAN CUP

as told to Powerlifting USA by Yuri Ustinov

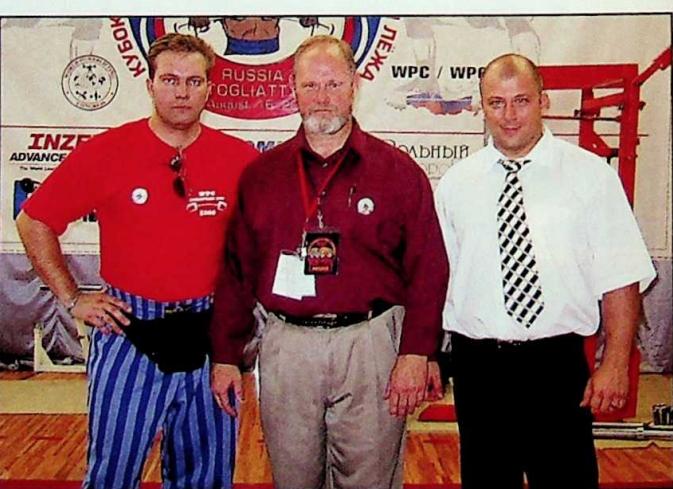


Stephan Novikov deadlifting at the WPC European Championships

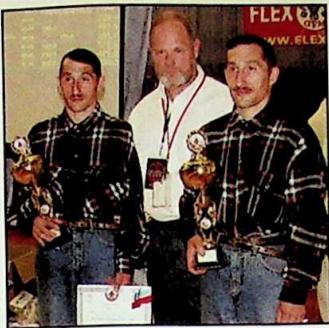
Hlopeny-RUS 374	Bemov-RUS 496	220 lbs.	Otavin-RUS 606
198 lbs.	Gonchar-RUS 479	Teen (16-17)	Gromov-RUS 595
Teen (13-15)	Serebren-RUS 463	Hasdan-RUS 457	Ibragimo-AZE 562
Junior (20-23)	Zaycev-RUS 463	Teen (18-19)	Smolyak-RUS 551
Popov-RUS 496	Gerashev-RUS 424	Dovgany-UKR 396	Kurochik-RUS 540
Dyachen-RUS 396	Suslin-RUS 374	Solomahi-RUS 308	Barannik-RUS 529
Begizov-RUS 281	Kolesnik-RUS —	Oleynik-UKR 308	Denisov-RUS 507
Handzhy-RUS —	Mazalov-RUS 496	Junior (20-23)	Zaharev-RUS 507
Nikolaev-RUS 176	Master (40-44)	Mardanov-AZE	Chistyak-RUS 485
Junior (20-23)	Purgin-RUS 479	589	Baharev-RUS 463
Koshkin-RUS 540	Mirzaya-RUS 424	Fedyayev-RUS 584	Royanov-RUS 446
Ushakov-RUS 507	Alekseev-RUS 264	Kargapolov-RUS	Chizhov-RUS 446
Shiraliyev 479	Master (45-49)	540	Kiselev-RUS 446
Shuplov-RUS 446	Nochvin-RUS 479	Bogdanov-RUS	Evtushen-RUS —
Varlamov-RUS 429	Master (50-54)	529	Tambovce-RUS —
Bogatkov-RUS 374	Lih-RUS 352	Tyurikov-RUS 507	Poletaev-RUS —
Dzhafarov-AZE —	Master (55-59)	Chebotar-RUS 496	Nikanoro-RUS —
Baumer-EST —	Mercalo-RUS 352	Open	Master (40-44)
Master (40-44)	Master (60-65)		
Rodionov-RUS —	Vokarev-RUS 264		
Master (45-49)	Master (65-69)		
Muran-RUS 297	Master (65-69)		
Ponomar-RUS 573	Baumer-EST 507		
Mamedo-RUS 562			
Permyak-RUS 529			
Gaak-RUS 529			
Baumer-EST			
Vartanov-RUS 363			
Junior (50-54)			
Master (55-59)			



Levon Sargsyan squatted himself a new WPC Teenage World Record



Officials: (left to right) Andrey Butenko (WPC/WPO Canada President), Mike Sweeney, Yury Ustinov (WPC/WPO Russia - President)



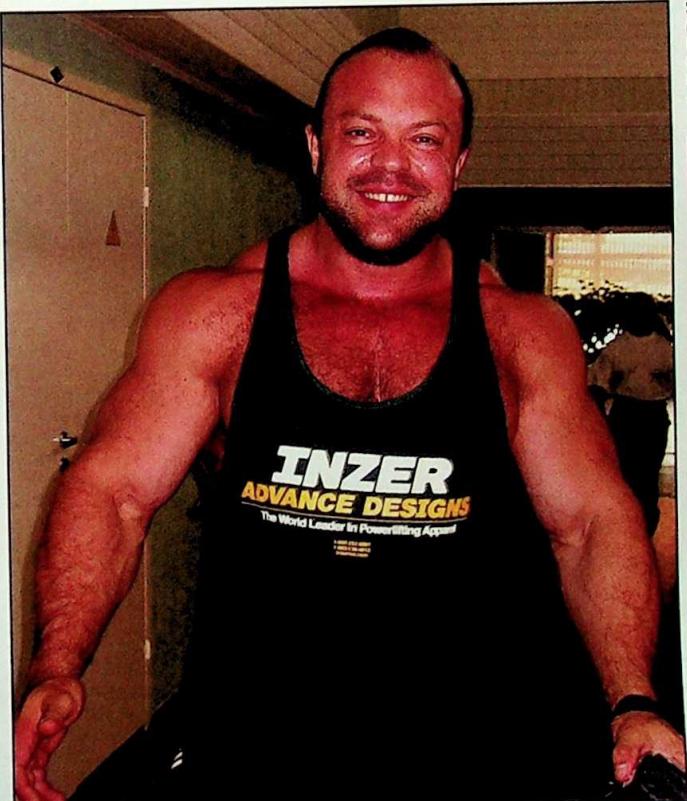
The Brothers Artemyev - Igor and Oleg.. both world record holders.

Medvede-RUS 396	220	396	1014
Fomenok-RUS 314	132	292	738
132 lbs.			
Teen (18-19)			
Poteshki-RUS 319	126	303	749
Open			
Bemova-RUS 463	247	402	1113
148 lbs.			
Junior (20-23)			
Pilipchat-RUS 396	176	402	975
Open			
Umerenok-RUS 314	154	314	782
165 lbs.			
Open			
Povolock-RUS 507	264	451	1223
181 lbs.			
Open			
Sabrina-RUS 242	198	275	716
MALE			
114 lbs.			
Open			
Artemev-RUS 352	320	341	1014
123 lbs.			
Teen (13-15)			
Kosyashn-RUS 264	104	297	666
Teen (18-19)			
Evseev-RUS 385	198	341	925
Lashukov-RUS 319	198	308	837
Junior (20-23)			
Carahov-RUS 286	154	319	760
Open			
Chebotar-UKR 523	308	474	1306
132 lbs.			
Teen (13-15)			

Sargsyan-RUS 474	286	353	1113	Open
Teen (16-17)				Pryahin-RUS 727
Tibilov-RUS 540	258	512	1311	440 650 1818
Barabano-RUS 352	242	330	925	Tomchin-RUS 722 412 639 1774
Teen (18-19)				Pastuhov-UKR 529 363 485 1377
Karavaev-RUS 396	313	396	1107	Sadikov-EST — — — —
Slesarev-RUS 325	225	330	881	Shiraliiev — — — —
Junior (20-23)				Master (40-44) Alekseev-RUS 297 264 385 948
Moklyak-RUS 363	154	374	892	Master (50-54) Koit-EST 485 374 463 1322
Open				198 lbs. — — — —
Artemev-RUS 440	342	352	1135	Teen (13-15) Begizov-RUS 468 280 490 1240
Bagin-RUS 485	—	—	485	Nikolaev-RUS 364 187 396 948
148 lbs.				Teen (16-17) Hacko-LAT 529 330 584 1444
Teen (18-19)				Teen (18-19) Suholozo-RUS 529 242 468 1240
Nekipelio-RUS 584	352	562	1499	Roshupuk-RUS 440 331 440 1212
Junior (20-23)				Junior (20-23) Novikov-RUS 815 456 694 1967
Petyanov-RUS 540	313	418	1273	Bezuglov-RUS 727 489 628 1846
Open				Borshhev-RUS 688 429 617 1736
Speransk-RUS 617	478	562	1659	Miller-RUS 507 396 474 1377
Musaev-AZE 440	286	485	1212	Open Vereshha-RUS 330 308 418 1058
Master (45-49)				242 lbs. — — — —
Lopatin-RUS 352	297	407	1058	Junior (20-23) Sidelniko-RUS 716 517 683 1918
165 lbs.				Shlikov-RUS 683 484 705 1873
Teen (13-15) Duskrya-RUS 286	187	297	771	Ryabec-RUS 650 418 688 1758
Teen (16-17) Bogatire-RUS 418	309	451	1179	Macur-RUS 617 660 578 1758
Ermakov-RUS 341	253	352	948	Open Kozlov-RUS 749 506 727 1984
Teen (18-19) Stoyanov-RUS 507	308	418	1234	Lyashko-RUS 639 462 595 1697
Pavlov-RUS 474	330	396	1201	Master (40-44) Pavlyuk-RUS 705 396 639 1741
Ushakov-RUS 474	231	429	1135	275 lbs. — — — —
Blinov-RUS —	—	—	—	Teen (13-15) Smirnov-RUS 286 165 297 749
Golovko-RUS —	—	—	—	Junior (20-23) Gavrilov-RUS 661 418 595 1675
Junior (20-23) Buhiyich-UKR 837	511	683	2033	Makeev-RUS 606 462 — 1069
Dermeljo-EST 573	363	661	1598	Open Agaev-AZE 837 522 744 2105
Master (55-59) Bobkov-RUS 595	198	496	1289	Starodub-RUS 727 600 711 2039
220 lbs.				Moskvic-RUS 815 528 694 2039
Teen (18-19) Dovgany-UKR 881	605	716	2204	Krivenko-RUS 771 462 650 1884
Junior (20-23) Klimenko-UKR 815	539	738	2094	Kulchicki-RUS 176 — — 176
Ayyazov-RUS 749	451	716	1918	Master (40-44) Luchkov-RUS 286 577 286 1151
Tyurikov-RUS 749	489	677	1918	Smolyak-RUS 815 539 661 2017
Truhnini-RUS 551	374	507	1433	Master (55-59) Shamsutd-RUSS 308 551 1433
Master (45-49) Fedorenk-RUS 738	445	705	1890	Master (55-59) Maksimu-RUS 705 517 540 1763
Stoyanov-RUS 385	247	363	997	Master (65-69) Dobrijev-EST 264 341 319 925
Master (60-64) Evgrafov-RUS —	—	—	309 lbs. — — — —	
Chepec-RUS 440	402	418	1262	Junior (20-23) Snigirev-RUS 771 616 716 2105
181 lbs.				Open Snigirev-RUS 771 616 716 2105
Teen (18-19) Grachev-RUS 881	495	661	2039	309+ lbs. — — — —
Romanov-RUS 738	396	551	1686	Open Nastinov-RUS 1025 220 220 1466
Caculin-RUS 639	363	661	1664	(thanks to Yuri Ustinov for these results)
Druzhini-RUS 606	357	518	1482	
Mikaelya-RUS 551	352	485	1388	
Junior (20-23) Kurochki-RUS 220	550	220	992	
Sidorec-RUS 551	330	485	1366	



GETTIN' NASTY! - Igor Nastynov



Vladimir "Russian Stud" Kravtsov overall, the best bench presser.



WPC Referees Solving Problems ... Vitaliy Ponomarev (RUS), Mike Sweeney (USA), and Samir Shiraliiev (AZB). Photos by Yuri Ustinov.



Amanda Harris hauls in a medal.

Once again the rattle of plates and cheers from the crowd echoed through the halls of the York Barbell's Hall of Fame Building in legendary Muscletown, U.S.A. In keeping with its heritage, York Barbell graciously opened its historic doors to the IPA Worlds by sponsoring its incredible lifting facility. Many thanks! Bob Hoffman, founder of York Barbell and a pioneer of exercise equipment, single handedly put the USA on the international map coaching his then unparalleled York Barbell Weightlifting Club to Olympic Medals in every

IPA World Championships

as told to Powerlifting USA by ELLEN CHAILLET

Olympics from 1932 through 1979. York Barbell's founder also supported Powerlifting and would have been proud to host the impressive collection of lifters who graced the center-stage platform in the Hall of Fame Auditorium at 2006 IPA World Powerlifting Championships. I don't ever recall having such a rock solid collection of lifters gather at one meet. The quality of all the lifters was exceptional. Two All-time Records were broken on the same day by Justin Graaf with a 1085 lb. squat at a bodyweight of 241 lbs., and James Grandick with a 2600 lb. total in the 275 lb. weight class. Gene Rychlak, Jr. stole the show moving an unbelievable 1025 lb. bench attempt nearly halfway to completion, on his third attempt!

Gatorade quenched the lifters' thirst through their sponsorship of Propel and Gatorade throughout the weekend. Outback Steakhouse made a return appearance, but this time with the cooker trailer! York's

large lobby was filled with round tables topped with white tablecloths and Aussie inspired centerpieces. The brightly colored Outback cooker trailer was churning out more of their signature grilled food than imaginable treating the entire crowd to a delicious lunch. Weber Insurance, an avid supporter of the IPA and its meets, sponsored the meet tee shirts for the lifters and the staff.

Our sponsors are so important to the lifters, the spectators and us. Their generosity helps make the meet an event, and locked into the memories of many for a lifetime. Lifters arrived early on Saturday preparing to begin the first day's lifting at 9:30 am. The Teen, Women and all Men's weight classes through the 198 lb. class lifted on

Saturday. The meet kicked-off with an amazing 15-year-old, Amanda Harris, who set IPA records in the Amateur Women's and Teen 114 lb. division with a 230 squat, 145 lb. bench and a

Angela Martinez ... L.A.'s pride.

225 lb. dead lift. Earning her a 600 lb. total taking home Best Lifter trophies for both the Amateur Woman's Open and Teen Divisions. At only 15 years, Amanda has 50 meets under her belt and holds records in multiple powerlifting associations. Elaine Grimwood never fails to give the audience a stunning performance squatting an IPA record 365 lbs. followed by a 195 lb. bench and added the icing with a 300 lb. dead lift for an impressive, eight times bodyweight, 860 lb. record total in the 105 lb. Woman's Professional Division. This tremendous performance wasn't



Grandick went 2600 @ 275 lbs.

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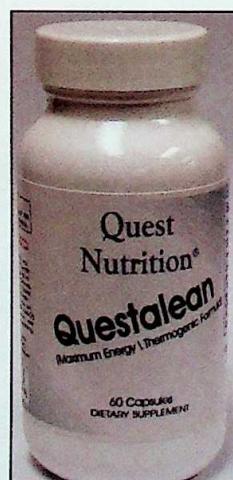
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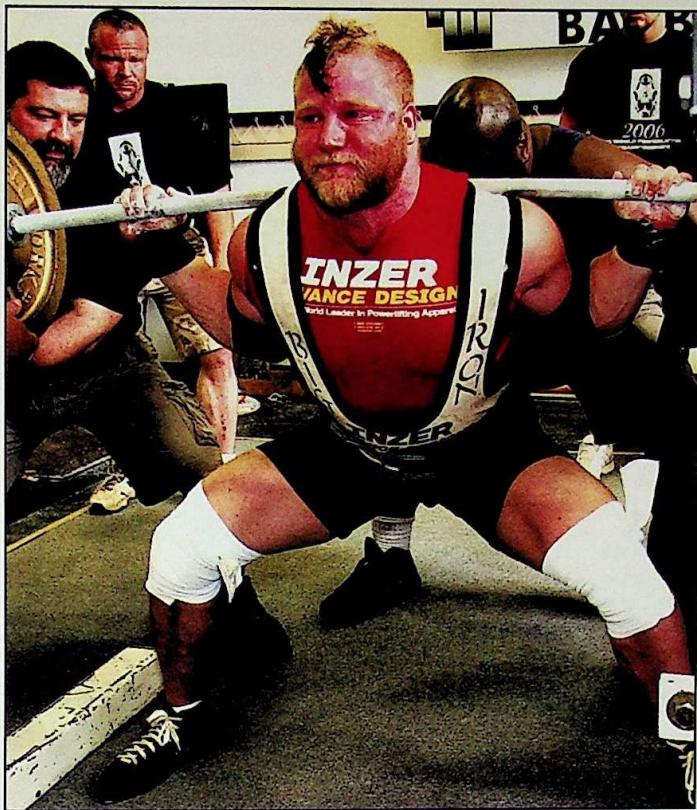
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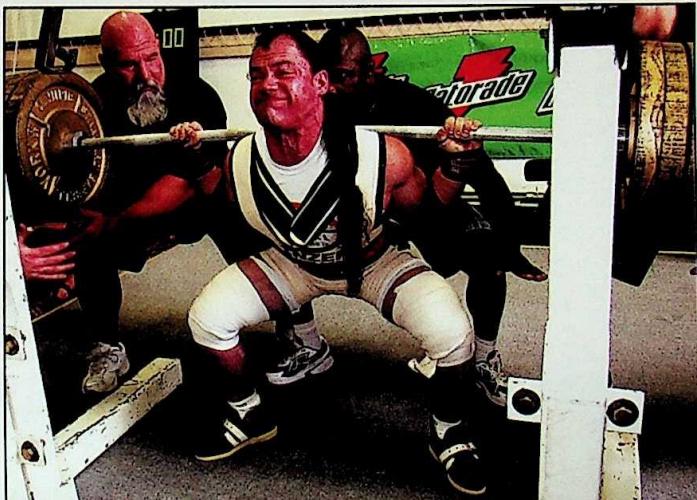
QUESTALEAN

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enough to edge out Angela Martinez, LA Weightlifting Club, for the Professional Women's Best Lifter Award. Angela's awesome 535 lb. squat, 315 lb. bench and 505 lb. dead lift earned her three new IPA records finishing with a whopping 1355 lb. record total in the Woman's 198 lb. Pro Division. Kira Neuman earned respect on the platform on Saturday squatting 410 lbs., benching 235 lbs., dead lifting 325 lbs. earning her first place in the Professional Women's Open 148 lb. weight class. Joining the ranks of record-breakers was Bill Carson lifting in the Amateur Teen (18-19 years) 198 lb. Division. Bill pulled off a beautiful 700 lb. IPA record squat followed by a 400 lb. bench, totaling out with a 550 lb. dead lift. He finished the meet with an IPA record total of 1650 lbs. This placed him 1st with a best lifter trophy. I think we'll see big numbers from this young man for a long time to come. Andy Keiderling, hailing from Chaillet's Private Fitness and coached by fellow lifter Vincent Cooke has come a long way in the past year. This 220 lb. 19-year-old proved hard work pays off with a 705 lb. squat, a 405 lb. bench and a 540 lb. dead lift. Great job, Andy! Kamali Downey is a product of LA Weightlifting Club's solid training, and just plain old fashioned hard work. Kamali made his team proud winning the Best Lifter trophy for the Amateur Men's Lightweight Division. Lifting in the Men's Open 181 lb. class, Kamali powered his way to first place with a 570 lb. squat, a 315 lb. bench, and a 500 lb. dead lift leaving a few pounds on the platform. Also from southern California is James Kegrice, the 198 lb. San Diegan who owned the 198 lb. Pro Men's Open Division. James Kegrice, who also lifted in the Pro Men's Master (40-44) Division, came on strong with a 770 lb. squat a 445 lb. bench and nailed a 675 lb. dead lift to tie up the Best Lifter trophy for Pro Men's Lightweight Division. Jim McGlynn, Ft. Lauderdale, FL, proved that time stood still for 8 years since we saw him last lift in an IPA meet. Jim impressed us in 1998 in York at the Strength Spectacular winning a Best Lifter Award. Jim was back and just as strong as ever, lifting in the 198 Pro Men's Master (40-44) Division. The competition was stiff, but Jim managed to eek out five winning pounds with a 720 lb. squat, 455 lb. bench, narrowly winning the first place position from James Kegrice with a record 720 lb. dead lift and an 1895 lb. total. Jim's total won him the Best Lifter Award in the Professional Men's Master Division. Brian Crowe has been lifting in IPA meets for at least 10 years, and never once has his lifting been a disappointment. Seemingly, Brian never has a bad day! Brian lifted in the Elite Amateur, 165 lb. Men's Open Division. July 22 was no aberration from his normal incredible meet. Brian managed to do what any lifter can only dream about, total over 10 times bodyweight! At a bodyweight of 165, Brian squatted 710 lbs., benched



Justin Graafsls jammed up a 1085 lb. squat weighing just 241 pounds.



Brian Crowe ... another big day in the Elite Amateur, 165 lb. class.



Gene Rychlak got some attention with his amazing 1025 lb. bench press attempt

465 lbs., dead lifted 585 lbs., and totaled, yep, you got it, 1760 lbs.! Also worth mention is the notable lifting by John Monk, Jr. We haven't seen John for a few years, but apparently he never stopped training hard as is obvious by his fantastic lifts. John lifted in the 148 lb. Amateur Men's Master (40-44) Division. John was a man of steel squatting a 500 lb. IPA record fourth attempt, benching another IPA record 340 lbs., pulling 430 lbs. totaling an IPA record 1270 lbs. We were proud to introduce our newest of the older lifters on Saturday, George Sipe, Sr., also coached by his son in law Vincent Cooke. George was coaxed into trying his hand at powerlifting, of all things! Heck, it's hard enough at the age of 30 years! George lifted in the 132 lb. Amateur Men's Master (70-74) Division and did a stellar job squatting 150 lbs., benching 90 lbs., and dead lifting 225 lbs. Congrats, George! Sunday was action-packed. The day opened with the 220 lb. and 242 lb. men's classes in the first session of lifting. Jim Rymiszewski who lifted in the 242 lb. Amateur Men's Open Division took home the Best Lifter trophy for the Amateur Men's Heavyweight Division. Jim took a smooth 750 lb. squat, a 435 lb. bench totaling out with a 650 lb. dead lift and an 1835 lb. total. See you at the Nationals Jim. Vincent Cooke won the 220 lb. Professional Men's Open Division sneaking ahead of second place winner Scott Rowe by a mere 15 lbs. on the total. Vincent's lifts were impressive, as always, especially considering he helped move equipment to set up the meet on Friday, and coached two athletes on Saturday. Vincent squatted a cool 800 lbs., benched 630 lbs., pulled 630 lbs., totaling 2060 lbs. to Scott's 2045 lb. total. To top it off, Vincent was still at York Barbell at 10 p.m. helping tear down and move equipment. The fight for the Best Lifter Award for the Professional Men's Heavyweight Division was historic, literally. Justin Graafsls weighing in at 241 lbs., squatted a monumental and All-Time Record breaking 1085 lbs. to break his existing All Time Record of 1047.2 lbs. Justin opened with 1040 lbs., moved to 1065 lbs., and as if that weren't enough, took a third attempt with 1085 lbs. The crowd thundered with applause and cries of astonishment when the judges' lights registered a good lift. Justin finished with a 575 lb. bench, a 740 lb. dead lift, and an unbelievable 2400 lb. IPA record breaking total. But it wasn't quite enough. Enter the competition. What can be said about this man except it's possible he had more strength left! James Grandick traveled from NE to lift a boatload of weight. James looks like a football linebacker weighing in at a trim 275lb. He stood up with a smoking 1050 lb. squat, a crushing IPA Record 800 lb. bench press, making a 750 lb. dead lift. This man broke his All Time Record in the Total with a 2,600 lb. total. Hats off to a great lifter and the winner of the Best Lifter Award for the Professional Men's Open Heavyweight Division. In the

(continued on page 60)

POWER PROFILE

OTIS BROWN as told by Floyd Kucharski

"You're a superstar," an admiring TV reporter once told powerlifter Otis Brown.

His reply was concrete yet profound. "I'm not a superstar. I'm an athlete, and that's more important. I do it because I have respect, dedication, and love of the sport."

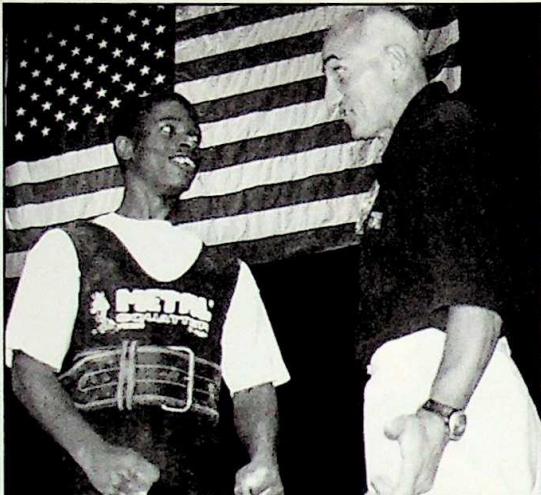
Brown's modesty notwithstanding, many observers would agree with the TV reporter's assessment. Consider this: Brown, who stands 5-1 and walks around at a bodyweight of 126 pounds, is already lifting nearly ten times his bodyweight after only 18 months of training, and he is the first world champion in history which Chicago's public schools have ever produced, in any sport.

Otis made his public debut at the 2005 Chicago Bash in the teenage 132 pound division. Outfitted with nothing more than a wrestling singlet, running shoes, and a cheap store-bought belt, he set two national records with a 296 pound squat and 220 bench. For good measure, he tied a national record with a 402 pound deadlift. He received a thunderous ovation at the awards ceremony.

Four months later, he flew to Helsinki, Finland, for the WPC World Powerlifting Championships with his coach, 56-year-old Dimitre Gueorguiev, where he claimed a gold medal in the 132 pound open division and set a new world record with his 341 pound squat.

Most recently, he won the "best lifter" award in the 60 kilo men's junior division at the 2006 AWPC World Championships held in Flint, Michigan, where his 264 bench press, 451 squat, and 468 deadlift drew applause and cheers from the spectator gallery. Coach Gueorguiev predicts that, in time, Otis will lift eleven times his bodyweight, perhaps even twelve. This forecast cannot be taken lightly. "Mr. G," as friends call him, is an experienced and knowledgeable trainer. A marathon runner and former three time Bulgarian Olympic Track Coach, he graduated from Russia's Sport University in 1975 with a masters degree in physical education and coaching. He studied physiology, anatomy, biomechanics, and psychology. The pair first met at Chicago's South Side Occupational Academy, where Brown is a twenty-year-old senior and Coach G is athletic director. The academy is a school which prepares its 200 students for occupational careers after graduation. Today the two

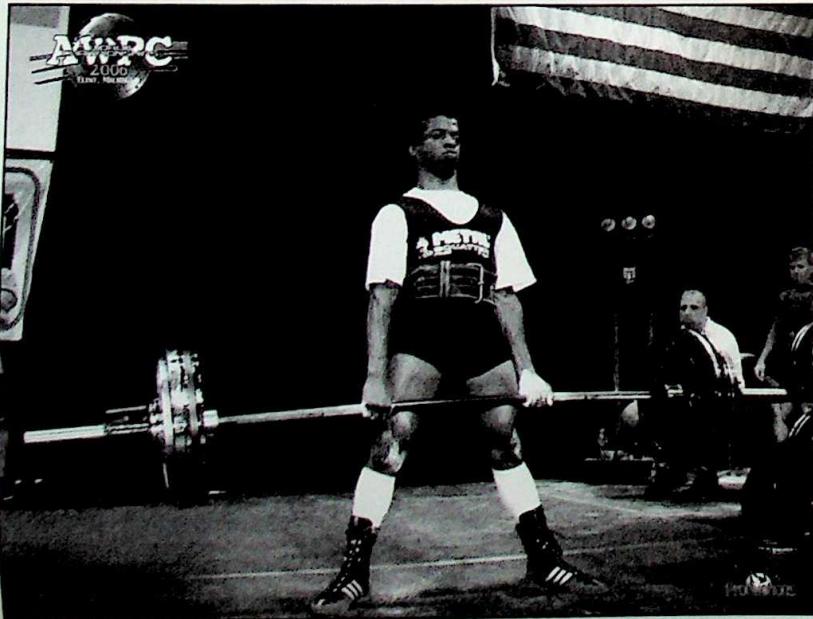
a detailed PL USA look at some of the best lifters in the world



Otis Brown and his coach, Dimitre Gueorguiev, celebrate a gold medal at the 2006 AWPC World Championships in Flint, Michigan (photo by Kathy Flores)

have a special kind of relationship. "I call Otis 'Son,'" Says Mr. G, who arranged for the Finland trip with a \$1,000 sponsorship through Production Plus Technology, \$750 from the Chicago Teachers Union, and a \$250 personal check from the union's recording secretary. Coach G paid the remainder from his own pocket.

In the beginning, they prepared for the Chicago Bash by training in a locker room which measured six by nine, barely enough room to load a bar if the locker doors remained closed shut. There was no squat rack, only a deadlift bar and bench. They used a $\frac{3}{4}$ inch piece of plywood for a deadlift platform, which was quickly destroyed. Coach G designed an



Otis Brown makes short work of 468 pounds at the 2006 AWPC World Championships held in Flint, Michigan (photograph by GNL Productions)

individualized program specifically for Otis. He immediately saw that Brown was blessed with two natural advantages: He's short and lean. Plus, he's extremely quick.

Coach G started Otis off with light weights and high reps. "My goal in the first year was to prepare his muscles to handle the heavy work later," says Coach G, and they didn't push much heavy iron until a month before the Bash. Back then, Otis lifted high reps ninety percent of the time, and went heavier for only the remaining 10 percent. These days Brown trains six days a week. His routine stresses recovery time and also proper stretching. He still finds energy to play basketball, however, where he excels as a passer and dribbler.

Maris Sternberg, 24 time world champion and sometimes fellow traveler with Otis and Coach G, recalls the time they traveled to nearby Foster Recreation Center where Otis performed several lifts for a TV crew. After the interview concluded and the TV crew packed away its cameras, everybody thought it was time to go home. Everybody except Otis. "My cousin is over there," he pointed. "I'm going to play basketball," and away he went, dribbling and passing like a young Globetrotter.

"Nobody who watched him that day had anything to say except 'Oh my God,'" recalls Sternberg.

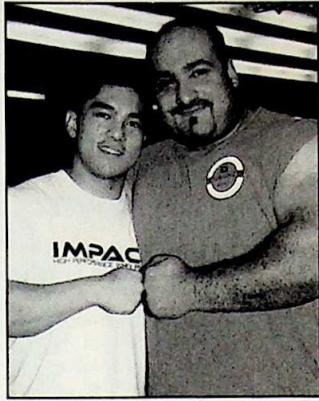
Indeed, to some observers, this young man's prodigious strength does seem near miraculous.

"He's just fearless," says Sternberg. "He's one of those kids who's a natural. Look how deep he goes in the squat. He's just built for it, and he loves doing it."

At this point in Brown's training, the percentage of high to low reps has shifted to 50-50. In between sessions Brown consumes a diet of salads, fish, and pizza – and no junk food. He doesn't eat much meat, and thus uses a whey supplement for protein.

"He's not using anything else. Nothing. No steroids, no testosterone. Nothing. He is absolutely clean and I am so proud of him," says Coach G, who predicts that "One day, Otis will beat the Russian powerlifters, and without steroids. This is my goal."

And why not? Otis Brown is focused, talented, and fearless. "He loves powerlifting. He carries it inside his world, and his heart, and his mind," says Coach G. At meets he is relentlessly dedicated and stands ready, belt around waist and hands chalked. And when Coach G asks "Are you gonna do it?" he always answers "yes." And then he walks out onto the platform and he does it.



The Iranians have arrived! .. (l-r) Richie Rosales (RP - 1st 82.5 kg, 205 kg. BP) with Ali Aliakbar (IRN, 1st 125+ kg., 285 kg. BP) photograph by Lorenzo.

PHILIPPINE GOLD RUSH

150 lifters from eight countries made it through airport transit-visa hassles and heightened security to attend the Asian Bench Press Championships in Manila August 19-21. The contest was held in the 10th floor ballroom of the Bayview Park Hotel on Roxas Blvd. That's across from the US Embassy, in rock-throwing distance of Manila Bay.

Since World War Two, people have dug up half the Philippines seeking treasure allegedly buried by the Japanese Army before it surrendered. No gold bars, coins or statues were found around the Bayview, but the home team raked in the lion's share of the first place medals.

The Philippines took full advantage of hosting the affair, with 24 women lifters and 33 men coming from across the archipelago. Contesting in Sub-junior, Junior, Senior (open), and Masters 1, 2, and 3 categories, the local crew gathered 30 Golds, 10 Silvers and 9 Bronze medals, setting nine Asian records along the way. Japan sacked eighteen golds, by unofficial count, and Iran fourteen. Ten more golds were spread among Kazakhstan (5), India (3), Chinese Taipei (2), and Hong Kong (1). Pakistan's lone entry failed to medal.

The large Iranian team of 26 lifters, and large in that nineteen of them weighed 90kg or more, took the men's senior title. Ali Aliakbar age 29, 125+ class, posted 285k, 627lbs, the biggest bench of the meet. Right behind him was countryman Mojtaba Malaki with 280, barely beating the clock with his last attempt and foregoing his wrist wraps to take the lift with five seconds left. Philippines were second in men's senior team scoring. Sub-Jrs winners were Kazakhstan, Jrs the P.I., M1 Japan, M2 PI, and M3 Japan.

Many Asian greats were not present, such as Midote, Kodama, Sivokon, or Chao. Twenty-five percent of the lifters were Jrs and Sub-Jrs. Perhaps a lot of top people stayed home to prepare for upcoming World Opens and Masters, and newer people were sent here for the international experience?

But many fine benchers did show. The P.I. were led by Richie Rosales' 205 Gold bench at 82.5. Bronze BP 75kg class medalist at the 2005 IPF Men's World, Richie weighed only 76.5 here. He was also all over the place as a meet director and general factotum.

Japan's Keisuke (Kaysuke) Takahashi had the highest co-efficient of the meet of 170.38, from a 220kg first attempt in the 67.5s.

ASIAN BENCH PRESS CHAMPIONSHIPS as told to Powerlifting USA by Paul Kelso

He failed good efforts with 232.5. Gadzoos! Takahashi placed second to Sivokon at the March IPF World BP. The second highest of 162.301 came from Mehdi Fatemi of Iran. That's 272.5 at 110kg!

Big bench for women was Chinese Taipei's Hung Min Chu's 170 kg in the 90k class, co-efficient 148.72. She uses an extremely wide grip, a high arch, and is short-armed and thick torsoed, resulting in a stroke of LESS than three inches. At the risk of being uncharitable, the effort looked more like the "Bench Shrug" that I have written about elsewhere, than a competitive lift. However, Miss Hung cannot be faulted for her technique because she is lifting within the rules as they are written. And doing it well.

Speculation was rife about proposed rule changes designed to control arching or otherwise, and in the minds of some, to restore sanity in performing the bench press. Recommendations toward this end may be voted on at the November IPF Congress, but of what type is not yet known. Cynics suggest these changes are "anti-Japanese" rules, but many lifters from various countries use these techniques.

I suspect the lifters are already thinking about new techniques to overcome rumored rule changes. They'll try, anyway.

Two World records went on the books, in Masters Three. Sixty-three year old Toru Magome of Japan hit 162.5, missing 170, in the 76.5s. I lived about twenty miles from Toru in Tochigi state for sixteen years, and saw him lift many times. The ageless retired farmer spends most of his time looking after his 97 year old father.

Kim-Won Pok of Hong Kong, age 66, pressed out 87.5 for a men's 52kg M3 world record. Kim-Him Wong of H.K. placed second in the senior 52s with a 95kg lift. He is sixty. Hong Kong brought only three lifters, two long of tooth, but the H.K. group will host the next Asian BP championships in 2008.

The Philippines made a clean sweep of the Women's team awards - Sub-Jr., Jr., Senior, M1 and M2. Adeline Dumapong had the second biggest women's bench of the show with 120kg at 90+, without a bench shirt!

Lily Pecante and Nina Oca were best lifters at M1 and M2 respectively. World 82.5 class M1 champ Pecante's bench continues to improve as she posted 110 kilos and had a near miss with 122.5. Her son Andrei Matias won the 82.5 Sub-Jrs. How many mother/son gold medal combos are there?

44k women the P.I.'s Jinky Guion and Yim-Hung Lam of H.K., both did 65k with Jinky first on weight. Both are physically challenged by leg problems, "differently abled" being the current politically correct term. Perhaps eight such lifters took part.

Ying is 48 and Jinky 35. Mon

DeBuque of Quezon City, owner of the highly successful Zest Power Gym there, and active in Paralympic lifting organizations, says they are "the last of the polio generation." Oral vaccine came late to Asia. Future competitors will be from spinal injuries, amputations, etc.

Powerlifting Association of the Philippines Prez Nick Cabalza and staff put on a fine meet and made a huge effort to publicize the affair, doing live radio interviews and appearing before meetings of the Philippine Sports Writers' Assoc. 4-5 newspapers ran stories and photos before and after the contest. I even got on a live TV sports panel show talking about powerlifting history.

Back at the show, an adjacent ballroom served as warm-up area - quite large and a good thing - as so many Iranians were lifting in the heavier classes on Monday and the whole team of 26 guys wanted to be backstage. The warm up room had four platforms, two with regular benches and one a special bench for the differently abled. I saw one Iranian guy on that empty fourth platform doing flip snatches as part of his warm up.

Official planned to drug-test 15% of lifters here, including some "targeted" subjects. All Philippine lifters signed a pre-meet contract with the Powerlifting Association of the Philippines accepting to be banned for a period set by the IPF if found positive. No Philippine lifter to date (Aug. '06) has tested positive in international competition.

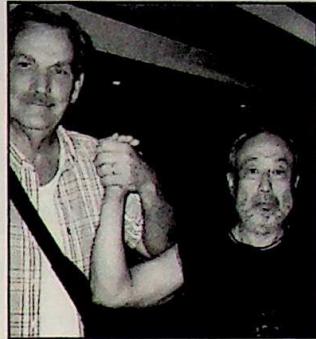
What was it like otherwise? Five days of intermittent showers didn't stop the 7-11 around the corner from doing huge business. Mini-bars in hotel rooms charged 65 pesos for cokes and beer. \$1.20 US was too high for many. The hotel forbade bringing in food and drink but everyone ignored the rule, including hotel guards who cared not.

Beggar kids and street salesmen were a pain out in the neighborhood. The hustlers hawked watches, pearls, silver dollars, guitars, belts - only the umbrella man had any customers that I saw. The peddlars lurked beyond the reach of hotel security and persisted. "Hey Joe, you got money, why don't you buy?"

The assumption is that if you are a white man, you are an American, have money and are named Joe. The Japanese were targeted as well.

Don't be put off by that above. My Japanese wife Sumiko and I are enjoying ourselves in our new home here, having moved down from Japan in May. Filipinos are good sorts for the most part, kind and generous. The street people, the wildly decorated jeepney buses, remnants of Spanish-era architecture, lush vegetation and lovely mountains and beaches, contrasted by squalor side-by-side with fine homes and opulence, make for a fascinating mix.

We had dinner the 20th with Susumu Yoshida and about ten Japan benchers,



Paul Kelso with Toru Magome (JPN) who set a World M3 record with 358 in the 148s. (Sumiko Kelso photograph)

trying kare-kare peanut soup with ox-tails, and kilawing, spicy raw fish with onions, peppers and vinegar. Then came snails, bitter melon and okra veggies and crispy pata - ankle bone pork on the bone, all were good naturally scarfed down. We tried the strong Red Horse beer but most quickly went back to San Miguel Pale.

SEEN & HEARD

* Chinese Taipei hosts the Asian Powerlifting Championships next May in Kaohsiung. They'll have the World Games in 2009.

* Two off-day Iran guys wearing APA t-shirts! Does Scott Taylor know about this?

* Iranian lifting was organized in 1996 - but under the control of the weightlifters. PLRs were often stiffed on funds and equipment. First international trip to Uzbekistan in 2000. Had thirty members in the PL affiliate so they took everybody. Now have 400.

* Kazakhstan sub-jrs and juniors looked like a gang of small-town Iowa high school kids. They won five golds and a silver, by my count. There are perhaps 18 million persons of German descent in Kazakhstan, whose forbears moved there for free farmland in the 1930s.

* Iran team Prez Mani Khosravi became WM champ in 2002, 75k. Lived in USA almost 20 yrs - and attended University of Rhode Island.

* IPF application for IOC recognition is back-burnered, according to several IPF officials.

* My radar picked up that a guy said to have two years experience was recently appointed Iran national coach and put all lifters regardless of age, weight or experience on the same program. Hawn?

* Miss Chao Chen Yeh, multiple 90+ world champ and BP WR setter, is now General Secretary of Chinese Taipei, Mr. Lin having retired. Her brother Chien Hsiung judged many flights here.

* Changes in weight class, after weigh-ins etc, and problems with pronunciation of Iranian and other names caused some confusion in lifting order.

* Good to see Mr. Subratta Dutta of India again. 400 lifters showed at India's Nationals a few weeks prior to his contest. Lifting went from 7 a.m. till 2 a.m. for four days.

* Many Iranians start with heads off bench and lower it to bench while pressing. Some used grips with little fingers inside the rings almost an inch, indicating overhead background.

* Closing banquet featured two magicians and a troupe of young R & B dancers whose display of energy - and skin - astonished all.

* Replicas of Japanese Katana swords provided by Titan were awarded to "best lifters." How to get the swords on the planes and through security on the way home became the question.



(l-r) Nick Cabalza - PAP Pres., Lorenzo - M1 52kg 1st, Oca - M2 52kg 1st, Subratta Dutta - IND Pres. (Lorenzo photograph)



Starting Position for Hung Min Chiu's (TAI) 2.5 inch bench press stroke (Sumiko Kelso photograph)

WESTSIDE

Explosive Leg Strength

as told by Westside Barbell's Louie Simmons

When most people look at Westside training protocols, they automatically think of powerlifting, but the truth is the Westside system is used in track and field and in football at all levels. I am very proud to have a picture of Johnny Parker of the Patriots and Kent Johnston of the Packers on the Super Bowl field when they played each other in 1997. They both had spent a week at Westside to learn to implement some of our methods in their programs. Johnny Parker is now with the 49ers and recently spent a week again with the Westside guys.

Five major rugby teams from Europe have visited us and have had great results. Pro boxers, MMA fighters, wrestlers, and more have used our system. Why? If nothing else, it was to produce stronger and more explosive leg strength.

Absolute strength controls all strength gains. Analysis of Hill's equation shows that speed of movement is dependent on absolute muscular strength: $v = F/m$. This can be found in *Fundamentals of Special Strength Training in Sport* (Verkhoshansky, 1986). Thomas Kurz, in *Science of Sports Training*, reported many ways to become more explosive, but the simplest is to increase absolute strength.

One must constantly raise one's work capacity. This is a must for jumping and squatting. Bompa (1996) states that it can take four years to perform high-intensity plyometrics.

Many books talk about methods and theories, but do not talk about results. I love to read those books too, but more importantly, I love increasing results.

So, how do you build explosive leg strength? This can be accomplished through the reactive method, jumping off hard and soft surfaces, overspeed eccentrics, box squatting, which causes a virtual force effect, and accommodating resistance. There are two major components of explosive power: a fast rate of force development and increasing velocity. This applies to light objects, for example, a shot put, or a heavy object, for example, a max deadlift. Common sense and science tell us speed of movement is controlled by the amount of external resistance used. So, light weight looks fast, but can light weight alone move a 320 pound lineman backward? No. Lifting light weight will always produce a deceleration phase.

We have extremely strong squatters at Westside: 1141 at

SHW, 1118 at 275, 1025 at 220, 905 at 181, and 575 by a female at 148, the latter four being world records. We are also very explosive: 50 inch box jumps, a box jump of 35 inches holding a pair of 70 pound dumbbells at 290 pounds, a jump from a kneeling position to the feet with 255 pounds on the back at a body weight of 255. How is this done?

The dynamic method is essential. This will not increase maximal strength, but will increase the rate of force development and explosive strength. Here, box squatting is used for all squats. The box makes it possible to break the eccentric/concentric chain. The box height is just below parallel. The interval method is used. The rest between sets is 45-75 seconds. A three week pendulum wave is used. The percents used are 75, 80, and 85% of a max box squat record. Then wave back to 75% on the fourth week. As noted in *Managing the Training of Weightlifters* (Laputin and Oleshko), almost 50% of all lifts are at this percent for the snatch and clean/jerk and for us, the squat. To accommodate resistance, Jump-Stretch bands must be attached to the bar. A large load of bands will eliminate bar deceleration. They also increase the speed in the eccentric phase. An increase in velocity has an exponential effect on kinetic energy.

We ran a test on Matt Smith, a SHW who at the time had a 930 squat. Matt box squatted 550 pounds consisting of all barbell weight in roughly 0.9 second, both eccentrically and concentrically. Then JumpStretch bands were attached to the bar in addition to

weight. The realized weight was 750 pounds at the top and 550 on the box. Because the bands pull the bar downward, the eccentric phase decreased to 0.5 second. The concentric phase was the same, 0.5 second. How did Matt do this with the added 200 pounds of band tension? Overspeed eccentrics. Matt has now squatted an official 1141 pounds. How's that for results?

Not only did bands increase kinetic energy, but the actual collision that occurs when contacting the box also produces kinetic energy. The same process occurs when a sprinter comes in contact with the track at full speed.

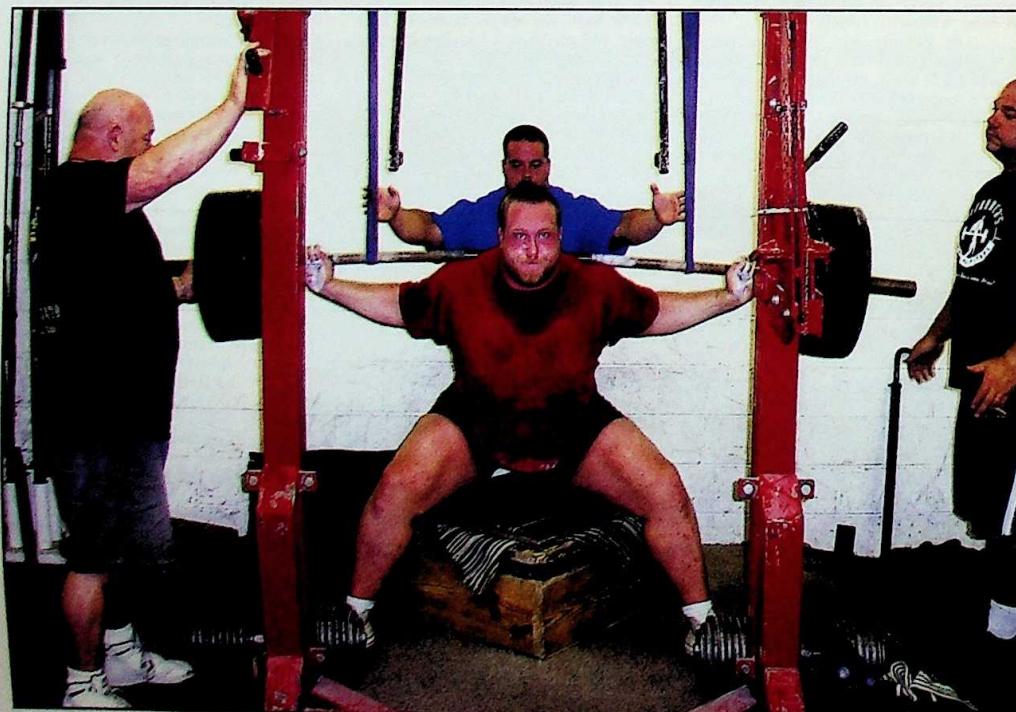
For speed strength work, 75% of the total load should be from bands and 25% from weight. The concentric speed should be 1.0 to 1.3 meters/second. This will work regardless of your strength level. For strength speed, the ratio of weight to band tension is 50/50. The bar speed will be about 0.4 to 0.5 meters/second. This is where one becomes incredibly powerful, after removing the bands. Using a large amount of bands creates an overspeed eccentric phase, causing tremendous reversal strength. Note: band strength must be great at the bottom of the lift.

To become more explosive, one must constantly become stronger. This is exemplified by the famous weight lifter Naim Suleymanoglu. His best clean/jerk was about 407 pounds, in comparison to his front squat of 518. Weight lifters are very explosive, yet to become more explosive, Naim became very strong, having a surplus of 20% in the front squat to his clean/jerk.

Another example is the throwing events. The object being thrown is constant in weight, yet the thrower is always trying to become faster and stronger. My friend Jud Logan, a four time Olympian in the hammer throw, was very strong and very explosive. His stats were as follows: 478 raw bench, 770 squat, 550x5 and 600x1 front squat, and 440 power clean. Like myself, in the 1980s his top strength grew, but his throws stagnated. Some of his East German friends suggested he push his box jumps up. As he improved to five jumps on a 52 inch box and a single jump on a 56 inch box at about 275 pounds body weight, his throws began increasing. I experienced the same type of progress after I started to use the dynamic method in 1983.

Not only does concentric speed has to be increased, but so does the eccentric phase, which is the most important, as has already been discussed. Speed has to do with external resistance. That may be why Olympic lifts are popular for building explosive strength. But, if you do jumping, Olympic lifts are

(continued on page 64)



Matt Wenning training with bands while Louie Simmons watches closely. (photos courtesy Doris)

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A large, muscular man with a shaved head and a goatee is shown from the waist up, shirtless. He is flexing his right arm, showing his bicep and tricep. A tattoo on his upper chest reads "DON'T DEMAND WHAT YOU CANNOT TAKE BY FORCE". In the foreground, a dark blue plastic bottle of T-BOMB II dietary supplement is displayed. The label features the product name in large yellow letters, along with "MHP Maximum Strength Testosterone Formula" and "with 2 MESSENGER HORMONE AMPLIFIERS". It also lists several benefits: "Optimizes Testosterone Production & Utilization", "Improves Hormone Receptor Signal", "Minimizes Conversion to DHT", and "Helps Lower Estrogen". The bottle also indicates it contains 168 Tablets.

Mike Miller
1220 lb. Squat
World Record Holder

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2006 has been a busy year for Jennifer Thompson in the Bench-press World. In May, Jen represented the USA at the IPF Worlds, in Hungary and placed 2nd. There's more to that story, so please read on. Then, in August, Jen traveled to Orlando to compete in the 100% RAW Nationals, winning her class and setting a new RAW World Record of 280 lbs. In September, Jen competed in her home state of North Carolina, taking first place in the USAPL Bench Press Nationals with a 319 lb. Record. Jennifer Thompson is a wife, mother & teacher who is 132 Pounds of Power!

5 x National Champion, 3 x IPF World Champion & Record Holder.
Age: 33. Height: 5'5". Weight: 136 lbs. Weight Class: 132 lbs.
Federations: USAPL, IPF & 100% RAW

GS: First off, congratulations on your new IPF & 100% RAW World Records!

JT: Thanks Greg!

GS: I did say "IPF World Record", when & how did you find out about

INTERVIEW

JENNIFER THOMPSON 132 POUNDS OF POWER!

as interviewed for PL USA by Greg Stott

that?

JT: I found out the third week of September that the Russian woman I lost to at the IPF Worlds in May failed her drug test. This wiped out the World Record that she took from me, which I regained that same month at the USAPL Nationals where I added 5 lbs. to my new IPF World Record.

GS: You're a wife, mother & teacher, that's a heavy load right

there, not to mention a World Champion Powerlifter, tell us a little about your family and how you've been able to make it all work?

JT: It involves a lot of juggling. I really enjoy being a teacher and I am lucky that my husband can be home in the mornings when I am gone. We have a 2 1/2 year old adopted son and a new baby that I delivered 9 months ago. I have my students come over to the

house after school to watch my kids so my husband Donovan and I can get some quality workouts in. I also have great neighbors that help us out with the kids. When all else fails they just play amongst the weights with us.

GS: Did you enjoy lifting RAW in Orlando, Fl this August?

JT: I did. It was nice to just get a few warm up reps in and then compete. No getting into equipment, and all that. It was also fun to show off my RAW strength, because I don't have many opportunities to do that.

GS: OK, you come back from Orlando after setting a new RAW World Record and you now have to get ready for the USAPL Nationals in your own home state, in just three weeks. How did you prepare for the that meet?

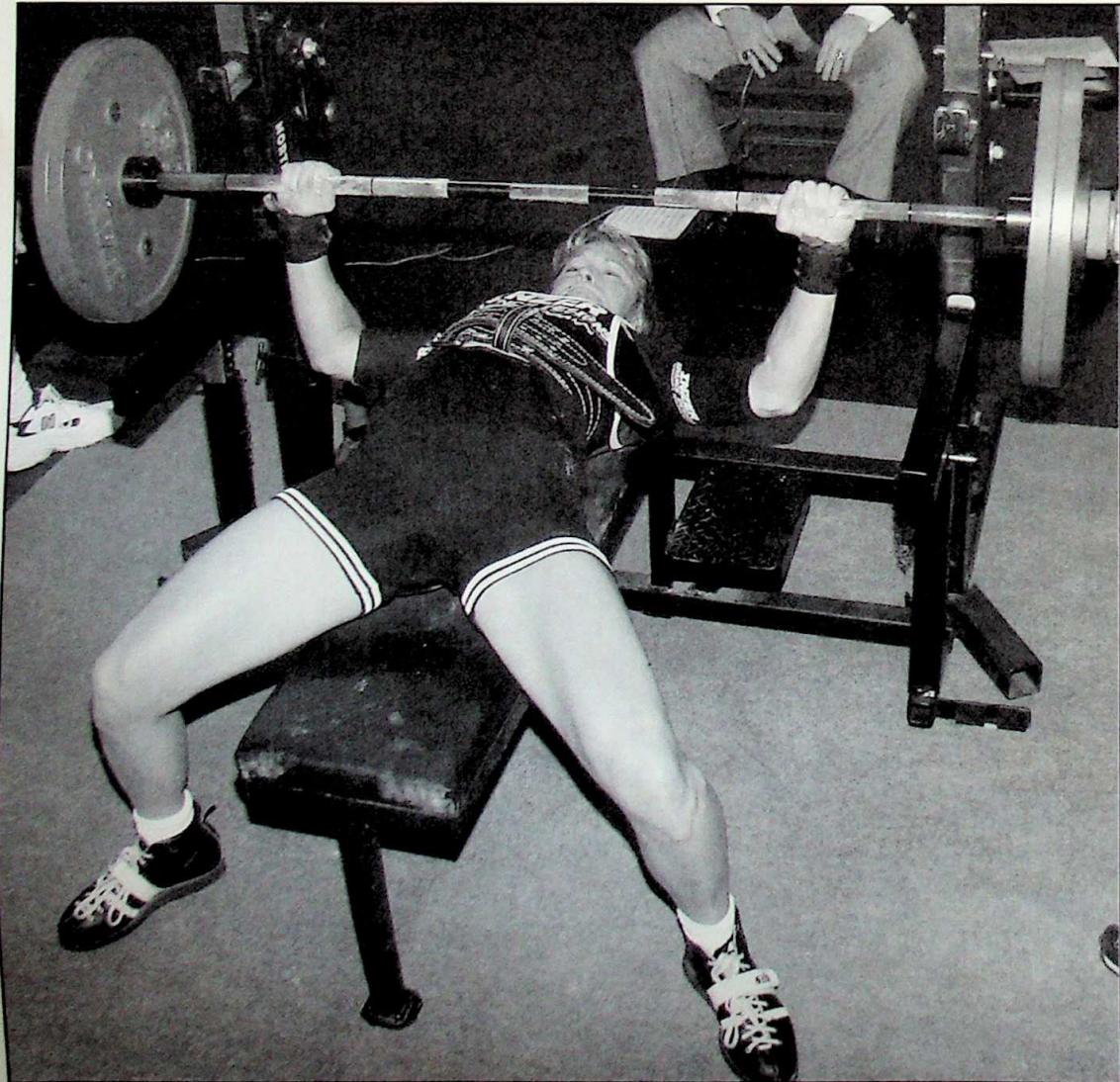
JT: The RAW lifting was for fun. It is something that I do in my workouts all the time, so it was a good warm up for the USAPL Nationals. As far as my lifting cycle went, I basically treated the 100% Raw meet as a heavy training day.

GS: Describe for us your day on the platform, in Orlando & in Charlotte?

JT: In Orlando, I had some specific goals. First, was to do double bodyweight raw. Next was to try to break the all time RAW World record for all weight classes, which was 275 lbs by a heavyweight. I was able to get 280 and missed 290 on a third. I didn't know it at the time but the 280@130 is the best Raw bodyweight coefficient in female history. Pretty Cool.

Charlotte was a little different. It was pretty crazy because I was the meet director as well. My goal was to just win Nationals to get a World Team spot. After I weighed in I was running around making sure everyone was in his or her positions and putting out fires whenever they arose. I didn't have a whole lot of time to worry about lifting. I was absolutely exhausted by the time I went to lift, but I looked out in the audience and saw all my students out there watching me. I knew I had to have a good day for them.

GS: In less than a



month, you set a new National and two World Records. What did your family & friends think about, not only your victory & records, but also your schedule, stacking two major competitions so close together?

JT: My family has always been very excited and supportive of what I do. I hear them brag on me a lot, so I know they are proud. The competition schedule hasn't been too bad for me because I am coming off of a year break from competing, due to the new baby. The layoff rejuvenated my will to train heavy and get back on the competitive stage.

GS: In your last TEAM iXL interview, you mentioned that the deadlift was your favorite lift even though you're a World Class Bencher. Please take a minute and share with us why?

JT: It is so much less complicated than a bench press. You really only have to worry about not hitching the bar and getting the weight off the ground. You just bend down and pull as hard as you can. The deadlift is all about guts and I like that.

GS: Please describe for us a bench workout, say mid competition cycle?

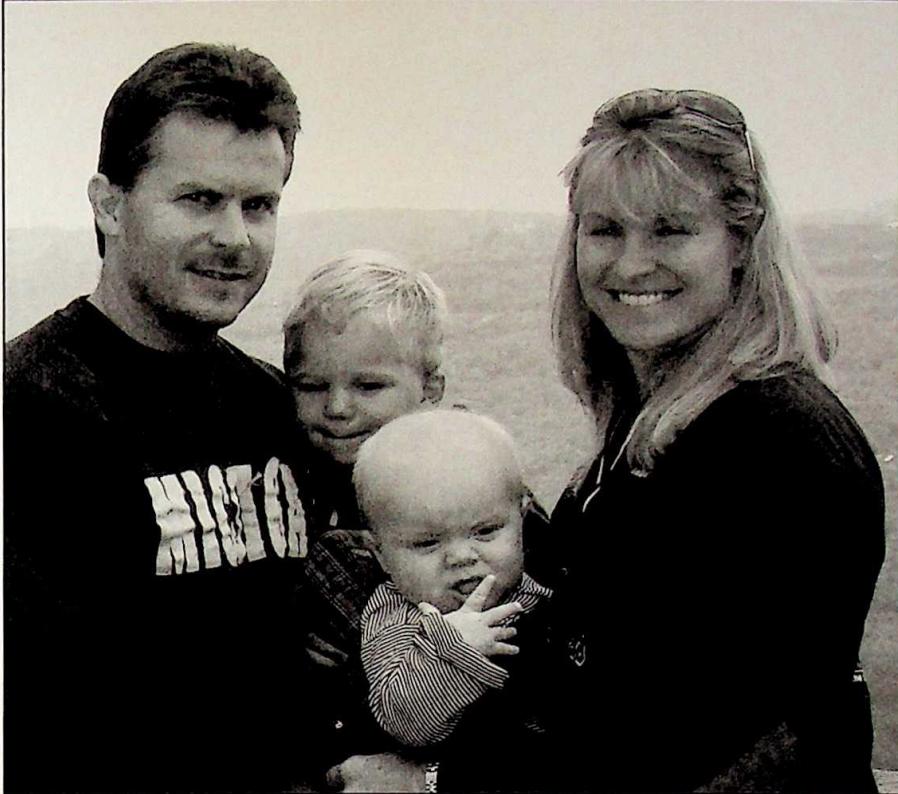
JT: We don't really cycle. Our system is pretty consistent. We split our program into a speed and heavy week.

On speed week: We start with raw singles, followed by 3 equipped single competition lifts to the max. This is followed by work sets with bands. We're pretty old school and still incorporate work sets on the incline and decline bench both weeks. We then like to finish with some speed presses.

On heavy week: We start with a heavy static hold. This is then followed by work sets flat, incline and decline. All our work sets are 3 sets of 5 raw. Then we will finish with some negatives and upload presses.

GS: Who are your current workout partners and or Coach?

JT: I have always lifted with my husband/coach Donovan. It is our time of the day to spend together and talk about our day or lifting. We help push and motivate each other. We have an ongoing com-



The Thompson Family ... (left to right) Donovan, Tucker, Broden, and Jennifer (from Jen)

petition he tries to stay a forty-five pound plate on each side ahead of whatever I am lifting and I try not to let him.

GS: Jennifer, you've shown that you can lift huge weights drug free! What advice do you have for athletes & coaches reading this interview in regards to why they should stay the drug free course?

JT: That's simple: Health, Pride and Competition.

GS: What supplements & equipment are you using currently?

JT: I use Quest Nutrition products. I drink their Ana-Protein shake twice a day and take the Jack Stacked II twice a day as well. I've been an Inzer girl from the start. I use the Rage X bench press shirt, the Hardcore squat suit and Max DL suit. Inzer Products have always been good to me.

GS: Tell us a little bit about your diet? Describe what a typical day of food consumption looks like, as you're preparing to bench press nearly 2.5 times your bodyweight.

JT: I am somewhat of a "supplement junkie". It makes life easier when you are working and raising kids. I start my morning with a protein shake with milk. I have a ProMax bar for a mid morning snack. I have a lean lunch. Another bar for an afternoon snack. A second shake after my work out, then when dinnertime rolls around it will be some sort of chicken dish. Sounds boring, but eating is over-rated.

GS: What goals have you set for yourself in 2007?

a lifter just getting started in Powerlifting?

JT: It is important to find a mentor, someone who knows the sport and can help you with the equipment and exercises. It is easy to get hurt doing this, so it is important to know someone that has some experience in the sport. In addition, go to as many local events as possible. This is a great time to learn from others as well as learn something about yourself.

GS: Any final comments you'd like to make or people you'd like to thank?

JT: Of course, I would love to thank my family and friends. Without their love and support this wouldn't be as much fun. I would not be where I am or who I am without my husband. He is my best friend and a wonderful father. I would also like to thank Inzer Advance Designs and Quest

Nutrition who continue to support me with their awesome products. And finally, thank you Greg, for the interview and the opportunity to showcase my strength, Drug Free as a TEAM iXL SuperStar.

GS: Jen, you truly are 132 Pounds of Power! The way you're living your life to the fullest by not only becoming a World Champion lifter, but a World Champion wife, mother & teacher is to say the least inspirational. Congratulations on all your recent victories and accomplishments. We're very proud to have you on our TEAM and I am confident that there's many more records, in your future!

Greg Stott is the Founder of TEAM iXL. An organization of Athletes worldwide on a mission to inform, motivate & demonstrate that There are No Limits Drug Free! For more info on Jennifer & other iXL SuperStars visit www.TEAMiXL.com. (c) 1994-2006 iXL Productions. All rights reserved





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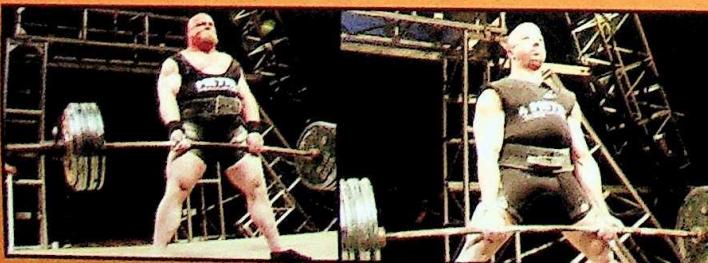
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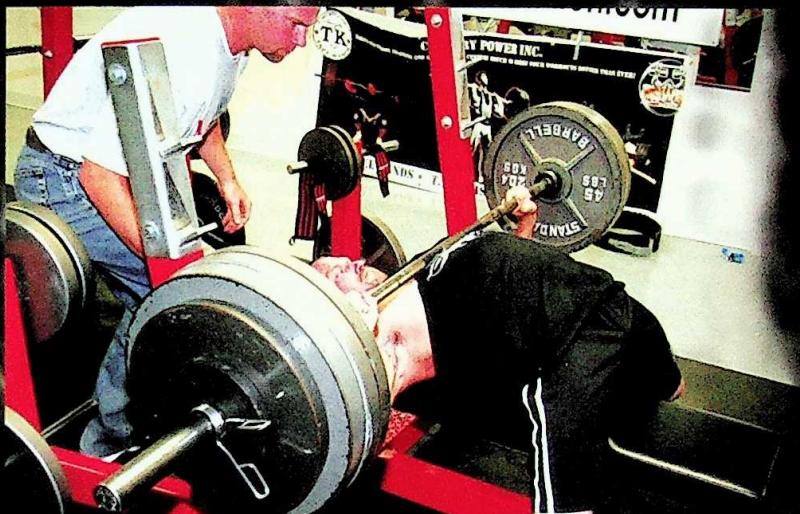
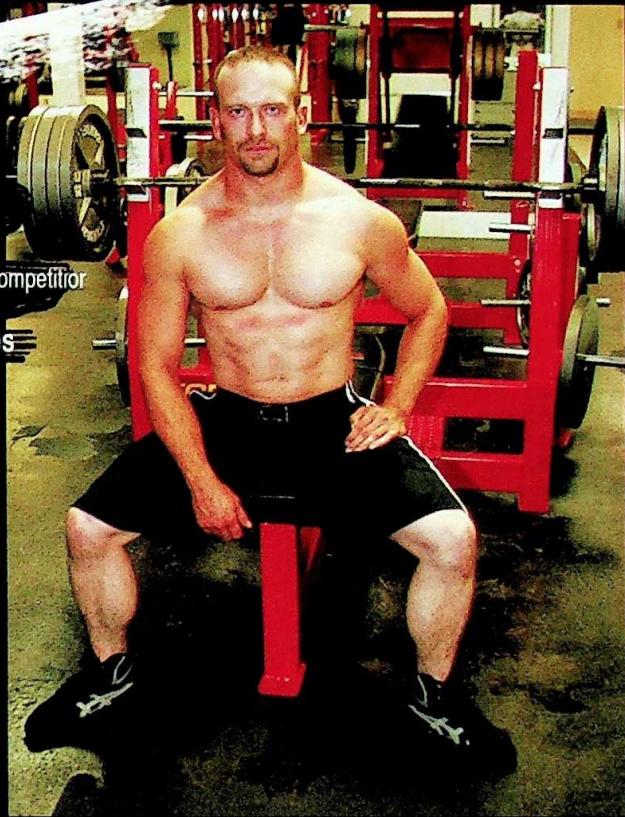
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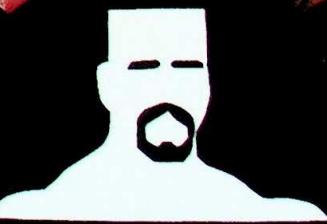
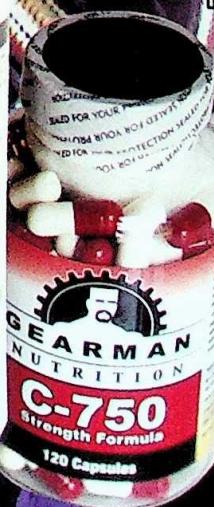


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DR. JUDD

EXCUSES, EXCUSES, EXCUSES as told by Judd Biasiotto Ph.D.

The Lighter Side

I went to my psychiatrist to be psychoanalysed
To find out why I killed the cat and blackened my
husband's eyes.
He laid me on a downy couch to see what he could find,
And here is what he dredged up from my subconscious
mind:
When I was one, my mommie hid my dolly in a trunk,
And so it follows naturally that I am always drunk.
When I was two, I saw my father kiss the maid one day,
And that is why I suffer now from kleptomania.
At three, I had the feeling of ambivalence towards my
brothers,
And so it follows naturally I poison all my lovers.
But I am happy; now I've learned the lesson this has
taught;
That everything I do that's wrong is someone else's
fault.

ANNA RUSSELL

We all make excuses. We make excuses for our failures, for our choices in life, for our dysfunctional thinking, and for our dysfunctional behavior. Actually, we produce excuses for just about everything that we do that does not work out the way we want it too. And we will blame everyone and everything for our

shortcomings...our parents, our society, our schools, our churches, even God and Satan if we have a mind to do so. These days we can even blame our genes for our shortcomings ... I couldn't help it, I have BAIN DAMBAGE. There is just no end to the possibilities of excuse making.

Interestingly, the urge to make excuses starts early. Some research

has shown that nearly all children conjure up their first excuse by the tender age of two, if you can imagine that. Case in point, a two year old attending his grandfather's funeral punched the corpse when he walked by the casket. Immediately, the mother grabbed the child and said, "What are you doing?" The kid responded, "He hit me first." That's right, kids can say the darndest things and, yes, they can come up with some of the greatest excuses you ever want to hear. And it only gets better or worse, depending on how you look at it. The reality is we make excuses everyday ... "we" ... meaning you. Some psychologists contend that it is really not our fault because excuse-making is a built-in tendency of human nature to blame others for our faults ... which really gives us an excuse for well, making excuses.

Of course, some of us are better at making excuses than others. In fact, some of us are master excuse makers. Check these world class excuses out:

- Your Honor, I stabbed my wife in the back 25 times to hide her suicide from our son.
- When I got up this morning, I took two Ex-Lax in addition to my Prozac. I can't get off the john, but I feel good about it.
- A pedestrian hit me and went under my car.
- Coming home, I drove in to the wrong house and collided with a tree I don't have.
- I pulled away from the side of the road, glanced at my mother-in-law, and headed over the embankment.

· Tom Robbins says: "Any one who goes to work everyday ... everyday ... is sick! So, I am calling in "well" to work today!"

· I've used all of my sick days and I'm calling in dead.

· The dog ate my car keys. We're going to hitchhike to the vet.

· I just found out that I was switched at birth. Legally, I shouldn't come to work knowing my employee records may now contain false information.

· The other car collided with mine without giving warning of its intention.

· I prefer to remain an enema ... BAIN DAMBAGE.

· An invisible car came out of nowhere, struck my vehicle, and vanished.

· It is not my fault; I was drunk.

· Please excuse John for being absent on Jan. 28, 29, 30, 31, 32, and also 33.

· I don't know what you are talking about ... it wasn't me!

· "No speaka English" After receiving the ticket.... "You son of a &^%\$, you wrote me a ticket!" And here is one of my favorite excuses:

· What homework?

And my most favorite excuse:

· I am going to miss work today. My mother-in-law has come back as one of the Undead, and we must track her to her coffin to drive a stake through her heart and give her eternal peace. One day should do it.

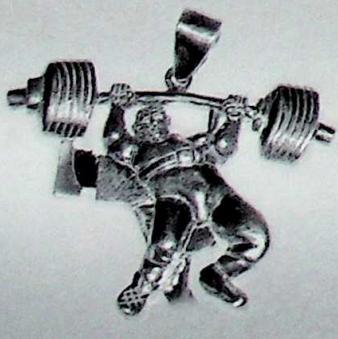
Okay, so I was the one who used that excuse ... it is still good though. Actually, my most favorite excuse of all-time was given by Michael Spinks after Mike Tyson nearly ripped his head off in the first round of their heavyweight title fight. After the fight a reporter asked Spinks what happened. Spinks replied, "I wull lite a pissa with anchovy and estra cheez." Translated into English "I wull lite a pissa with anchovy and estra cheez."

Murderers can come up with some really great excuses ... the little man in my head told me to do it, the devil made me do it, God told me to do it. How about this one ... a dog told me to do it. I don't know about you, but if a freakin' dog told me to do something, I sure as hell wouldn't do it, especially kill someone. Heck, I wouldn't even fetch the paper for him.

Athletes are just as bad ... well, not as bad, but they can come up with some real humdingers. Besides the typical excuses ... it was too hot, too cold, too sunny, too overcast, my back hurt, my leg hurt, my arm hurt, etc, etc, etc ... athletes will blame their performance on such things as fortune, destiny, karma, luck, chance, biorhythms, eugenics, heredity, environment, para-psychic psychology, or any other condition that is beyond their



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control. In fact, athletes have more excuses than China has rice.

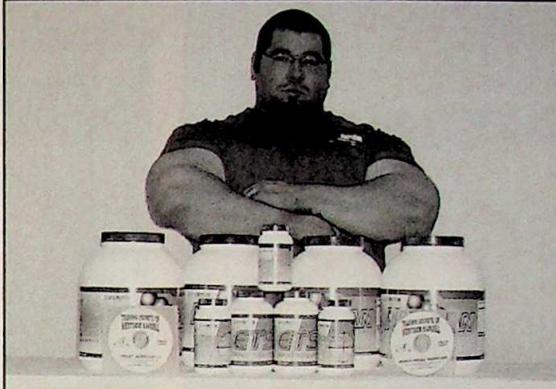
Check these out for example:

- My mother washed by lucky underwear.
- My dynamic equilibrium between my Yin and Yang lost unity, thereby throwing my whole system out of balance.
- My critical days for each one of my biorhythm cycles changed direction from positive to negative.
- My breast got in the way.
- My bra was too tight, and it kept riding up on me.
- I lost my Qi. (Chi)
- Victoria's married to Brad, who had a fling with Sharon, who's married to Nick, who slept with Phyllis, whose teenage son Daniel was wrongly accused of murder. Now tell me, how could I concentrate with all of that going on with The Young and the Restless.

I don't know why all of this excuse making would surprise anyone because we, as Americans, have a notorious reputation for not taking responsibility for our actions. In fact, the tendency to deny our shortcomings is the American way ... "Me, wrong. Hell no!" Have you ever read the book, *A Country of Victims*? If not, you should. It will give you a revealing insight into America's inability to take responsibility for its own actions. The book ardently points out that Americans can not accept defeat or failure whether it's in sports, politics, economics, education, or

anything else for that matter. As a country and a people, we are constantly pointing fingers at everyone else, but never really owning up to our own shortcomings. Like our Lord said in the Bible, we tend to see the splinter in everyone else's eye, but we fail to see the log in our own. Of course, if there is no one to point at when we do something wrong, we come up with fifty million excuses why it wasn't our fault. It is never our fault.

Now don't get me wrong. I am sure there are many people who are more 'sinned against' ... at least ten or twelve ... than who have sinned, but even those individuals who are definitely headed for sainthood are not off the hook entirely. To some degree we are all responsible for our own actions. It doesn't matter if you are a world class excuse maker or just a novice, making excuses disempowers you by undermining and eroding your confidence. Using excuses only goes to reinforce any beliefs that you may have that you are incompetent, powerless, hopeless, weak, and ineffective. Part of the power of taking responsibility for our actions is that we silence the negative voices in our heads. When we spend our time thinking success, instead of thinking about excuses, we free up the emotional space formerly inhabited by self-doubt. Let's be honest, we all have voices



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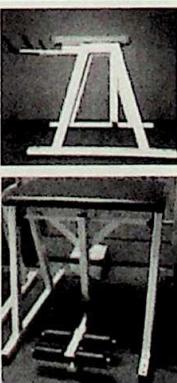
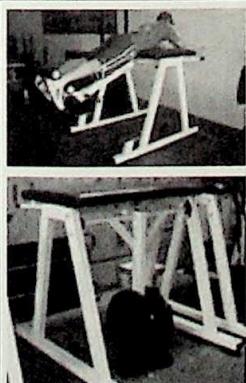
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in our heads that undermine our faith and our abilities. We have to work on trading in those negative voices for supportive, more realistic ones. Successful people don't look for excuses. They look for opportunities. They know that there is always a way to make things work out. That's the type of mindset you need when dealing with

hardship. Excuses won't hack it.

So, the next time you catch yourself making an excuse, whether it is because you were defeated in sports, late for work, got rejected, or you just plain screwed up, gently remind yourself ... no excuses. In fact, why not just leave the excuse making to the professionals ... the politicians.

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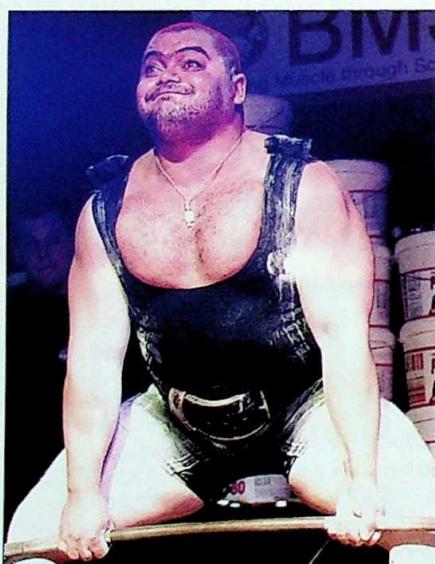
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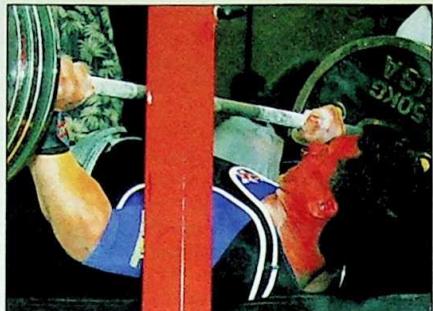
Yevgeny Yarymbash of the Ukraine set a new all time total record in the 275 lb. class (breaking the very recently set mark of Ron Yard - 2605) at the BMS Cup in Stuttgart, Germany with lifts of 1036 771 832 2635. (photograph is courtesy of Thomas Klose)



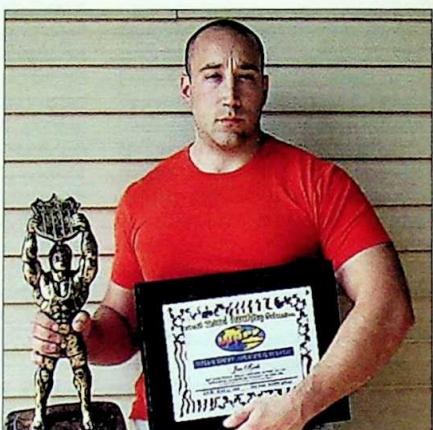
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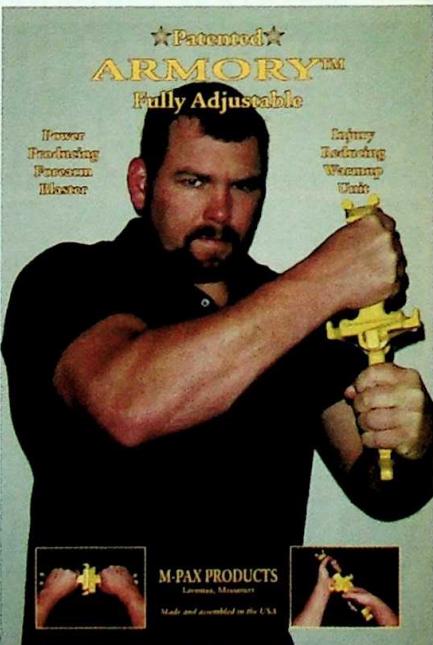


Nick Marinis broke a 24 year old record (held by James Rouse) when he made this 503 lb. bench press in the 181 lb. class at the APF Senior Nationals (CSS Photo Design)



Dr. Jon Rock of Philadelphia took first place in the 181 lb. raw weight class and won best overall lifter at the WNPF Nationals held in Ephrata, PA on May 21st. Rock broke the national record in the squat and in total.

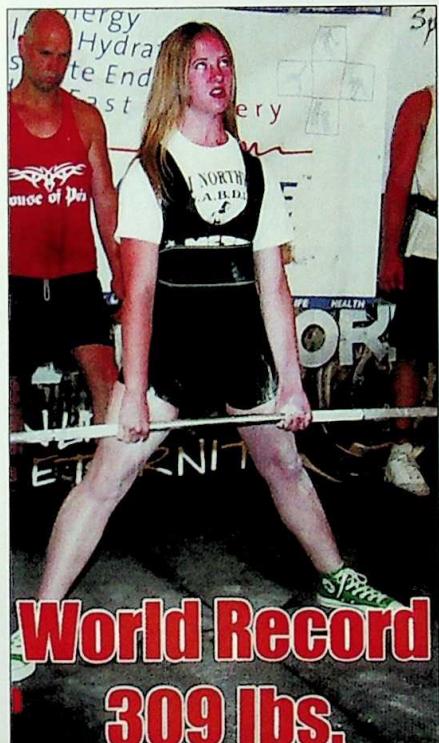
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Donnie Thompson's Wedding: was held in Chapin, SC at Lake Murray. Donnie's dad cooked 90 steaks and they all disappeared. According to Donnie: Tex and Spud ate 10 T-Bones between them. There were plenty of drinks and beer to go around and all the powerlifters and strongmen got full from food and beer. My mother and father, Don & Adrienne Thompson hosted the event and did a great job. The Mayor of Chapin filed the event and put it on Time Warner's access channel immediately for all to see. Donnie and his bride Heather said their vows on the dock in front of a small crowd of about 75 spectators. The dress was casual so the fat powerlifters would not pass out from the Carolina summer heat. Budd the bulldog was obnoxious and tried to bite all my friends. He was then locked up in the house. The newlyweds proceeded to Charleston, SC for the evening and spent their honeymoon on SeaBrook Island, SC.' Pictured, from left to right (including weight class) Kevin McLeod-220, Cadillac-SHW, Hot Rod-308, Jason Lawson-275, Tim Fogle-308 masters, Donnie Thompson-SHW (in a TUX!), Mark Blackberg-bodybuilder, David McLeod-242, Tex Henderson-SHW, Spud Bartley-275, David Goff-220 masters & John Morrow-308. At the bottom is 'Buddy the Bulldog'. (photograph by Donna Goff, courtesy of Donnie)



THE WASS FAMILY - WABDL CHAMPIONS: Amanda Wass set her sixth WABDL World Records since March of 2005, with this 309.6 effort in Portland, OR on July 15th at the WABDL World Cup. Proud Papa Robert Wass also competed in the same meet, winning first place in the Masters 54-60, 220 lb. class with a 501 lb. lift. On December 1st, he will be 60 years of age. Both have been lifting in competition the same length of time, about a year and a half.

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Much research has been conducted related to training for muscular hypertrophy and maximal relative strength development, including repetition ranges, rest period durations, and repetition cadence. If two hypothetical athletes have identical muscular development and muscle fiber composition, how does one exceed the other if they have equal training experience and technique? The fastest method can be found in the scientific improvement of muscle fiber recruitment, implemented over as brief a period of time as one day. Lift progress is both faster and more substantial when one increases the number of muscle fibers used in a given movement vs. simply their individual size or firing speed.

There are no direct connections between nerves and skeletal muscle fibers. There is a microscopic gap, a space, between motor neurons and the muscles they contract, referred to as the Neuromuscular Junction (N.J.) or synaptic cleft. This is, for strength athletes, the essential "power gap" that must be bridged for strength development beyond muscular hypertrophy and training effect.

To properly maximize the electrochemical nature of muscular contraction, it is important to understand the series of discrete events that leads to all physical movement, in this example, the arm extension in the bench press:

1) Based on the intended movement, a signal from the spinal cord causes an electrical current, referred to as the action potential, to travel down the motor neuron towards its associated group of muscle fibers in the tricep. This motor neuron and its group of muscle fibers are, combined, referred to as a single "motor unit".

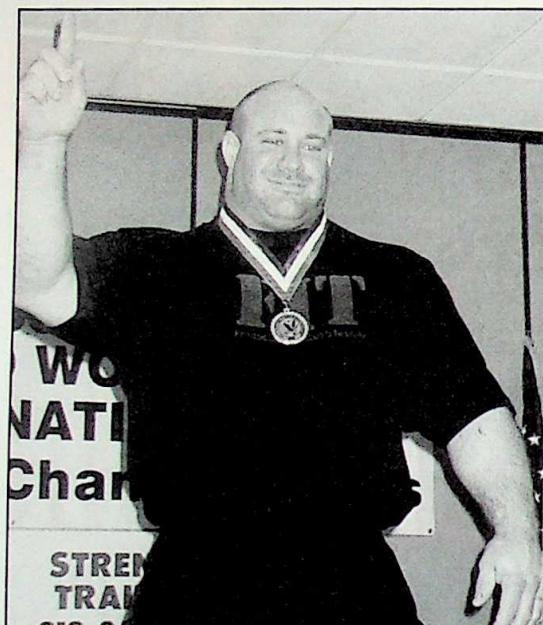
2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

3) Acetylcholine binds to receptor sites on the muscle, recreating the electric action potential.

4) The electric current causes the release of calcium (Ca^{++}) from the sarcoplasmic reticulum in the muscle.

5) The calcium contacts the contractile machinery of the muscle (actin and myosin), and muscular contraction

ACETYLCHOLINE: 10 World Records in 12 Months and the Future of Strength Development as told to PL USA by Timothy Ferris, ACSM



Scot Mendelson is a big endorser of BodyQUICK

occurs; the fibers in the tricep head slide over themselves in a ratcheting movement, shortening and extending the arms.

Without chemical stimulation from a motor neuron, muscular contraction cannot occur. Without optimal chemical stimulation, maximal strength output cannot be generated.

To facilitate and optimize the above process for strength gains, one can increase area-specific calcium release, increase the number of motor units activated by a given motor neuron, or increase acetylcholine production at the Neuromuscular Junction. Two vehicles can be used to further these goals: training and supplementation.

As a sample of the former, researchers and scientists at the University of Connecticut have demonstrated that high-intensity training, defined as resistance training at a minimum of 90% Maximum Heart Rate (MHR), can increase the number of branches that extend from the end of a given motor neuron. In this manner, broader connectivity increases the number of motor units reachable by multiple motor neurons, resulting in greater muscle fiber recruitment and strength output. This is of particular value within larger

and most easily fatigued muscle groups, where each neuron must service larger numbers of muscle fibers (i.e. white type II-b fibers in the thighs, back, and other major groups critical to maximum lifts in strength sports).

Training, however, is for another article, and the above physical adaptation does not increase neurotransmitter production or the number of receptor sites for them: the two missing links, so to speak. Within the context of this brief article, we shall focus on the most neglected vehicle for maximal strength development via supplementation: acetylcholine.

Thomas Ingleton, president of Human Performance Specialists, a sports pharmaceutical

consulting firm, cites acetylcholine and associated neural co-factors as the next generation of ergogenics: "Increasing acetylcholine and neurotransmitter enhancers will be one of the next phases. When you increase acetylcholine, you are able to activate more muscle fiber, which, in turn, lowers the relative intensity of a workout [by increasing the amount of weight that can be lifted]."

By actively providing the precursors and conversion agents necessary for optimization of nerve conduction, strength is increased through the power of multiplication: using more muscle fiber in a given movement, which equals greater gains and hypertrophy in a shorter period of time.

The quantifiable real-world improvements athletes are demonstrating with neural accelerators, now that they are appearing in the competitive circuits, is more impressive than physiological theory or hypothetical speculation.

Scot Mendelson, who has increased his world-record bench-press from 786.2 lbs. to 1008 lbs., now has 9 world records to his credit and states: "BodyQUICK [the only acetylcholine-based neural accelerator currently on

the market] helps everything fire faster. The power and speed it generates is like nothing I've ever tried."

Peter Primeau, IPA World Champion, states: "Last year I was able to squat 565 [lbs.] in a competition. By using [neural acceleration] earlier this year I achieved a 705 squat in competition. My bench went from 440 to 550 in the same cycle. My deadlift improved from 625 to 645. Today I squatted 715 deep for a double."

It is understood that world-class athletes progress based on multiple factors and training is no small component; a supplement cannot replace these prerequisites as it is intended only to amplify and multiply the training effect.

That said, if acetylcholine production is impaired or suboptimal, no type or volume of scientific training will produce the highest-possible performance gains, as all contraction is limited by its supply. Using blood analysis testing, it has been demonstrated that plasma levels of choline (a precursor to acetylcholine) are decreased by 25-40% in runners after completion of the Boston Marathon. Randomized placebo-controlled crossover testing has also concluded that increased acetylcholine levels directly correlate to faster running and swimming times in competitive athletic subjects. It is important to note that, as critical as acetylcholine is to strength output, it is equally important to extended muscular performance and sports endurance.

How does one simultaneously increase motor unit recruitment, increase muscle fiber stimulation, and decrease muscle fiber fatigue? Understanding the role and optimization of acetylcholine is the key to bridging the "power gap" and actualizing true genetic strength potential.

Consumption of acetylcholine precursors and necessary conversion agents improves muscle-fiber recruitment and introduces a new basis for the development of maximal strength within shorter time frames than ever before possible with training and supplementation focused on hypertrophy, whether sarcoplasmic or sarcomeric.

Acetylcholine (ACh), unstable when ingested directly, is ideally produced by consuming constituent precursors, conversion agents, and extension agents that increase the intersynaptic half-life once acetylcholine is produced internally.

At the time of this writing, there is only one patent-pending and tested neural accelerator on the market that contains these above three necessary components, sold in New Zealand, Japan, and now the USA as BodyQUICK

(www.getbodyquick.com). Featured on FOX Sports and CBS' "Science of Fitness", BodyQUICK has quickly entered the world of professional sports and immediately demonstrated the power of acetylcholine, setting nearly 10 world records in competitive powerlifting alone within the last 12 months. BodyQUICK is ASDA-approved and contains no banned substances listed by the International Olympic Committee (IOC) or NCAA. To affect the calcium component of neural transmission and muscular contraction, this product also includes methylxanthines which increase Ca++ release.

Analogous to insulin as a so-called "master hormone" in its ability to regulate testosterone and Human Growth Hormone (HGH) production, the nervous system is the parent biosystem that determines the output and limits of the muscular and cardiovascular systems, as they both depend on electric impulses and action potentials. For this reason, the biochemicals that support neural transmission and help recruit the maximal number of motor units must be optimized to realize the true upper limits of muscular power output.

With an excellent record of clinical safety, acetylcholine-based neural accelerators may present a safer alternative to the more harmful anabolics and androgens so prevalent and so often misused in competitive strength sports today.

Timothy Ferriss, ACSM, has been featured by media worldwide, including Maxim Magazine, The Philadelphia Inquirer, Amazing World News (Japan), and MTV. For more information on acetylcholine-based strength development and athlete case studies, visit www.adaptagenix.com or www.getbodyquick.com

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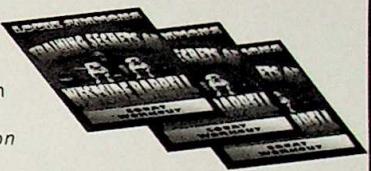
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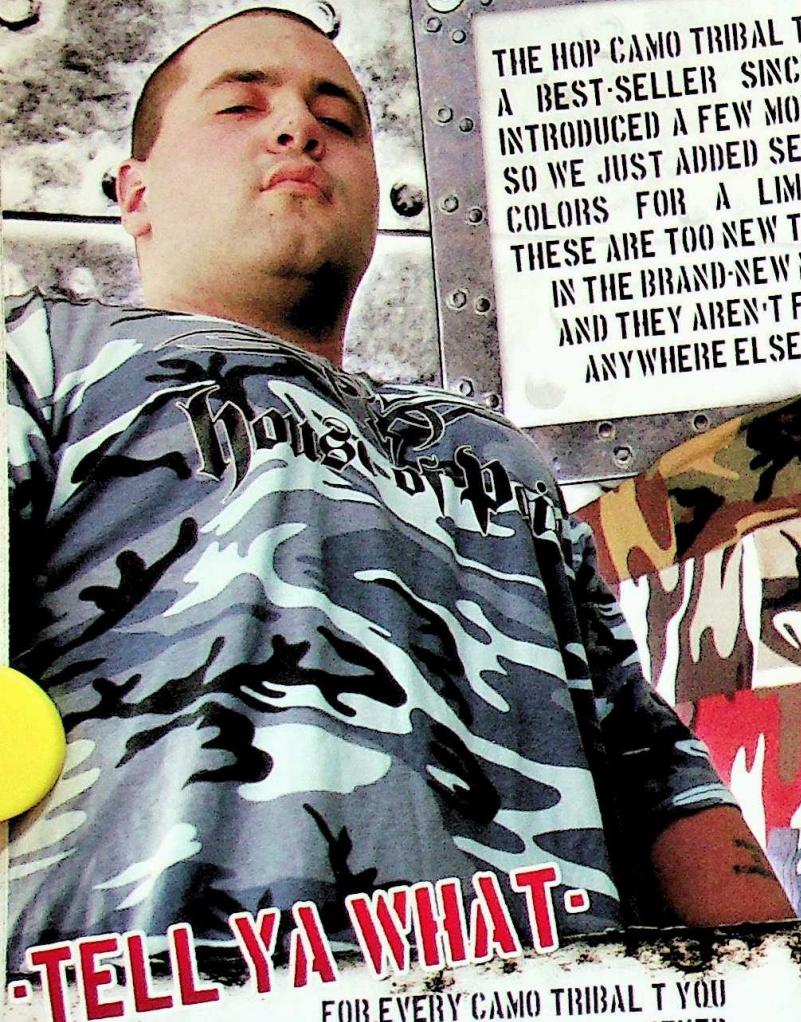
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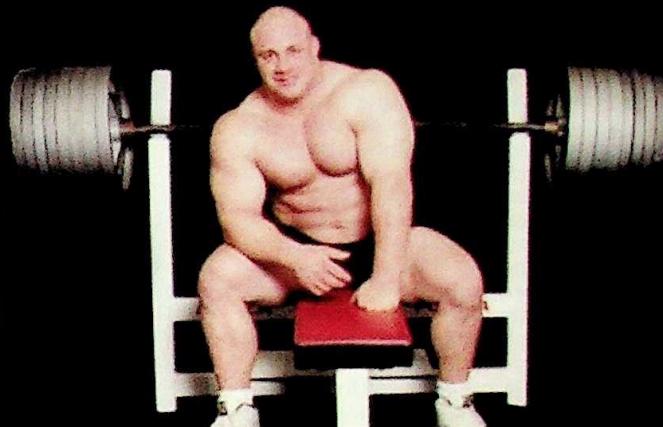
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Scot Mendelson, World's #1 Bench-Presser
9 World Records in Powerlifting

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TRAINING TO AVOID INJURIES *as told to Powerlifting USA by Doug Daniels*

The unfortunate thing about powerlifting is that injuries sometimes are easier to come by than strength gains, so it's important that we train with injury avoidance in mind. In this article we'll look at some common causes for injuries, and how they can be avoided.

Improper form is probably the number one reason for injuries. There are two major reasons for improper form. The first is not knowing how to correctly perform the lift or exercise; the second is the result of lifters' desire to use more weight or get more reps than the last workout. Using proper form requires a lot of discipline and courage. The proper form for each of the exercises must be performed on all reps of all sets. Learn to execute the lift properly on the light sets so this form can be carried through the heavy ones. Sometimes it may require using less weight to keep proper form, and that's where the courage comes in. Don't go mindlessly through your lighter sets, but concentrate on proper form. When squatting, keep your back as flat and erect as possible while keeping your chest out and elbows back. For the bench, lower the bar in a controlled manner to the chest. The deadlift is similar to the squat, keep the back flat and erect, lifting primarily with the legs.

Everyone cannot and should not perform the three lifts the same way. Individual body structure and flexibility require each lifter find their own optimal technique, which may change over time. Consult a coach for guidance and study other lifters and photos. Take videos of your lifting and evaluate them or ask a knowledgeable lifter for their opinion.

There's pressure to increase the weight or get one more rep each workout. Too often to get an extra rep or more weight the lifter may twist unnaturally during the lift and pull or tear something. Increase the weight or get the extra rep only when proper form can be maintained. One workout resulting in an injury can have infinitely more impact than getting one more rep using suspect lifting form.

Ballistic movements or extreme extension during an exercise are also injury culprits. Lifters train ballistically by crashing hard into the bottom of a movement hoping the momentum upward will give an extra boost to complete the rep. Some lifters perform squats or leg presses, this way. What can result are extremely sore knees and a possible pulled groin, and then they have to wear knee wraps because their knees are sore. Seldom do they ever realize that these ballistic moves are the cause of their pain.

Lifters abuse the bench press also. In order to get that extra bounce to complete the rep, lifters drop the bar down hard on the chest. This opens the lifter to possible rib cage injury. It may also place the lifter in bad position for the push upward and cause muscle strains or pulls. Muscle pulls can also occur when a lifter bridges their butt high off the bench in order to lift the weight. I've seen some lifters bridge so high that you could almost drive a Hummer under them. Keep your butt in contact with the bench at all

times. Use your benching muscles to lift the bar, not your legs and hips and bar bounce.

We always read that full extension and contraction are critical in getting max results. A lifter invites trouble when he stretches a muscle too far, too heavy, and too often. I agree a lifter should practice a full range of movement, but an exaggerated stretch or extension is asking for trouble. Control the weight to a comfortable extension or stretch. Get in a few warm-up sets with increasing range of movement as well as weight. Apply this to all your exercises remembering to lower the weight at a moderate speed and in a controlled manner.

Enhanced flexibility is important. Flexible muscles, joints, etc., can be keys to avoiding injuries. Many lifters balk at working flexibility thinking it's a waste of time. Not only can it decrease the incidence of injury, but also enhanced flexibility may allow a lifter to improve his lifting style and actually lift more weight! I suggest getting a book on flexibility for specific exercises and techniques, concentrating on hamstrings and shoulders. Work into stretching slowly. Don't try to achieve gymnastic-level flexibility the first day.

Balanced torso strength can help decrease back injuries. By balancing torso strength, I mean work those abs. Deadlifts and squats both strengthen and wear down your lower back. Strengthening your abs will balance out your torso strength, allowing your abs to work with your lower back (erector) muscles to stabilize your body during just about all lifts. Crunches 3-5 times a week are a great choice as well as many weighted ab machines.

Overtraining can't be overlooked as a cause of injuries. In a quest of gaining size and strength, we sometimes do too much. Most mortal lifters can endure high volumes of training for only so long. When overtraining starts to set in, strength and energy levels can quickly tail off. Aches and pains mount and your concentration level decreases making us increasingly vulnerable to injury. My suggestion is to follow some of these guidelines:

1. Train each power lift no more than twice a week.
2. Take a 1-week layoff from weights every 12-16 weeks or after a major meet.
3. Limit your amount of sets and reps as well as amount of exercises; don't over train.
4. Don't use the same set/rep scheme for more than 4-6 weeks in a row. That way you can't overstress your body on heavy weight and low reps for too long of a time.
5. Supply your body with the nutrition and rest it needs to recuperate from injuries and normal training. Adequate water intake (4-8 glasses daily) should be mandatory.

Your general physical and emotional condition being can't be overlooked as a potential cause of injuries. If you're under the weather physically, your strength and recuperative abilities will be sub-par. Your level of concentration will not be where it should be. In that case, don't go too heavy or perform low rep sets; instead take a light or medium intensity workout. If you're really feeling out of it, skip your workout altogether. One or two missed workouts will not have any significant effect on your strength levels, but one unfortunate workout could end your training prematurely. Take a step back and start up again with a short ease-in period following any minor illness. Emotional stress can affect you just as much as a physical illness. If you're involved in a stressful situation at work or home, you will not be able to put your full concentration into your training. However, in some cases, a good workout can be great medicine to get your mind off your problems and channel that energy towards a productive goal. If you chose to workout during a stressful time, I strongly suggest taking it easy on the weights. Lower your intensity level a bit and live to lift another day.

If you ever are in doubt about an injury or pain, get medical attention before you resume training. Aches and pains are intrinsic to powerlifting, but you must listen to your body and learn to tell the difference between minor pains and more severe pains that require medical attention. If you chose to see a doctor, locate one with a sports medicine background. Regular doctors are not weight training savvy enough to guide a competitive powerlifter back into resuming training if and when the injury allows it. Always use proper exercise form and common sense in your training and get adequate rest and nutrition. Injuries still may occur, but you can lessen their frequency and severity. Injury avoidance should be an integral part of your training.

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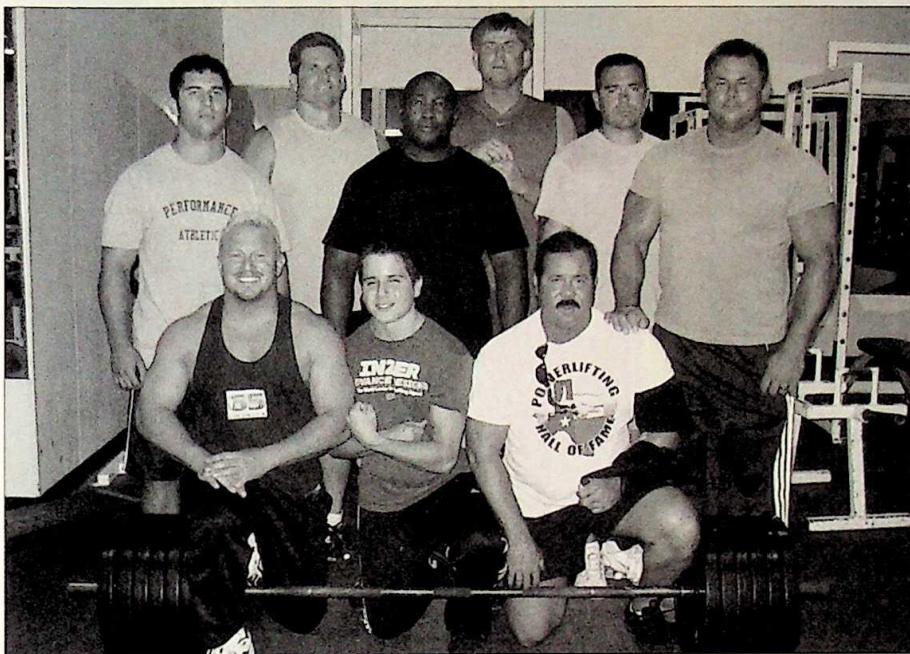
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HARD CORE GYM #59

It's Not The Gym Name, It's The Crew as told to PLUSA by Rick Brewer, House of Pain



THE CREW ... watch out for these guys at the Gold's in Austin. (The People's Champ at right)

Last month we visited Iron Sport Gym, and I promised you that we would meet a real as**ole this month. I never break a promise like that! The weird thing is, this self-described a-hole also calls himself *The People's Champion*. Heck, even Herb Grossbrenner has called him that. Crazy!

First, a little trivia: who really is '*The People's Champion*'? A lot of people claim this title; ranging all the way from Paul Wall (white rapper out of Houston, Texas), to Dwayne Johnson (*The Rock*, of WWF fame). Major props to *The Rock* for turning weightlifting & wrasslin' into a movie-star career, much like Gus Rethwisch (WABDL) did in year's past. Strangely enough, these two (*Rock* & *Gus*) shared a movie recently—when *Gus* provided the opening fighting-star scene for *Return Of The Scorpion King*. Cool, but unrelated to our current HC gym. Back to *The People's Champion*...

So many people claimed the *People's Champion* title, that there was a televised contest in 2003—with events ranging from 'cell-phone throwing' to 'using a leaf-blower to chase a rooster through a maze the fastest.' This stuff is too crazy to make up – read about the PC contest online (through Wikipedia) if you don't believe me. I can't tell you who won this TV contest, because I didn't watch it. I didn't have to watch it, because I already knew *The People's Champion* was Tim Bruner, the guy everyone loves to hate.

He is easily the most-hated guy on all of the lifting forums, but it doesn't seem to bother him. He just laughs it off and goes on! And yes, he still calls himself *The People's Champion*! Once, his wife asked him 'why do people keep reading all of the stupid sh*t you post on goheavy.com, since so many people hate you?' He just laughed and told her "the 'roids make 'em want to get pissed off!" He may be a total nut, but you have to love the attitude!

Wherever he trains must be Hard Core! So, where does he train? I'll let him tell it:

"I would like to introduce the powelifting world to my gym and, more important, my lifting crew! But before we get started let's get a few things out of the way. Most of you know me as an a**hole, big mouth and jerk! Well, if that is so, then all I can say is good; that saves a lot of time telling you about me! But what you may not know is most of my good qualities! Do I think I am the best? Of course, I train with the best equipment (INZER), I drive the best car in the world (BMW 740i), I eat the best food and wear the best workout clothes (Puma), best shoes (Vans), and most of all I have the some of the best sponsors I could ask for (Lambs Tire, Inzer Gear, and many that wish to be nameless for obvious reasons).

Hell, I even have the best wife a guy could dream of, along the greatest Mother-in-law with the best kids, and - without a doubt - the cutest and sweetest grandkids a guy could ask for. Let's not forget the best of friends, best dentist, best Doctor, the best ortho Doctor, the best Chiropractor (Dr. Bob) and, hell, I even have the best dogs and cats in the world! I even live in the best city in America (Austin Texas), and that brings us to what this article is to be about - where I workout at. Well, as you might have guessed, it's the best gym, not only in Austin, but in the country, and the world! Gold's Gym ... yes, I know what most of all you knuckleheads are about to say, that's not HARD CORE? Gold's has mirrors and chrome and people who don't sweat! Well, in case some of you wannabes have not learned this by now, it's not the gym that makes lifters Hard Core, but the lifters that make the gym Hard Core!

Several years ago I trained alone and preferred it that way and then I realized that it took a lot out of my workout to load and unload my bar and so with that thought began THE CREW! GOLD'S GYM has been home to THE PEOPLES CHAMPION and THE CREW for about 5 years now and they have been nothing but topnotch and allow us to do pretty much whatever we want. We have chalk, and we carry our gym bags with us on the floor, and we have power racks, the best equipment (ICARIAN), 4 legpresses, tons of plates and dumbbells up to 150. Yes, there are TVs and music everywhere and a bunch of people who just keep in shape, but I guess the biggest thing we have proved is that POWERLIFTERS can and do belong mainstream! I would even go as far as to say I have not met one other person at Gold's that have ever complained about us!

It is well known that if you want to lift big, then "Austin 620 Gold's Gym" is the place! The Crew consists of a dozen or so lifters. We come in all ages and levels, the youngest and perhaps the toughest is Kevin "Gieco" McCarten, skinny but tough as nails. Then Justin (who just joined us) is 17 and is knocking on the door of 500 squat and deadlift. Then you have some of the old guys Mark "Nacho Libra" McCarten, whom I have known for way too many years and never gives himself credit, then Reggie "THE BULL" McCoy who is perhaps the strongest lifetime drug free lifter I know. Then there is Rod Corbin, who is just realizing how strong he may be, and then Ted Bruner who could be good if he trained more often. Then there is Mike and Micki Sheffler, who are without a doubt THE STRONGEST ARMS of the law; Tamara Owens who has been out for a while due to a new house. Then there is JD who is a CIA, Green Beret, Navy Seal, and a secret double agent all rolled up in one! So you can see my goal to get someone to load and unload my weights has worked and some days I think to myself that it is working too well!

The truth to getting stronger and bigger is real simple, come work out with us a few weeks and see your numbers go up! You train with the best, you use the best equipment, you think the best, and trust me, you will become the best! Many days I am told by others that I inspire them, and I can only reply that by me inspiring them they in turn inspire me! Now I need to get ready to kick some ass in golf, so for now ... I am out!"

Well, Tim is right about a few things for sure: (a) his wife is definitely a saint for putting up with him;

(b) if you train with stronger people, you will get stronger; and

(c) the Austin Gold's Gym sounds like a cool place to work out (I trained there a few times - during USPF Powerlifting meets a long time ago).

If you run across Tim in the gym, be sure to say hello. You can pick up his weights if you want – that's up to you. If you run across him at a PL meet, just ignore all the smack-talk; it don't mean nothing! If you run over him on the road, better back up and run over him again – he just won't stay down. (I have pictures of him doing one-legged squats after leg surgery.) We even included a few pictures of his PL crew – so you know who to look out for.

Next month, we'll visit a gym with a REALLY strange name! It rhymes with KAPOW – like from a Batman comic book. Can you guess where it is?

Questions & comments about Batman:
rick@houseofpain.com

BACK ISSUE OF THE MONTH

November 1997: On the cover we had the US Strongest Man contest. Some great powerlifters were present. Kaz was one of the announcers, and Hal Connolly was Director of events. It was shown on ESPN2 and was the qualifier for the World's Strongest Man competition, held at the same location. Louie Simmons article was, "You Gotta Train Heavy", as in



the second part of his AAU/USPF Men's Senior National Champions chronology for the heavyweight classes, 198 and above. We had Joe Scalzo's bench press routine, (420 at 148), and a photo of powerlifter Kathy Roberts with (then) Governor George Allen. On our Top 100 for the 165 lb. class, the number one lifters were Rickey Crain with an 800 squat, Larry Miller with a 480 bench press, Dan Austin with a 672 deadlift, and Rickey again with an 1890 total. Elsewhere on the list, Gordon Santee, still active, was 98th for this 501 squat. Coach Paul Sacco was 70th with a 375 bench press. Brian Crowe was 72nd with a 545 deadlift. The cover person on our August 2006 issue of PL USA, Marcus Brandon, was 91st on this list with a 1344 total. You can still get this issue, and dozens of other collectible PL USA back issue treasures ... so our listing on pages 44-47 of this issue, and don't forget to check out the special quantity pricing we have available. You can load up, for cheap!

the maximum effort method. Herb Glossbrenner reprised the lifting at the 21st Senior Nationals. Winners included Joe Schmidt at 114, Jim Morgan at 123, Claude Handson at 132, Bob Bridges at 148, Gene Bell at 165, Dan Gay at 181, Ed Coan at 198, Tony Pharr at 220, Dave Jacoby at 242, Tom Henderson at 275, and George Hechler at SHW. Dr. Judd's column joined the chorus from Hugh Cassidy, Larry Pacifico, and Marty Gallagher, to ban the squat. "Dr. Deadlift", Greg Zweig MD, was interviewed as was Judy Gedney. The world's fastest bench presser, Karl-Heinz Otto, was profiled by Stephan Korte. Otto did 43 reps with a 110 lb. dumbbell in 36 seconds, in June 1994, to win the title. Rick Gaugler was profiled by Herb Glossbrenner. Herb also had



World Bench Press Championships

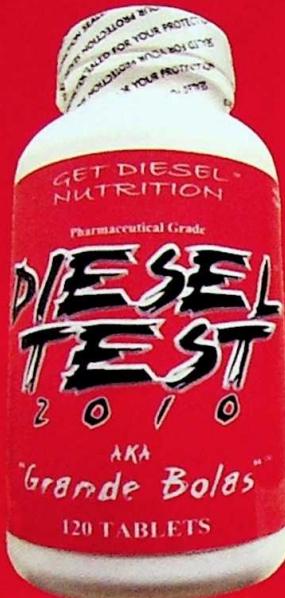
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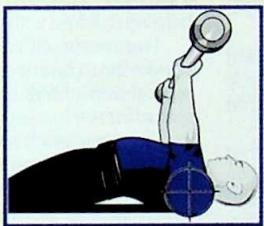
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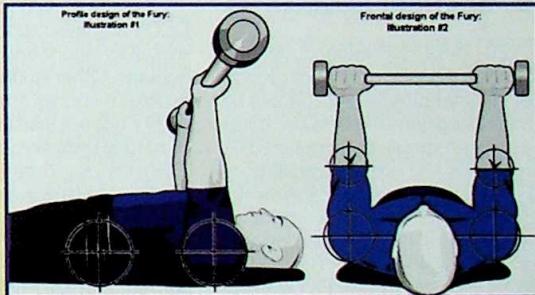
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Kenneth Sandvik
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Travis's Secret!

Q: I loved the article on Phil Harrington's Kitchen. It really gave a thorough look into his eating practices. My question is about Travis Mash. I heard through the grapevine that he is taking a supplement called Anagen that is supposed to be awesome. I hear that it can really help your performance through nervous system recovery and more. Can you give me the info on exactly what it does? Thanks a lot. Yours in strength, **Paul Johnson**

A: Thanks for the kind words about the Phil Harrington article. I have had a lot of positive response about it. In regards to Travis, he does take a supplement called Anagen and for many reasons. Anagen is a Scivation product. Travis has been a Scivation sponsored athlete for several years. Anagen produces results you can see and feel. Let me explain some of the key ingredients in Anagen and then go through what they are each responsible for so you know exactly what it does.

20-Beta Hydroxyecdysterone

20- Beta Hydroxyecdysterone has been shown to enhance growth of skeletal muscle cell cultures by increasing gene expression. It has also been shown to increase RNA synthesis and protein translation. For the laymen out there, this means that it enhances protein synthesis, which leads to increased muscle growth. Here's another bonus male lifters are going to love. Ecdysterone has been shown to enhance sexual activity in both animals and humans. ECDY increases the body's ability to respond to stress by increasing acetylcholine esterase activity in the brain. This means that you will deal with the increased

NUTRITION

Power Nutrition Q & A

by Anthony Ricciuto, B.Phed. C.F.T. S.P.N. S.W.M. F.T.

stress placed on the body by your intense training program and actually make gains instead of just wearing yourself down into a state of overtraining.

It has also been shown to help maintain healthy cholesterol levels. This is important since most powerlifters have elevated cholesterol and need to keep it in check.

Another major benefit is that it decreases glucose levels independent of insulin. This is important for those who suffer from insulin resistance, which after reviewing thousands of lifters, seems to be a majority.

To make it even more exciting, ECDY administration has not been shown to induce any side effects in humans. Other studies have shown no toxic response in animals either. ECDY will not lead to suppression of natural testosterone production. This is very important for those that don't want to disrupt their HPTA axis. The reason for this is that it does not bind to steroid hormone receptors. This means that the gains you get, you will not lose once you stop using it, which does happen with some other supplements.

Another bonus is the fact that athletes who compete in drug free competitions can use it without worry of failing a test since it contains no prohormones.

Rhodiola Rosea

Rhodiola Rosea has been categorized as an adaptogen by researchers. Adaptogens can help the body deal with increased stress. Through decades of research, scientists found that Rhodiola increases resistance to a variety of chemical, biological, and physical stressors. They found serious benefits for stimulating the nervous system, decreasing depression, enhancing work performance, eliminating fatigue, and preventing high altitude sickness. This super herb has been shown to help protect against stress-induced damage and dysfunction in cardiovascular tissue. This is a major benefit for those who want to protect their heart. Rhodiola Rosea has been shown to protect cardiovascular tissue from stress-induced catecholamine release. To make this even better, scientists found

that it mitigates against adrenaline-induced arrhythmias in rats as well.

Long term use of Rhodiola Rosea appears to have potential as an anticancer agent.

It has also shown promise in conjunction with some pharmaceutical anti-tumor agents to provide a synergistic effect that is much stronger than just using the drugs alone.

Rhodiola also stimulates the immune system. This includes specific direct stimulation of immune defenses.

It stimulates one of the most important types of immune cells, the Natural Killer Cells.

These cells are so important because they seek and destroy infected cells in our bodies so that we stay healthy.

Researchers have concluded that administration of Rhodiola Rosea activates hormone-sensitive lipase.

This is important because it plays a key role in breaking down the fat stored in adipose tissue so that you can burn it off.

Russian scientists have done clinical studies that showed that the combination of Rhodiola Rosea together with physical exercise can be a powerful tool in the activation of fat-tissue lipase hence resulting in the breakdown of stored fat as a fuel source.

A study by Georgian scientists showed clinical data that the intake of Rhodiola Rosea extract by obese subjects led to a mean weight loss of 19 pounds. This came out to an 11% reduction in bodyfat.

Bacopa Monnieri

This wonder herb has been used in India for hundreds of years for its numerous benefits to health and performance. Bacopa is also a powerful adaptogen helping the body recover from increasing levels of stress.

This makes it the perfect synergist to use with Rhodiola. This gives you a one-two punch that can't be beat when training all out.

It has also been shown to increase thyroid production. This is very important since this controls your metabolic rate and fat burning. In one study it was shown to increase thyroid levels by 40%.

Enhances memory function and mental clarity as well. I know that

you may think that you have no use for this since you may not be taking your GMAT test but it can help the quality of your mental focus when training in the gym.

Bacopa has also been shown to increase serotonin levels as well.

Bacopa has been shown to help calm the mind from stress and promote relaxation. This is something we all can use after a hard day at the office.

It has also been shown to help reduce anxiety. Anyone that suffers from this condition can attest that it can really cause a decrement in your training performance.

Another mental benefit to Bacopa is the fact that it actually increases activity in your brain cells.

Studies have shown that it can increase both short term and long term memory so you won't have to bug your wife about where the hell you left your wrap roller.

Has been shown to increase mental concentration and focus.

In some countries it is the herb of choice used for children with ADD.

This is due to different studies that have shown promise of helping children with this condition.

Numerous clinical trials have shown that it has no adverse effects so you don't have to worry about side effects.

Bacopa also has numerous benefits for your nervous system. Living a stress filled life and training hard can place tremendous strain upon this delicate system and you need to help keep it strong.

Bacopa has been shown to repair and cleanse your nervous system from the damage that you place on it day in and day out.

Bacopa contains saponins known as bacosides. I know for those not interested in the science end this may not sound important but keep reading.

Bacopa contains mainly Bacoside A and B. The reason these are so important are the effects they have not only on your performance but your health also.

These unique Bacosides have been shown to repair damaged nerve cell connections. This is done by increasing protein synthesis.

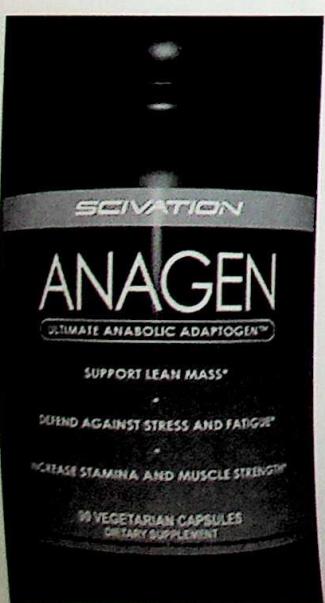
This leads to one very important function. It allows nerves to transmit signals more effectively.

Anagen Profile

Serving Size: 1 Vegetarian Capsule

Servings per Container: 90. Ingredients - Cyanotis Vasa (100mg), 20-beta-hydroxy-ecdysterone HPLC tested (167mg) - Rhodiola Rosea (3% rosavins and 1% salidrosides)(100mg)- Bacopa Monniera (20:1 extract) (50mg)

Travis's Pre-Contest Cycle
Week 1-2 - 1 capsule with Breakfast, Lunch, Dinner, and Bedtime meal. **Week 3-4** - 1

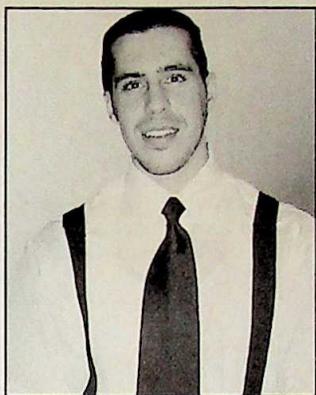


capsule with each meal for a total of 6 capsules. **Week 5-6** - 1 capsule with each meal and another 2 post-workout for a total of 8 capsules. **Week 7-12** - 2 capsules with each meal for a total of 12 capsules. The three key ingredients in Anagen help Travis get through those gut busting workouts and makes sure he recovers and handles the increased workload that his workouts call for. Anagen can be a very effective supplement not only for helping to increase lean muscle mass and strength but also to help deal with the ever increasing stress we place upon the body with our training program.

How Fat?

Q: My question is about bodyfat percentage. What do you feel is the optimal bodyfat percentage that male lifters should carry, from both a health and performance perspective? Is there a difference? I know that a lot of lifters carry way too much bodyfat and many say that it helps them lift more. What is your take on this? **Shawn Jefferson**

A: This answer will probably get me a lot of flak, but the truth must be told. I understand what you are saying on how lifters justify having too much bodyfat, thinking they are doing this to become a better lifter. The fact is, for the squat and bench, when you gain weight



Anthony Ricciuto this is the Man Behind NutritionXP3.com whether it is fat or muscle you will be able to lift more weight. This is not the case with the deadlift. I have seen with some athletes that their deadlift actually goes down when they gain weight, due in part to a reduction in flexibility. Since most males put weight on in their midriff this can put them into an inefficient pulling position. Adding bodyweight in the form of fat doesn't help the deadlift leverage-wise.

For male lifters I think the optimal amount of bodyfat should be in the range of 8%-15%. Most of you will have a heart attack in regards to the low end of the scale at 8%. You will go on and on how there is no way to maintain strength at that low level of bodyfat. For some lifters this may be true. If you take an endomorph with insulin

resistance and try to make him 8% bodyfat while maintaining optimal strength, this will not become a reality. However, for those who are ectomorphic or pure mesomorph this can definitely be possible. I can offer several names of world class lifters who do function optimally at this low a bodyfat percentage. Two who come to mind are Phil Harrington and Ron Palmer. Both of these athletes I have worked with for years and I know exactly how their systems run. Even though both of them are very lean, their nutrition plans are as different as night and day. Genetics play a major role and not every lifter can do this, but I believe that with a proper nutrition and supplementation plan a large majority can. Remember, I have taken numerous lifters from around the world down a weight class or two and actually made them stronger in the process. More than you think can be accomplished in regards to competing with a lower bodyfat percentage.

On the other side of the coin there are lifters who feel more comfortable carrying a little more bodyfat. These are usually endomorphs or meso-endo type lifters. The problem with these lifters is that they let this get out of control. "If adding 10 pounds of bodyfat is good for my bench press maybe I should add 40". This is where you reach a point of diminishing returns. In the beginning you will get stronger due to enhanced leverage, but once that phase is over, you tend to keep adding more bodyfat with little return in strength. This is how a lot of Superheavyweights have been created.

Then they decide to go back to the 308s or 275s, because gaining weight wasn't all they thought it would be in regard to results. With the 15% cut off limit for male lifters, this provides more than enough room to carry a little extra love around your midriff and still feel strong. Any more than this and you will decline instead of improve. We are not talking pure weight gain here. We are talking fat gain. If a lifter comes to me and says he wants to gain 20 pounds I want to make sure that his nutrition plan is dialed in so that the majority of the weight gained is muscle and water, not fat. If a lifter gains 25 pounds of muscle and another gains 25 pounds of fat, who do you think will lift more?

Aside from technique and equipment, you can be sure that the guy that put on 25 pounds of solid muscle is going to be one hell of a lot stronger than the guy that decided to eat cookies and pie as staples in his nutrition plan. When you are trying to gain weight make sure you try very hard to put on quality tissue, not just rolls of fat like

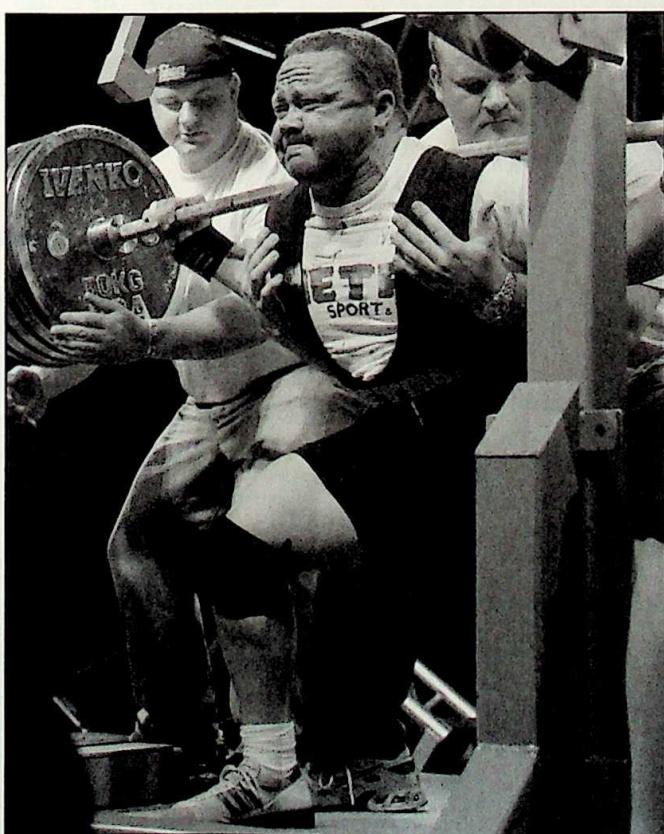
so many lifters of yesteryear used to do. In this age with the technology of performance taking new bounds on a daily basis we have to take advantage of all the nutritional sciences have to offer. Why is it lifters today don't wear the knee wraps and suits that were popular from the early 90's? If you did, you would be leaving a lot of pounds on the platform when you are competing against lifters who are wearing two ply canvas suits and the new knee wraps. Technology changes, and you have to take advantage of it. This also goes for the nutrition side of Powerlifting. Would you wear a bench shirt from 1985? Heck no, you wouldn't, because you know the ones made back then didn't provide nearly the spring that the ones today are producing. Why would you eat like a lifter from 1985 when you realize there are so many better ways to increase your performance and maintain your long-term health and lifting career?

We have to look at the health side of the coin. Since most lifters suffer from health problems and the majority of those issues are not due to genetic dispositions but because of horrible eating and lifestyle choices, we have to realize how important health is. Keeping your bodyfat percentage lower will be in your best interest, for many reasons.

One, it will help you maintain a healthy cholesterol profile. How many lifters do you know with high cholesterol? Of the lifters I have done blood screening with I would have to say that close to 80% suffer from this one problem alone. Next, it will help reduce your chances for Type II diabetes. This is another problem that is creeping up on a lot of lifters. Through my blood work with powerlifters, I see that a majority of them show significant signs of insulin resistance. Consider this a warning sign to clean up your act or Mr. Diabetes will be knocking on your door in the near future. This is a problem I see in well over 70% of the powerlifters that I work with. That is scary. So many lifters do not take their long term health seriously. It's like the issue doesn't exist and this is the worst attitude to have, because sooner or later you will have to pay the piper.

These are just two problems among at least a dozen that I can name. I may seem like your ex-wife, nagging you into oblivion, but truly I am only doing this for your own good. I want you to eat cleaner and monitor your health because it is important for everything, including how long you stay alive!

If you have any questions feel free to write me at aricciuto@nutritionxp3.com or check out my website at www.nutritionxp3.com



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AtLarge's Products

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ASK THE DOCTOR

This column will feature questions on nutritional, performance and medical issues. Send your questions to me at Mauro@MetabolicDiet.com. I'll try my best to personally answer all questions sent to me within a few days of receiving your email.

Q: I am a 35 year old powerlifter, recently diagnosed with Facioscapulohumeral dystrophy, a form of muscular dystrophy. I am currently awaiting results of a DNA test to confirm it, but I am exhibiting symptoms characteristic of the disease; muscle weakness in the shoulder area, no muscle tone on my upper pectoralis muscles. All my lifts, but especially my bench, have suffered tremendously and I even have a difficult time lifting my arms over my head at this point. This is a slow, degenerative muscle disease. My father was recently diagnosed with it as well.

I have been researching supplements in an attempt to figure out what would be appropriate for me to take to build strength in the surrounding, unaffected muscle areas; and to build up muscles that most likely will deteriorate over time. I believe L-Glutamine, L-Arginine, L-Taurine are possible Amino Acids that could help, along with Creatine and Nitric Oxide. Very little research has been done, but Creatine and Albuterol have been experimented with yielding poor results.

I am just looking for some guidance and better understanding about supplements and what I should consider and what I should avoid. Thank you very much for your time. Sincerely, Scott

A: Because our knowledge on the therapeutic effects of different nutritional references is incomplete, I don't have a definitive answer for you as to what supplements are best for you to use. However, in my work I deal on a regular basis with issues surrounding the rehabilitation of injured and atrophic musculoskeletal tissues, and on an occasional basis with the issues surrounding the various muscular dystrophies.

My approach to both is evidence based as far as the existing literature, including extrapolating from our present knowledge base, and also draws heavily on my four decades of experience. At present my protocol initially involves the use of some of my nutritional supplements that I formulated to deal with maximizing strength and muscle mass and improving body composition, and also to deal with more complex issues and conditions. Depending on the condition, I may also implement certain pharmacological approaches.

As far as the use of nutritional supplements, I've been having some success on degenerative changes in muscle with a basic regimen of GHboost coupled with Amino, both taken three times a day - in the morning, before training and before bed. For info on both go to <http://www.mdplusstore.com/pdfs/GHboost.pdf> and <http://www.mdplusstore.com/pdfs/amino.pdf>. To supplement the above info I've attached some recent studies that are pertinent to the approach that I use. I've copied the citations and abstracts for these studies below so you can get the gist of what the papers are about.

On top of this basic supplement program I have found some additional improvement with the addition of ReNew (<http://www.mdplusstore.com/pdfs/renew.pdf>) and Creatine Advantage (<http://www.mdplusstore.com/pdfs/creatin.pdf>), to deal with inflammation with the former and to boost energy mechanisms in the later. However, I haven't seen significant results with the use of

Creatine Advantage and ReNew alone, without the use of GHboost and Amino. As such, I will only add these to the regimen if I get some results with the basic program.

Let me know the results of the DNA test. Best regards,

Mauro Di Pasquale M.D.

REFERENCES: PROC NATL ACAD SCI U S A. 2006 MAY 9;103(19):7315-20. Growth hormone promotes skeletal muscle cell fusion independent of insulin-like growth factor 1 up-regulation. Sotiropoulos A, Ohanna M, Kedzia C, Menon RK, Kopchick JJ, Kelly PA, Pende M.

Growth hormone (GH) participates in the postnatal regulation of skeletal muscle growth, although the mechanism of action is unclear. Here we show that the mass of skeletal muscles lacking GH receptors is reduced because of a decrease in myofiber size with normal myofiber number. GH signaling controls the size of the differentiated myotubes in a cell-autonomous manner while having no effect on size, proliferation, and differentiation of the myoblast precursor cells. The GH hypertrophic action leads to an increased myonuclear number, indicating that GH facilitates fusion of myoblasts with nascent myotubes. NFATc2, a transcription factor regulating this phase of fusion, is required for GH action because GH is unable to induce hypertrophy of NFATc2-/- myotubes. Finally, we provide three lines of evidence suggesting that GH facilitates cell fusion independent of insulin-like growth factor 1 (IGF-1) up-regulation. First, GH does not regulate IGF-1 expression in myotubes; second, GH action is not mediated by a secreted factor in conditioned medium; third, GH and IGF-1 hypertrophic effects are additive and rely on different signaling pathways. Taken together, these data unravel a specific function of GH in the control of cell fusion, an essential process for muscle growth.

MUSCLE NERVE. 2006 JAN;33(1):66-77. Nutritional therapy improves function and complements corticosteroid intervention in mdx mice.

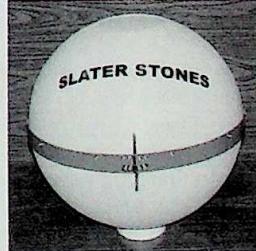
PAYNE ET, YASUDA N, BOURGEOIS JM, DEVRIES MC, RODRIGUEZ MC, YOUSUF J, TARNOPOLSKY MA. Corticosteroid therapy for Duchenne muscular dystrophy is effective but associated with long-term side effects. To determine the potential therapeutic benefit from four nutritional compounds (creatine monohydrate, conjugated linoleic acid, alpha-lipoic acid, and beta-hydroxy-beta-methylbutyrate) alone, in combination, and with corticosteroids (prednisolone), we evaluated the effects on several variables in exercising mdx mice. Outcome measures included grip strength, rotarod performance, serum creatine kinase levels, muscle metabolites, internalized myonuclei, and retroperitoneal fat pad weight. In isolation, each nutritional treatment showed some benefit, with the combination therapy showing the most consistent benefits. Prednisolone and the combination therapy together provided the most consistent evidence of efficacy; increased peak grip strength ($P < 0.05$), decreased grip strength fatigue ($P < 0.05$), decreased number of internalized myonuclei ($P < 0.01$), and smaller retroperitoneal fat pad stores ($P < 0.001$). This study provided evidence for therapeutic benefit from a four-compound combination therapy alone, and in conjunction with corticosteroids in the mdx model of DMD.

NUTR REV. 2006 FEB;64(2 PT 1):80-8. Creatine monohydrate as a therapeutic aid in muscular dystrophy.

PEARLMAN JP, FIELDING RA. In recent years, dietary supplementation with creatine has been shown to enhance neuromuscular function in several diseases. Recent studies have suggested that creatine can be beneficial in

(continued on page 42)

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ST120	10"	Diameter apx weight 42lbs.....	\$55.00
ST120	12"	Diameter apx weight 72lbs.....	\$59.00
ST140	14"	Diameter apx weight 116lbs.....	\$79.00
ST160	16"	Diameter apx weight 175lbs.....	\$99.00
ST180	18"	Diameter apx weight 240lbs.....	\$109.00
ST200	20"	Diameter apx weight 335lbs.....	\$135.00
ST210	21"	Diameter apx weight 354lbs.....	\$149.00
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THE RAGE

The bench shirt that's storming the globe! The Rage is the superior bench shirt of the round-sleeve type shirts, and provided at an unbeatable price for this genre of bench press shirt! Bench more with The Rage than in any other round-sleeve, guaranteed!



- The Round-Sleeve™ design is very user-friendly because it accommodates many benching styles.
- **Reinforced thicker neck.** No cheap, flimsy "low profile neck" here. The thicker neck on The Rage creates more support for explosiveness off the chest.
- **Stretchy-Back™** makes The Rage more effective and easier to get into. It allows the lifter to custom-fit on the spot by allowing the neck to be lowered down the body and the sleeves to be lowered down the arms. The fitting adjustments allowed by the Stretchy-Back™ provide the effect of an Open-Back but with a back that is completely enclosed. The Stretchy-Back fabric also breathes easier, creating comfort.

• **SOLID SEAM™** technology. The construction and stitching on The Rage is superior. The Rage seams lay flat which eliminates the digging into your skin that regular commercial seams do. Regular commercial seams are intended for fast-sewing efficiency to save on labor cost, and for loose-fitting, mass-produced T-shirts, not for Bench Shirts. Inzer Advance Designs, the originator of the bench shirt, has always been the forerunner of bench shirt technology and construction. The most important thing the Solid Seam™ does is eliminate the erratic bar wavering that another's shirts cause. Instead of the quarter-inch of open play between sleeve and chest-plate the pinched commercial seams create, the Solid Seam™ locks all parts of The Rage together making it so solid it might as well be welded together. The differences are sometimes subtle but when all these factors are added together it makes a big difference. These reasons alone would make The Rage the best Round-Sleeve™ bench shirt in the world, but there's much more The Rage offers for big benching.

RAGE X

A step above the shirt that's all The Rage in powerlifting. The RageX is the sensational shirt that's helping powerlifters sweep the earth with massive bench presses. The RageX is a step above all round-sleeve bench shirts in clear Quality and Effectiveness. The RageX is the most amazing poly bench shirt in the history of the game.



- **Extra Reinforced** front shoulder seams add support and security for this radical design. Thicker, Extra Reinforced neck.
- The combination of several new contours built into the pattern complement the already super RageX system.
- **SOLID SEAM™** technology keeps the sleeves where they are supposed to be, working in unison with the body, not jittering or faltering with the bar. You will increase your bench press and keep it safe to boot. Proven in numerous world records.
- **RAGE X IS FOR EXPERIENCED BENCH PRESSERS ONLY PLEASE!** RageX goes into new territory where unbelievable results from a poly shirt happen. The RageX will continuously amaze you at how much you can bench press. Bench pressers report regularly how much fun the bench press has become for them because of this amazing bench press shirt. The increased weight you will bench press will take practice to become accustomed to. Strength gains will result from handling the increased weight. Confidence will rise from one training session to the next.
- The RageX is the bench shirt for those who want an immediate step up to stratospheres of bench press power because it is a **MORE AGGRESSIVE** design than any other company knows how to make. This is not only about sleeve angle and elementary things such as that. It is about numerous details creating a cumulative effect that is undeniably the best. The most Quality and Results are yours in the RageX.
- **RageX in DOUBLE LAYER.** Go Double Layer and increase the longevity and comfort of the RageX bench shirt. Or choose Single Layer for single-layer competition restrictions.
- **Guaranteed.** Absolutely guaranteed you will bench press more than in any other round-sleeve bench shirt.

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PHEONOM

The *Phenom* is an extreme top-end bench shirt that will provide you with phenomenal bench press performance, features and power. Guaranteed beyond any other. Made from the legendary *HardCore* material. The only technology of this kind, the *Phenom* will provide you with incredible power off the chest through the mid and top range of motion and it will keep this power; lift after lift, competition after competition.



- The design provides flexibility for your arm angle preference and bar placement, whether that's elbows in, out or in between; low, high, or mid chest range. Will enhance your bench press form, not limit your form.
- Spreads the stress over a wider area of the chest.
- Made from the exclusive *HardCore* material which will provide you with the most incredible rebound power available in the powerlifting world. *HardCore* material is also up to 40% heavier than the closest poly fabric on the market being used for powerlifting gear.
- Since the *Phenom* is made from the *HardCore* material, you will also experience many more performance benefits. The *Phenom* will keep its memory and will not stretch out. You will be able to use the *Phenom* for countless workouts and competitions in the future. It's a true investment in powerlifting gear.
- The material of the *Phenom* has the perfect balance of non-stretch and rebound combination which will provide you with incredible power and momentum from start to lock out.

RADICAL DENIM

Extreme performance technology makes the *Radical Denim* the choice of most all the world record breakers who wear a denim shirt. The heaviest construction available for the maximum in benching prowess. The *Radical Denim* will provide you with the top end denim experience.



- The *Radical Denim* is the most extreme bench pressing experience for top level benching.
- Made from heavy quality denim that will withstand the pressure from the heaviest poundages.
- Proven in countless world record breaking bench press performances.
- Choice of Partial Open Back, Closed Back, Complete Open Back. With or without Velcro.

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- The *Ultimate Denim* has virtually no stretch to it and works best for lifters with a beefier upper body.

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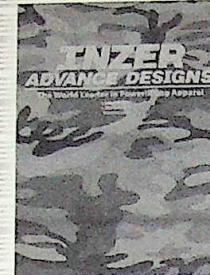
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Keep warm in Supersweats Crewneck with embroidered two-color Inzer logo.

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Warm Up Pants
This comfortable warm up pant with front pockets features leg-length, two-color Inzer logo on each pant leg.

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Jersey Knit Short
50% polyester/50% cotton jersey knit, elastic waistband, six-inch inseam. Large two-color Inzer logos.

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Embroidered with two-color Inzer logo, available in black, grey, and red.

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Hoodie
Supersweats Pullover Hoodie with embroidered two-color Inzer logo chases away the chills.

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Gym Bag
This large deluxe embroidered gym duffel is easy to look at! Inzer logos and "Strongest Sport, Powerlifting" design. Large main compartment and roomy pockets on each end. Heavy nylon. Great value. 29" X 13" X 12" \$25.00



Suit Slippers
Suit Slippers will help you get your suit up quicker and easier. Pull Suit Slippers on your legs then slide the suit on. After you have the legs of the suit up, pull the Suit Slippers out from underneath the suit.

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Fitting Gloves
Save your fingers when handling and fitting gear on workout partners or yourself! The Atlas Fitting Gloves also work great in strongman events!

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Stickum Spray
Use this excellent tool for a variety of performance tweaks in training and competition.

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Gym Chalk
Essential for workouts and competitions, magnesium carbonate block chalk.

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Elbow Sleeves XT
The high tech Elbow Sleeves XT have multiple applications to enhance the performance and pleasure of competing and training for any athlete.

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Knee Sleeves XT
The high tech knee support advantage for strongman competitors and other athletes.

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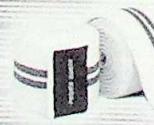
Meshback Lifting Gloves
Quality, standard leather workout gloves. Power-Surge.

\$4.95



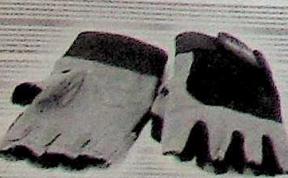
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Power-Surge Double Red Line Competition Wrist Wraps. Convenient wrist cuff design. Velcro wrap-end. Full length. Extra thick. Strong support. Comfortable.

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Custom gripping power and supreme stability control. Power-Surge.

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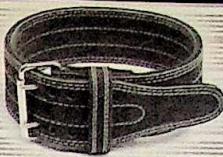
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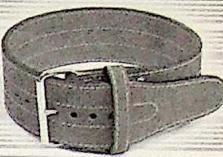
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The incredible propulsion of MAX DL will give you the explosive starts and super strong lockouts you need for extreme performance deadlifting.

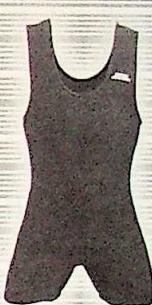
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The legendary Z Suit provides fantastic support and excellent value. Now updated for even more power.

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The Pillar will increase the poundage you can lift through several key designs built in. Feel the super support and power on your feet and in your lifting with this outstanding power shoe.

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Standard Blast Shirt

Based on the original, legendary design. Made of unique material found in no other shirt. Many experienced athletes still prefer this bench shirt. Unbeatable value and price.

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High Performance HD Blast

Steps above in Radical™ technology, the HPHD will enter you into the world of the more extreme designs. Made from quality, HD™ polyester material.

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Heavy Duty Groove Briefs

Made from the Heavy Duty material to give you heavy support in your quest for bigger lifts.

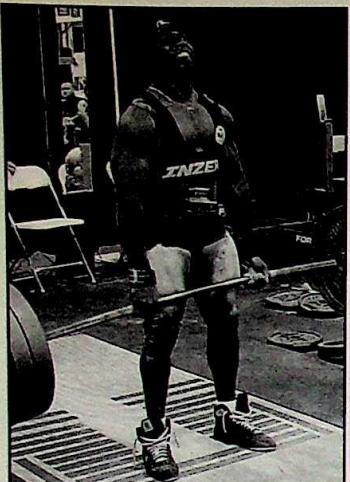
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Heavy Duty Erector Shirt
HD Erector provides firmness with the right amount of rebound to help you achieve explosive deadlifts and stable, upright squats. When used properly it's like lifting with an extra erector muscle.

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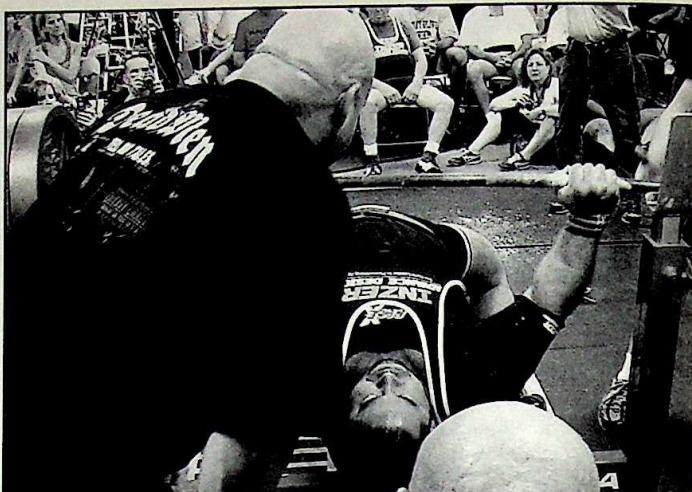
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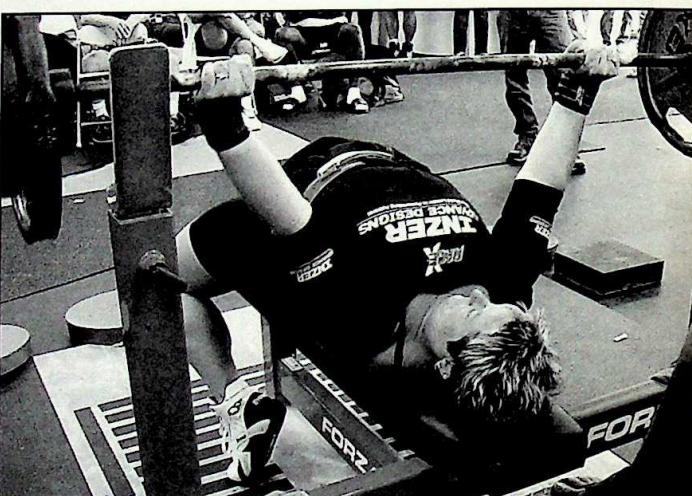


Tony Conyers ... 1800 as a master

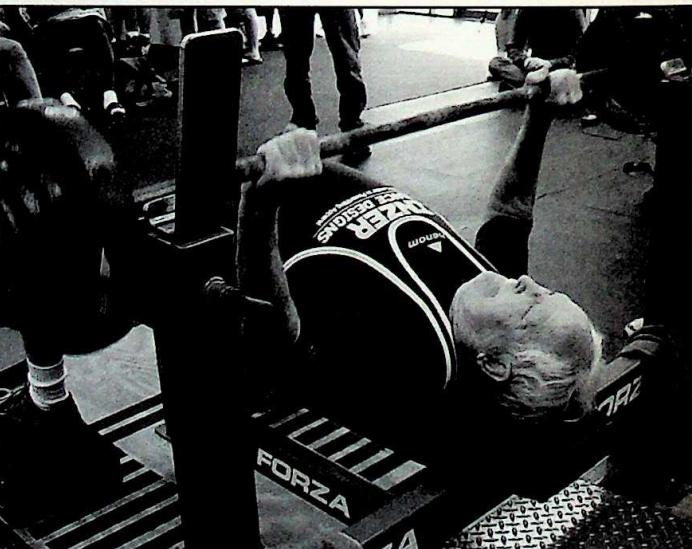
		Pro	Cash/Formula			
		T.	Conyers	710		
MALE		V.	Lysobey	630		
198 lbs.		B.	Smith	610		
Master II		S.	Knowles	685		
A. Reiss	485	SQ	BP	DL	TOT	
FEMALE						
123 lbs.						
Open						
J. Rotsinger	385	190	355	930		
132 lbs.						
Master						
M. Kirkland	375*	215	390*	980		
148 lbs.						
Master III						
J. McHale	135	100	230	465		
	41-DL-235*					
165 lbs.						
Master I						
C. McKenzie	325*	210	330*	865		
181 lbs.						
J. McCarthy	—	—	—	—		
UNL						
Submaster						
A. Silk	325*	245	338*	900		
Master I						
V. Williams	—	155	385*	540		
MALE						
123 lbs.						
(11-12)						
B. Silk	205	95	220	520		
148 lbs.						
(11-12)						
T. Johnson	—	115	270	385		
Open/DT		4th-DL-285				
D. Viars	375	—	—			
R. Davis	—	—	—			
S. Kearney	—	SHW	—			
Open						
S. Kearney	—	Open				
Master I		K. Helm	530			
D. Viars	375	M. Rodriguez	—			
S. Kearney	—	J. Herring	—			
198 lbs.		Master I				
Open		M. Rodriguez	—			
R. Bivens	575	Pro Cash/Formula				
Open/DT		R. Kennelly	860			
K. Goin	—	M. Allocco	630			
Master I		E. Rectenwald	625			
T. Avery	335	D. Viars	375			
220 lbs.		R. Bivens	527			
Master I		DEADLIFT				
J. Solis	475	MALE				
G. Boldissar	405	198 lbs.				
R. McCloud	—	Master II				
B. Vastine	350	A. Reiss	405			
242 lbs.		G. Smith	540			
Open		D. Lipka	505			
E. Rectenwald	625	Submaster				
M. Flynn	450	D. Smith	610			
Master I		S. Ribaudo	—			
M. Lynch	—	Submaster				
Master II		S. King	—			
E. Fitzpatrick	445	Open/DT	—			
Master III		D. Smith	610			
Churchman	442*	S. Ribaudo	—			
275 lbs.		Master II				
Master II		S. Ribaudo	—			
L. Ford	440	P. Ryan	505			
J. Aquila	330	Pro Cash/Formula	220 lbs.			
		T. Conyers	650			
		J. Bellemare	625			
		S. Ribaudo	—			



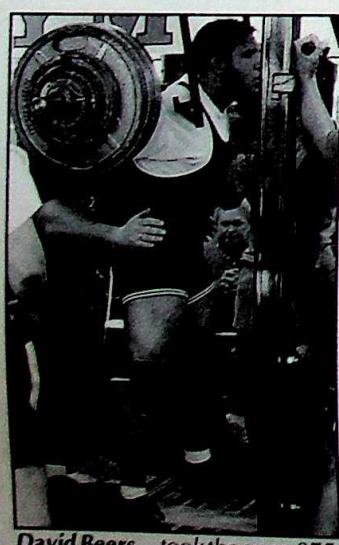
Ryan Kennelly ... benched 860 in the open 308s (Scott Taylor photos)



Ann Silk ... went 325 245 338 for 900 at Women's Submaster SHW.



89 Years Young ... Stephen Montrose benched 140 in the 198 class.



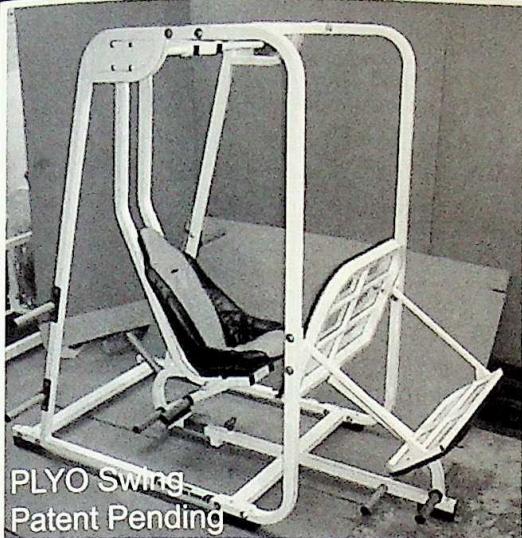
David Beers ... took the open 275s

B. Silk 345 255 420 1020
 *American Records. Best Lifters: Margaret Kirkland, Tony Conyers, Ed Rectenwald, and Ryan Kennelly. Special thanks to Jon Romoser of World Gym, Fort Myers, for providing a great staff and equipment, which made the Nationals an efficient and very enjoyable event. Special thanks also to those who spotted and loaded for doing an outstanding job throughout the day and our referees who sat many long hours

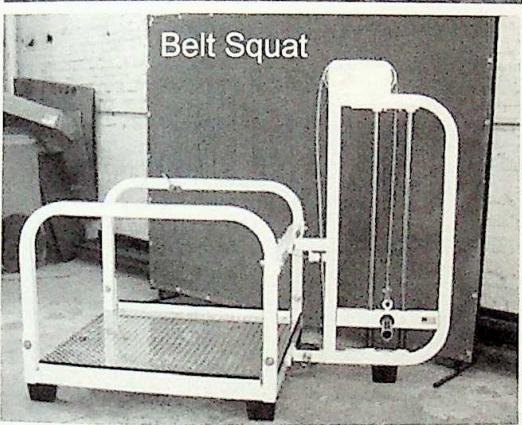
judging the event. I would especially like to thank Mike and Christi Witmer for all they did making sure this was a class A event. Several records were broken at the event with lots of awesome lifts being registered. \$2400 in cash prizes were given out in the Pro Cash division, which is something the APA recently launched and will be doing more of in the near future. (Thanks to Scott Taylor, APA, for providing these meet results to Powerlifting USA)

LOUIE SIMMONS' PRESENTS

"Often Imitated, But Never Duplicated"



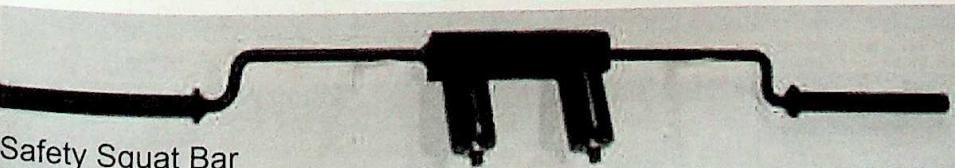
PLYO Swing
Patent Pending



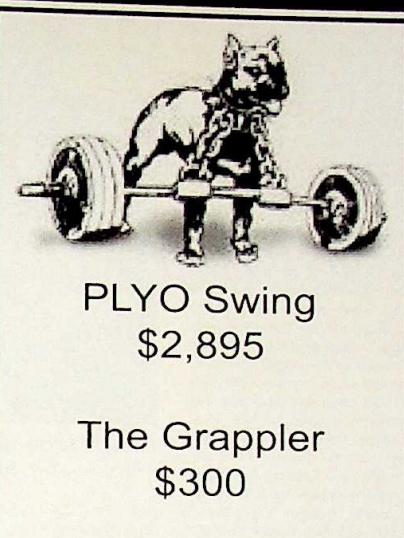
Belt Squat



Tred Sled



Safety Squat Bar



PLYO Swing
\$2,895

The Grappler
\$300

Pro Roller Hyper
Machine
\$1,868

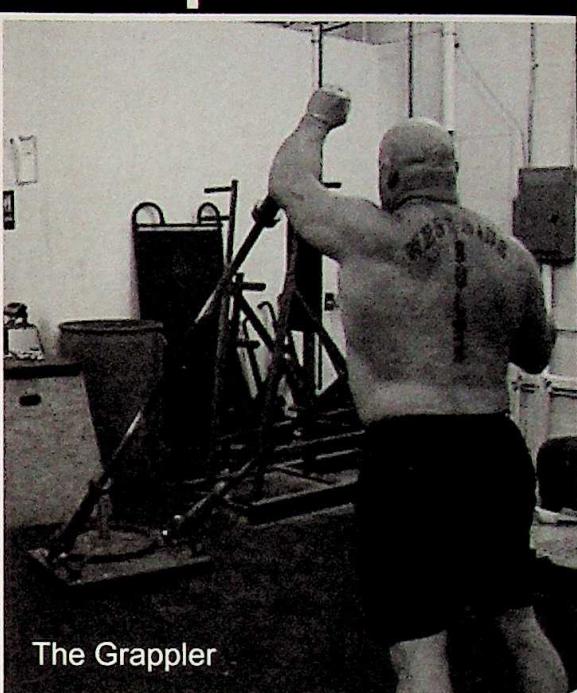
Freak Bar
\$385

Safety Squatbar
\$379

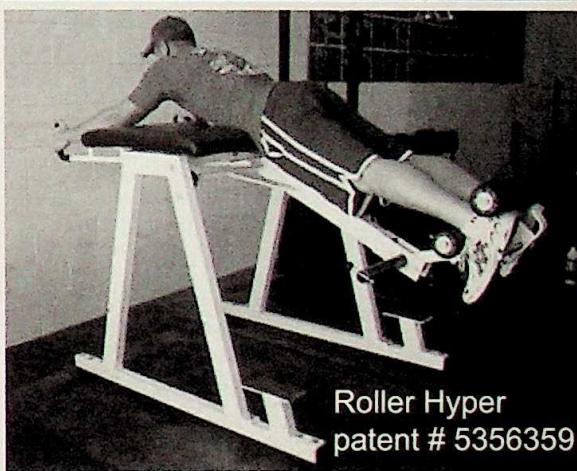
Tread Sled
\$1,495

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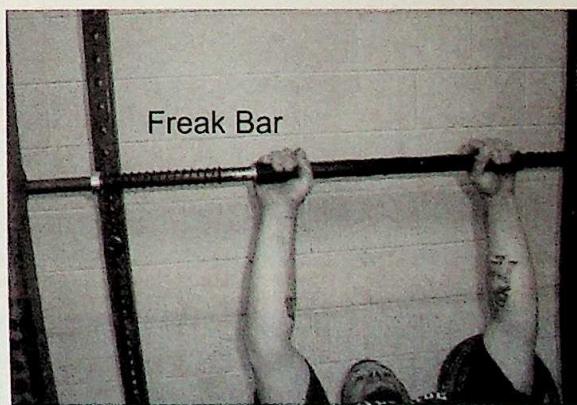
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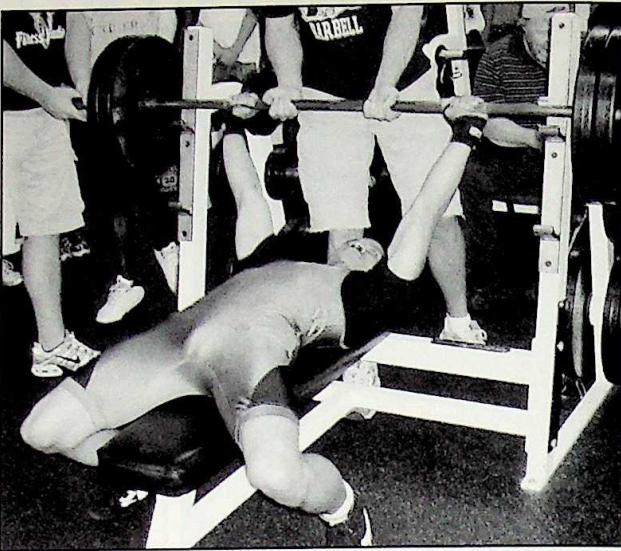
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**SLP Big Bench at the French
1 JUL 06 - Memphis, TN**

BENCH	Teen (16-17)	
FEMALE	114 lbs.	
Teen (16-17)	B. Downen	175*
114 lbs.	4th-185*	
B. Downen	85*	
MALE	Novice	
	165 lbs.	
Novice	S. Newble	225*
	4th-235*	
N. Slater	415*	
4th-425*		
Teen (18-19)	MALE	
198 lbs.	Teen (13-15)	
N. Velasco	C. Yates	275
355	4th-305*	
242 lbs.	165 lbs.	
C. Tucker	J. Overton	305*
300*	4th-315*	
275 lbs.	Teen (16-17)	
S. McAllister	198 lbs.	
315*	J. Raines	440*
4th-345*	275 lbs.	
Open	J. Steward	485*
148 lbs.	4th-505*	
Paton-Gooch	Teen (18-19)	
260*	242 lbs.	
4th-265*	C. Tucker	505*
165 lbs.	4th-530*	
J. Sanders	250	
220 lbs.	S. McAllister	505*
T. Hamilton	275 lbs.	
415*	308 lbs.	
W. Sanders	410*	
DEADLIFT		
FEMALE		

*=Son Light Power Tennessee state records.
 Best Lifter Bench: Trey Hamilton. Best Lifter Deadlift: Cordell Tucker. The Son Light Power Big Bench at the French Bench Press & Deadlift Championship was held at the Riviera Spa in Memphis, Tennessee. Thanks to the staff there who helped with

the competition. In the bench press event first time competitor Beth Downen set the Tennessee state record at 16-17/114 with 85. A final with 95 should have gone, but slipped out of the groove halfway up. Another first-time lifter was Big Nekia Slater, who won at novice shw with 415, followed by solid 425 fourth. This, the biggest bench of the meet, set the state record for the class. In the men's 18-19 age teenage division, it was Nathan Velasco for the win at 198 with 355. A fourth to tie the state record with 365 failed at the bottom. Cordell Tucker won at 242 with new state records for his third (300) and fourth (315) attempts. It was Steve McAllister, setting the state record at 275 with 315, then a big 345 fourth. In the open division Eddie Patton-Gooch broke the state record twice, with his 260 third and 265 fourth attempts at 148. James Sanders, who lost thirteen pounds for this meet, finished with his 250 opener at 165. Best lifter Trey Hamilton got a new pr and state record at 220 with 415, while William Sanders broke the state record at 308 with 410. The unique thing about this competition was that all of the benchers lifted raw! In the deadlift competition the records continued to fall, with each of the eight competitors setting new Tennessee state records for their respective classes. For the teenage women's 16-17/114 class Beth Downen continued her winning ways with a 175 third, followed by a strong 185 pr fourth attempt! Shante' Newble set the record at novice 165 with 225. Missing her third with 235 for hitching, Shante' came back to make that same eight for a fourth. Cooper Yates won at 13-15/148 with 275, but actually broke the state record with his fourth attempt pull of 305! Jason Overton won at 165 with 305, followed by a 315 fourth. At 16-17 it was Joseph Raines with 440 while Jason Steward took the 275 class with 485, followed by a fourth with 505. Cordell Tucker got the biggest



Eddie Patton-Gooch with a state record 265 BP @ open 148 (photograph provided by courtesy of Dr. Darrell Latch)

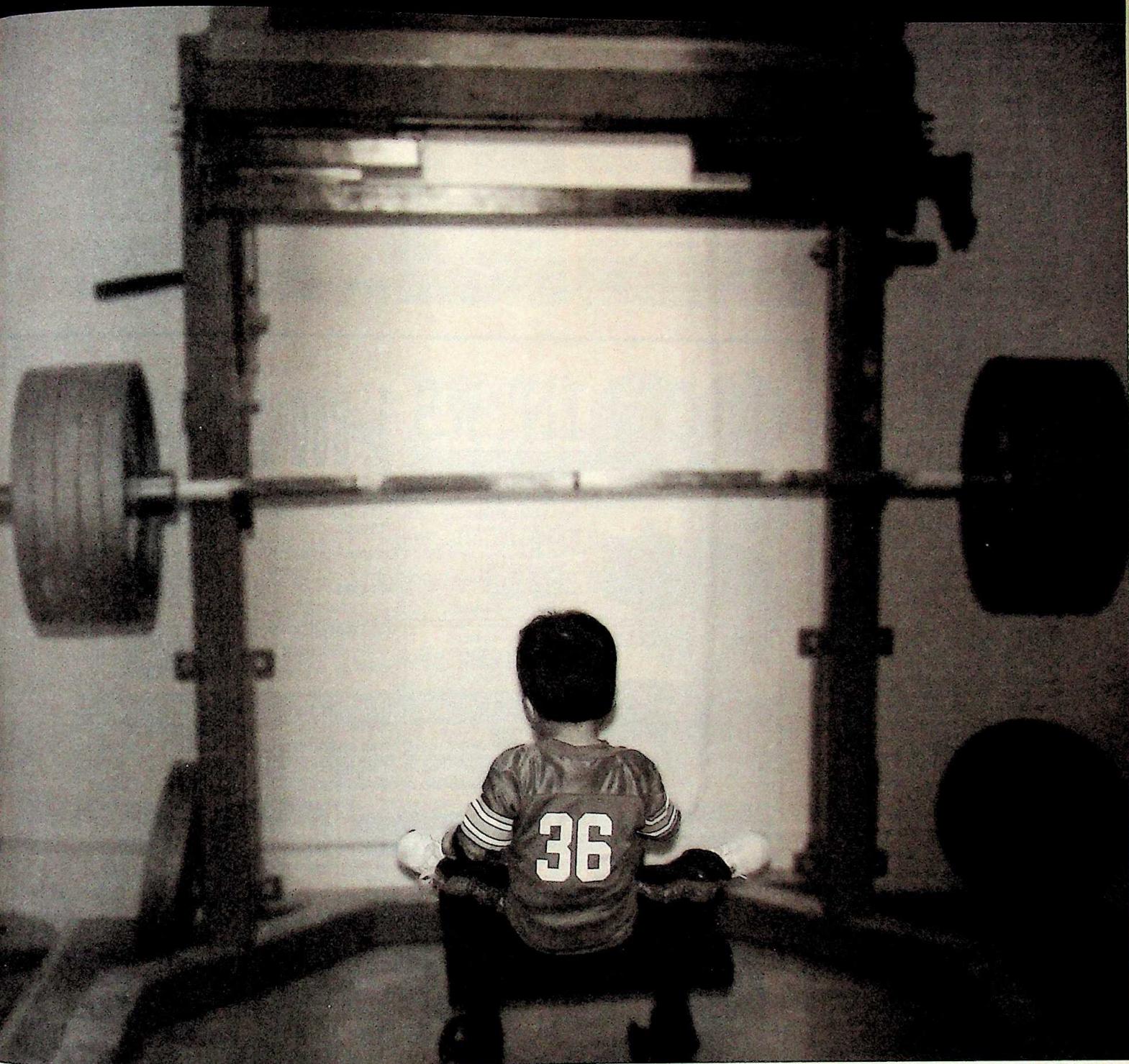
pull of the day with his 530 fourth, after finishing with 505. This also earned Cordell the best lifter honors for the competition. Our final competitor was Steve McAllister, who actually had the most explosive power of any of these young

athletes. Thanks to Christopher Hatley for all the time and effort he has put into most of the young athletes that competed on this day. Thanks also to everyone who helped with the competition. We return to Riviera on October 8; hope to see you all again then. (Meet results by Dr. Darrell Latch)

SUBMASTER MEN'S FOR THE RECORD

100% Raw (35-39)	AAU (35-39)	ADAU (35-39)	APA-WPA (33-39)	NASA SM II (35-39)	USPF (35-39)	USPF California (35-39)	WNPF (35-39)
307 G. Murphy	320 K. Snell	114 SQ	314 Murphy	297 G. Murphy Jr.	340 Snell		
203 G. Murphy	235 K. Snell	114 BP	203 Murphy	302 G. Murphy Jr.	225 Snell		
325 G. Murphy	420 K. Snell	114 DL	336 Murphy	331 G. Murphy Jr.	405 Snell		
826 G. Murphy	965 K. Snell	114 T	854 Murphy	826 G. Murphy Jr.	970 Snell		
430 K. Snell	346 S. Snyder	123 SQ		429 G. Young	355 Caston		
285 T. Borgia	230 K. Snell	123 BP		253 C. Kim	285 Caston		
475 K. Snell	440 K. Snell	123 DL		435 C. Kim	365 Caston		
1160 K. Snell	985 S. Snyder	123 T		1008 C. Kim	1005 Caston		
405 C. Simeone	529 Kupperstein	325 S. Snyder	565 D. Heath	473 Stroh	473 G. Young	352 Guaderrama	410 Caston
285 C. Simeone	285 R. Houle	215 S. Soukup	405 D. HEath	297 Stroh	297 J. Arenberg	281 Guaderrama	310 Caston
540 J. Lineman	529 Kupperstein	402 S. Snyder	565 D. Heath	485 Rorex	205 J. Arenberg	352 Guaderrama	460 Granato
1180 C. Simeone	1322 Kupperstein	931 S. Snyder	1535 D. Heath	1223 Stroh	1185 J. Arenberg	986 Guaderrama	1140 Granato
460 J. Hill	534 K. Scisney	425 J. Sermeno	685 T. Conyers	551 Reichert	540 L. Weinstein	540 S. Layman	555 Brown
355 J. Audia	325 K. Scisney	305 R. Houle	440 A. Poco	341 Woodworth	374 S. Layman	374 S. Layman	300 Austin
570 J. Lineman	553 Weinstein	485 I. Orais	615 J. Jackson	600 Reichert	600 L. Weinstein	518 S. Layman	500 Alford
1335 J. Audia	1355 Weinstein	1120 J. Sermeno	1695 T. Conyers	1438 Reichert	1455 L. Weinstein	1432 S. Layman	1320 Brown
450 D. PArrish	589 D. Bracken	500 T. Conyers	620 T. Denton	661 Perkins	735 R. Crain	440 B. Separa	590 McVaney
320 N. Kadle	407 G. Marshall	405 T. Conyers	451 J. Baer	396 Vaughn	415 T. Conyers	380 B. Separa	441 Ruelan
600 N. Kadle	606 J. Braca	630 J. Braca	680 G. Kiser	661 Kiser	672 R. Crain	523 S. Winslow	573 Wright
1360 N. Kadle	1559 G. Marshall	1505 T. Conyers	1670 G. Kiser	1642 Kiser	1747 R. Crain	1311 B. Separa	1475 McVaney
485 T. Brandon	617 W. Waller	502 M. Palumbo	845 T. Kamand	658 Perkins	600 D. Cook	535 J. Caputo	670 Autry
350 M. Brclcone	424 B. Hayashi	424 B. Hayashi	505 J. Baer	435 C. Smith	391 D. Cook	369 T. DeLong	440 Vincent
575 B. Nupieri	650 B. Salter	630 J. Braca	695 T. Kamand	636 Pilkenton	644 J. Tyree	600 J. Caputo	700 Meyers
1360 B. Nupieri	1615 A. Blindt	1440 J. Braca	1900 T. Kamand	1688 Pilkenon	1581 J. Tyree	1461 J. Caputo	1700 Lafoy
600 C. Machin	650 A. Jackson	575 J. Morell	740 M. Sechest	198 SQ	705 Johnson	694 S. Anderson	600 J. Hernandez
485 P. Bossi	480 A. Beane	410 N. Vlasic	580 J. Kellum	198 BP	451 Johnson	446 K. Kanemoto	380 J. Hernandez
670 C. Machin	738 A. Jackson	630 C. Favrizio	710 L. Humphrey	198 DL	777 Henderson	672 S. Anderson	600 J. Dorsten
1630 C. Machin	1724 A. Jackson	1510 J. Morell	1860 J. McVicar	198 T	1829 Henderson	1769 S. Anderson	745 Meyers
565 W. Wigmore	710 P. Thorbahm	605 P. Liles	840 P. Susco	220 SQ	766 Meyers	710 C. Garcia	710 J. Burnell
405 W. Wigmore	500 B. Rush	440 N. Vlasic	625 B. Kelley	220 BP	518 McComas	501 M. Peck	765 Francis
655 W. Wigmore	670 R. Sequiera	665 M. Evans	725 P. Mustakas	220 DL	749 Henderson	699 T. Bruner	450 Campbell
1625 W. Wigmore	1765 R. Sequiera	1600 C. Machin	1975 P. Susco	220 T	1901 McComas	1829 T. Bruner	725 Murphy
625 G. Stott	705 A. Frittz	700 K. Howard	855 S. Goggins	242 SQ	771 Meyers	644 R. Kitani	1880 Francis
425 G. Stott	507 A. Frittz	440 C. Crum	772 B. Kelley	242 BP	479 Gonzales	573 G. Thompson	580 Campbell
700 G. Stott	688 D. Henderson	740 K. Howard	800 W. Austen	242 DL	749 Holloway	710 T. Bruner	760 Cooper
1750 G. Stott	1846 A. Frittz	1800 K. Howard	2105 Thompson	242 T	1862 Gonzales	2022 Thompson	2025 Francis
645 G. Stott	770 R. Radziwon	601 T. Wiley	830 T. Nash	275 SQ	837 Nichols	892 S. Smith	804 Croner
445 G. Stott	529 L. Deutsch	500 R. Stafford	767 V. Dinzenzo	275 BP	630 Feliciano	672 S. Smith	529 R. Speno
705 G. Stott	727 L. Lavarro	710 P. Gisondi	840 M. Chaillet	275 DL	738 Nichols	755 S. Smith	600 Croner
1780 G. Stott	1940 L. Lavarro	1664 B. Shuman	2145 M. Chaillet	275 T	2083 Nichols	2320 S. Smith	2039 Croner
SHW							
620 J. James	745 K. Nyholm	606 M. Ahlo	875 J. Perrotta	308 SQ	959 Saunders	865 S. Cartwright	865 S. Cartwright
365 J. James	501 S. Marcum	470 K. Bourassa	820 T. Meeker	308 BP	584 Kralovetz	628 S. Cartwright	628 S. Cartwright
710 J. James	677 J. Ford	701 K. Bourassa	790 T. Ruby	308 DL	699 Myers	766 C. Saunders	710 S. Cartwright
1695 J. James	1845 K. Nyholm	1680 B. Birnbaum	2160 T. Ruby	308 T	2149 Saunders	2204 S. Cartwright	2204 Cartwright
675 B. Barnhart	875 J. Perrotta	SHW SQ			903 K. Doonkenn	606 G. Garcia	755 Bataes
390 B. Barnhart	730 V. Dizenzo	SHW BP			578 G. Garcia	578 G. Garcia	495 Johnson
680 J. James	925 G. Heisey	SHW DL			759 J. Pugh	710 G. Garcia	720 Wright
1675 B. Barnhart	1845 G. Heisey	SHW T			2073 J. Reeves	1895 G. Garcia	1870 Johnson

Someday I will...



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(continued from page 33)

patients with muscular dystrophy and other mitochondrial cytopathies, and may attenuate sarcopenia and facilitate rehabilitation of disuse atrophy. Though the mechanisms are still unknown, creatine has been shown to decrease cytoplasmic Ca²⁺ levels and increase intramuscular and cerebral phosphocreatine stores, providing potential musculoskeletal and neuroprotective effects.

ACTA MYOL. 2005 Oct;24(2):115-8. The biological function of insulin-like growth factor-I in myogenesis and its therapeutic effect on muscular dystrophy.

NOGUCHI S. In progressive muscular dystrophy, such as Duchenne muscular dystrophy, muscles show the pathological changes characterized by hypertrophy at the early phase, while atrophic changes are seen with aging. As an experimental model for muscle hypertrophy and atrophy, insulin-like growth factor-1 (IGF-1) signalling via the activation of PI3K/Akt pathway has been well characterized. IGF-1 is also highlighted as a therapeutic agent as it has been shown to improve phenotype of dystrophic animals. In this review, the functions of IGF-1 on mitogenic proliferation and myogenic differentiation in vitro, muscle hypertrophy in vivo are discussed, as well as its possible utility for molecular therapy on muscular dystrophies.

AM J CLIN NUTR. 2006 APR;83(4):823-8. Oral glutamine and amino acid supplementation inhibit whole-body protein degradation in children with Duchenne muscular dystrophy.

MOK E, ELEQUET-DA VIOLENTE C, DAUBROUSSE C, GOTTRAND F, RIGAL O, FONTAN JE, CUISSET JM, GUILHOT J, HANKARD R. **BACKGROUND:** Glutamine has been shown to acutely decrease whole-body protein degradation in Duchenne muscular dystrophy (DMD). **OBJECTIVE:** To improve nutritional support in DMD, we tested whether oral supplementation with glutamine for 10 d decreased whole-body protein degradation significantly more than did an isonitrogenous amino acid control mixture. **DESIGN:** Twenty-six boys with DMD were included in this randomized, double-blind parallel study; they received an oral supplement of either glutamine (0.5 g · kg(-1) · d(-1)) or an isonitrogenous, nonspecific amino acid mixture (0.8 g · kg(-1) · d(-1)) for 10 d. The subjects in each group were not clinically different at entry. Leucine and glutamine metabolisms were estimated in the postabsorptive state by using a primed continuous intravenous infusion of [1-(13)C]leucine and [2-(15)N]glutamine before and 10 d after supplementation. **RESULTS:** A significant effect of time was observed on estimates of whole-body protein degradation. A significant ($P < 0.05$) decrease in the rate of leucine appearance (an index of whole-body protein degradation) was observed after both glutamine and isonitrogenous amino acid supplementation [$\chi^2 + SEM$: 136 +/- 9 to 124 +/- 6 micromol · kg fat-free mass (FFM)(-1) · h(-1) for glutamine and 136 +/- 6 to 131 +/- 8 micromol · kg FFM(-1) · h(-1) for amino acids]. A significant ($P < 0.05$) decrease in endogenous glutamine due to protein breakdown was also observed (91 +/- 6 to 83 +/- 4 micromol · kg FFM(-1) · h(-1) for glutamine and 91 +/- 4 to 88 +/- 5 micromol · kg FFM(-1) · h(-1) for amino acids). The decrease in the estimates of whole-body protein degradation did not differ significantly between the 2 supplemental groups. **CONCLUSION:** Oral glutamine or amino acid supplementation over 10 d equally inhibits whole-body protein degradation in DMD.

ACTA MYOL. 2005 DEC;24(3):230-41.

Molecular mechanisms involving IGF-1 and myostatin to induce muscle hypertrophy as a therapeutic strategy for Duchenne muscular dystrophy.

PATEL K, MACHARIA R, AMTHOR H. Over the past decade, signalling cascades have been characterised that control key features of muscle growth, including the proliferation, differentiation of muscle precursors, the control cell size (hypertrophy) and cell death. In this review we highlight how two differing signalling molecules, Insulin-like Growth Factor-1 (IGF-1) and myostatin, regulate key steps during muscle development. We discuss how IGF-1 and myostatin signalling cascades can be manipulated to stimulate muscle growth. We summarise experimental data from mdx mouse, the animal model for Duchenne muscular dystrophy, that suggest a therapeutic value of these strategies for patients suffering from muscular dystrophy without redressing the primary cause of the lesion.

WNPF USA Championships

22 JUL 06 - Atlanta, GA

BENCH	Lifetime Raw	Dixon	374	Open
97 lbs.	Gooch	275 lbs.	Ashe	180*
(17-19) Raw	181 lbs.	(20-23) Raw	198 lbs.	
Grossnickle	93*	Fambrough	374	(40-49)
148 lbs.	Ashé	Open-Single Ply	O'Malley	150
Lifetime Raw	(35-39) Raw	Gilliam	562*	220 lbs.
Simpson	137* McCurley	Open	(50-59)	
165 lbs.	198 lbs.	Gilliam	562	(50-59)
Open Raw	(20-23) Raw	Cartersiano	155	
Beasley!	226* Ray	(13-16)	Graydon	140
MEN	Lifetime Raw	Jones	275	242 lbs.
80 lbs.	Hasheemi	(45-49)-Single Ply	Open	
Youth Raw	(40-44) Raw	Fowler	429*	Monroe!
Addison	66* O'Malley	300 lbs.	275 lbs.	230
100 lbs.	220 lbs.	Open Raw	Open	
(11-12) Raw	(40-44)-Single Ply	Raynor!	485	Fambrough
Dridsom	82* Dridsom	Open	DEADLIFT	150
114 lbs.	(50-54) Raw	Cawley!	655*	132 lbs.
Open-Single Ply	Cartersiano	Lifetime	Subs Raw	
Cohn	264* 242 lbs.	Cawley	655*	Monford
148 lbs.	Subs Raw	(40-44)	275*	MEN
(20-23) Raw	Monroe	Cawley	655*	114 lbs.
Smith	187 Open Raw	POWER CURL	Open	
Open Raw	Dixon	97 lbs.	Cohn	429*
Gooch	264 Open	(17-19)	165 lbs.	
		Grosnickle	65	(60-64)
		MEN	Nesbitt	451*
		181 lbs.	(20-23)	

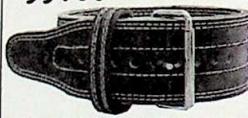


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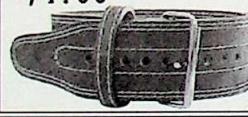
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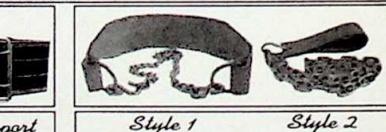


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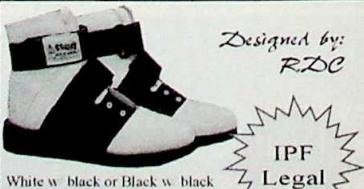
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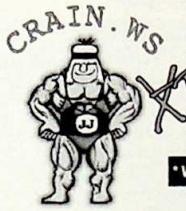
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			WOMEN	SQ	BP	DL	TOT
Woodard	507* (45-49)	Fowler	105 lbs.				
Lifetime		Braden	Lifetime Raw	55	77	148	281
Skrip	507	SHW	Cowles				
181 lbs.	(45-49)	Nichols	MEN				
Jones	413	SQUAT	114 lbs.				
(17-19) Raw		114 lbs.	Open-Single Ply				
Norris	363	Open	Cohn	374*	264*	429*	
198 lbs.	(35-39)	Clark	1069*				
220 lbs.	(45-49)	Meyers!	165 lbs.				
Robertson	540	Subs Raw	Lifetime-Single Ply				
275 lbs.	(40-44) Raw	Clark	Skrip	485*	308*	507*	
		300 lbs.	1300*				
		Raynor	181 lbs.				
			(17-19)				
			Chapman	380*	248*	374*	
			1003*				
			Lifetime Raw				
			Ashe	407	402*	507	1317
			220 lbs.				
			(45-49)				
			Hickman!	584	314	610	1509
			Lifetime				
			Graydon	418	291	474	1185
			(50-54)				
			Graydon	418	291	474	1185
			275 lbs.				
			(20-23) Raw				
			Fambrough	611*	374	512	1499

From the WNPF USA Championships... (left to right) Andre Gilliam - who made a 633 bench, Trophy Girl Brianna Ford, and Buddy Cawley - who made a 655 BP. (photograph courtesy Troy Ford)



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*=WNPF National Records. !=Best Lifters. Team Champs: Next Level Power Team. Fourtysix lifter in Atlanta, Georgia, from eight states. We usually average between 55 and 70 lifters, for this event. But, I believe the date change is what caused the lower lifter turnout, but we all had fun anyway. We gave out swords for this meet, and lifters seem to love them. We are trying to give the lifters what they want, and they wanted swords this time around. The Clarion Hotel near the airport is a nice facility. My staff did a wonderful job. Thanks to Dina, Wade, Annette, Greg, Perry, Steve, Cindy, Adrian, Adrienne, and Lester. We moved the Battle to the Countries to Atlanta, due to a few problems in Orlando, Florida. We will be looking for a new venue for the 2007 season. Thanks to Tony Caterisano for bringing a few lifters from Furman University. Thanks to Shawn Skrip for bringing in his team from Warner Robins. Thanks to Joey Simpson for bringing in a few lifters from Ohio. We will see you all soon. Thank you to all of the lifters and spectators that came out. (Thanks to Troy Ford, WNPF, for providing these results)

Mahony's Barbenders Bash

8 JUL 06 - Mahony, PA

	SQ	BP	DL	TOT
148 lbs.	375	245	400	1020
165 lbs.				
Jones	475	300	450	1225
Halton	430	285	465	1180
Tricamo	430	265	470	1165
Keys	350	290	515	1155
Belgrade	425	260	460	1145
Marturano	400	260	460	1120
181 lbs.				
Wallace	500	340	570	1410
Winters	505	270	600	1375
Chhoeum	450	325	525	1300
198 lbs.				
C. Smith	650	425	680	1755
Davis	600	370	650	1620
Garvin	550	400	500	1450
Juniors	400	325	575	1300
220 lbs.				
Clapsadl	640	350	605	1595
N. Smith	650	290	650	1590
Middleton	450	360	580	1390
Brooks	465	350	550	1365
Ellsesser	510	325	510	1345
Lafferty	400	300	425	1125
242 lbs.				
Wright	500	350	560	1410
Burgos	600	400	—	1000
275 lbs.				
Bibbs	635	35	630	1615
Broker	—	—	—	—
SHW				
Gorman	615	400	630	1645
Edwards	500	350	400	1250

Special thanks to J. Moceynas, V. Moceynas, and Murphy, for great judging, and the spotters and helpers for running a smooth meet. (Thanks to J. Moceynas for providing these results)



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**WABDL Sonny's Championship
17 JUN 06 - Honolulu, HI**

BENCH	K. Reich	—
FEMALE	Elite Open	—
Junior	132 lbs.	—
123 lbs.	K. Unten	446
D. Arellano	176*	4th-462!*
E. Ansberry	132	148 lbs.
D. Nakamura	110*	T. Tom
Master (40-46)	220	468!*
165 lbs.	M. Lamarque	672
B. Nolen	203	308 lbs.
Master (47-53)	S. Wong	—
UL	Junior (20-25)	—
J. Kaanapu	209	165 lbs.
Open	G. Remiticado	341
123 lbs.	181 lbs.	—
D. Arellano	176	C. Freitas
165 lbs.	A. Kawanaka	385
L. Richardson	336*	E. Solidum
199 lbs.	385*	—
R. Nohara	325	E. Brown
4th-332*	358*	358*
UL	J. Linnell	630!*
B. Hirai	336*	Law/Fire
Submaster	181 lbs.	Submaster
114 lbs.	181 lbs.	—
C. Baqui	99	K. Nakamura
165 lbs.	391*	391*
D. Adams	165*	J. Kabayashi
Teen (12-13)	540*	540*
97 lbs.	F. Wakakuwa	—
C. Tavares	60*	Master (40-46)
Teen (16-19)	165 lbs.	165 lbs.
199 lbs.	G. Espinda	352
R. Nohara	325	M. Lo
4th-332!	363	198 lbs.
MALE	220 lbs.	W. Omura
Class I	198 lbs.	—
132 lbs.	198 lbs.	D. Yamada
V. Akina	231	462
165 lbs.	242 lbs.	B. Young
K. Perezza	286	556*
198 lbs.	K. AhQuin III	529*
B. Akamine	402	275 lbs.
C. Gomes	374	C. Yamaguchi
K. Dacuyucu	314	—
220 lbs.	308 lbs.	Cabatingan
C. Holoana	462	SHW
242 lbs.	J. Mersberg	451
J. Kelly	628*	Master (47-53)
J. Kahula	440	242 lbs.
I. Soekardi	424	F. Butcher
259 lbs.	308 lbs.	402*
M. Nishida Jr.	440	W. Kaaloa
B. Donato	424	4th-501*
275 lbs.	SHW	4th-501*
J. McPherson	518*	L. Kamaka
SHW	529	4th-545*
R. Lamont	507	Master (54-60)



Kerwin Unten with a WABDL World Record 462 at 132 bodyweight!!

181 lbs.	K. Daniels	451	Teen 916-19)	C. Tavares	145*
E. Ansberry	303	M. Saito	473	132 lbs.	Teen (16-19)
Master (61-67)	220 lbs.	V. Akina	231	199 lbs.	—
165 lbs.	M. Ako	325	220 lbs.	R. Nohara	363*
M. Timbal	253*	A. Iramina	534*	DEADLIFT	MALE
242 lbs.	J. Kabayashi	540*	242 lbs.	C. Tokioka	385
S. Kaanapu	275	B. Goda	512	FEMALE	198 lbs.
Master (68-74)	308 lbs.	J. Koma	573*	Junior	K. Dacuyucu
181 lbs.	G. Leota	600*	1242 lbs.	446	Strangoener
C. Vause	231	S. Wong	—	259 lbs.	440
Open	308 lbs.	D. Arellano	347*	220 lbs.	462!*
148 lbs.	C. Iramina	93	248*	B. Hokama	661*
J. Imamura	418	R. Lamont	507	D. Nakamura	248*
SHW	181 lbs.	M. Saito	Teen (12-13)	B. Tokoika	600*
181 lbs.	G. Villamia	473	97 lbs.	D. Criste	540*
M. Thompson	407	105 lbs.	148 lbs.	B. Nolen	540*
220 lbs.	K. Saito	82*	148 lbs.	B. Donato	540*
A. Iramina	534	132 lbs.	148 lbs.	D. Criste	374*
G. Leota	600*	J. Thomas	134	B. Tokoika	275 lbs.
4th-99*	105 lbs.	4th-137!*	132 lbs.	D. Criste	374*
G. Villamia	148 lbs.	F. Wakakuwa	148 lbs.	K. Reich	683*
B. Young	82*	—	148 lbs.	C. Baqui	225
242 lbs.	132 lbs.	Thomas	220 lbs.	165 lbs.	225
J. Kelly	628*	134	203*	D. Adams	181 lbs.
4th-99*	148 lbs.	4th-137!*	203*	K. Nakamura	507*
G. Villamia	148 lbs.	F. Wakakuwa	203*	SHW	507*
B. Young	105 lbs.	—	181 lbs.	Law/Fire	507*
242 lbs.	105 lbs.	Thomas	143	181 lbs.	Law/Fire
C. Rosario	209	148 lbs.	148 lbs.	K. Reich	683*
Submatser	220 lbs.	220 lbs.	220 lbs.	C. Baqui	225
(33-39)	220 lbs.	220 lbs.	220 lbs.	165 lbs.	225
4th-222*	220 lbs.	220 lbs.	220 lbs.	D. Adams	181 lbs.
A. Edralin	358	K. Saito	203*	K. Reich	683*
R. Oshiro	242	259 lbs.	203*	C. Baqui	225
M. Thomas	292	D. Nohara	143	165 lbs.	225
181 lbs.	181 lbs.	181 lbs.	181 lbs.	D. Criste	363*
4th-154*	181 lbs.	4th-154*	181 lbs.	B. Tokoika	600*

Master (40-47) A. Park 644*
242 lbs. 259 lbs.
I. Soekardi 622 B. Donato 50*
Master (40-46) 308 lbs.
165 lbs. G. Espinda 446 SHW
181 lbs. 181 lbs.
K. Reich 683*
M. Lo 402 A. Valentin 556
220 lbs. Submaster (33-39)
P. Bermudez 407* 220 lbs.
2 lbs. M. Ako 551*
K. Ah Quin III 606* J. Courtenay 661*
I. Soekardi 622 242 lbs.
259 lbs. A. Arcian 501
B. Hurley 501* I. Soekardi —
308 lbs. 308 lbs.
Gandeza Jr. 600 J. Koma 694
SHW SHW
J. Mersberg 501 R. Lamont 501
A. Walentin 556 Teen (12-13)
Master (54-60) 97 lbs.
181 lbs. C. Akina 198!
E. Ansberry 435 Teen (14-15)
Master (61-67) 220 lbs.
165 lbs. K. Biroan 264
Gandeza Sr. 418 259 lbs.
M. Timbal 473* D. Nohara 330!*
Open Teen (16-19)
132 lbs. 132 lbs.
V. Akina 435* V. Akina 435*
181 lbs. 220 lbs.
E. Mannamo 600 B. Tokoika 540
B. Thompson 650* SHW
220 lbs. J. Burgess 562!*
M. Ako 551
*State Records. !World Records. This event was directed by Jocelyn Ronolo and her father, Sonny Ronolo, one of the greatest master benchers of all time, and Mike Saito. It was held in a 7,000 square foot ballroom in the Marriott hotel, right on the beach. Over 100 lifters competed. In the bench press, one of the greatest benchers of all time, Matt Lamarque couldn't make weight at 198 and weighing 199.4 benched 672, which would have been a world record at 198. Matt has had a very difficult job working as a prison guard, which is inherently stressful and dangerous. Then he just opened a 20,000 square foot gym with an Olympic size swimming pool, racquet ball courts, and about 60 spinning machines. World records in the bench press were set by Kerwin Unten, with a mind staggering 462.7 at 132, one of the best benches ever at that weight class, in any federation. At 198 Elite Open, Taylor Tom set a world record 468.2. In Junior 242, Jerame Linnell set a world record 630.4 and was ably coached by Matt Lamarque. Leonetta Richardson

PL USA BACK ISSUES

Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s

Sep/93... ADFPA Men's Natls., NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s

Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s

Jan/94... IPF Men/Women Worlds, IPF Jr./Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs

Feb/94... Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hemia Surgery, TOP 181s, ADFPA TOP 114s

Mar/94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Grimwood, TOP 100 198, ADFPA TOP 20 123s

Apr/94... Saliva Tests, Coan DL Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNP Worlds, TOP 100 220, ADFPA TOP 20 132s

May/94... USPF/ADFPA Collegiates, USPF Jr. Natls., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP

100 242s, ADFPA TOP 20 148s

Jun/94... NASA Natural Natls, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points, TOP 100 275s, ADFPA TOP 165s

Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s

Aug/94... APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s

Sep/94... ADFPA Men's, USPF Men/ Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s

Oct/94... Antonio Krastev, USPF Collegiates/Bench Natls, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW

Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights

Sep/95... Triple SENIORS ISSUE ADFPA/ APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s

Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s

Dec/95... Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s

Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s

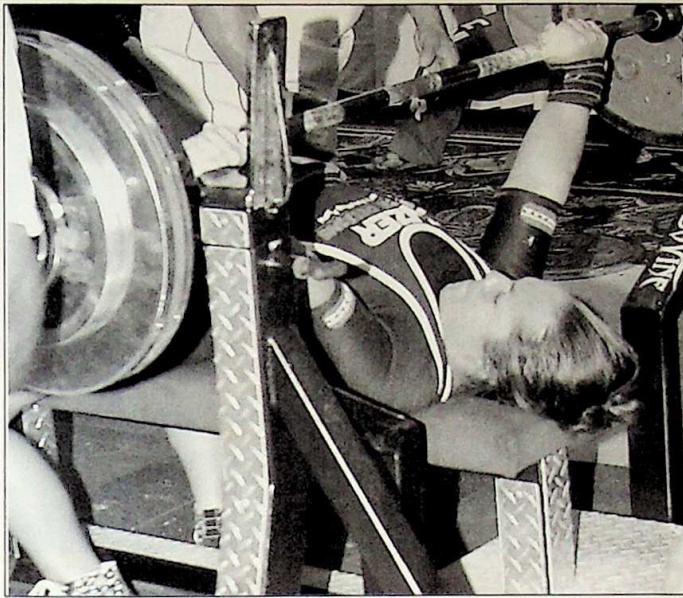
Sep/96... APF Can-Am, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wrenn, TOP 100 165s

Feb/97... Power of Compelling Outcomes, WPC Worlds, IPA Natls, Formula for Success, Making Weight, USPF Biography, TOP 100 220s

Apr/97... Clark Benches 800 - Waterman 600 @ 181, Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s

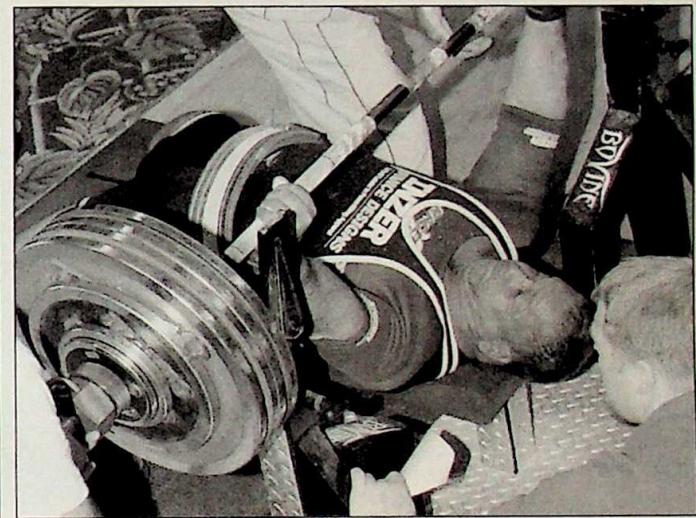
May/97... Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s

Jun/97... J.M. Blakely, Dream Team Pt.



passed the drug test (as well as Kerwin Unten and Taylor Tom), and set a world record 336 in Open 165, her fourth world record. Aaron Thomas set a world record in Teen 12-13/132, with a 137.7, and Randolph Nohara was very above average with a 332.7 world record in Teen 16-19/198+, an incredible lift. Notable Hawaii state records were set by James Kelly in Class I/242, in his first meet, popped a 628.2, John McPherson elevated 518 in Class I/275, Earl Solidium hit a 385.7 in Junior 198, Desirae Arellano rammed up 176.2 in Junior/123, Jon Kabayashi hit 540 in Law/Fire Submaster 220, Bruce Young hit a 556.5 in Master 40-46/220, Kimo Ah Quin III pushed 529 in Master 40-46/242, Wayne Kaaloa hit a 501.5 on a fourth in Master 47-53/308, Lyle Kamaka hit a 545.5 in Master 47-53/Super, Moses Timbal, a regular at the world championships, got a 253.5 in Master 61-67/165, Brandie Hirai hit a 336 in Open 198+, George Leota hit 600.7 in Open 308, Aaron Iramina got a 534.5 in Submaster 220, but Jon Kabayashi beat him with a 540, Jonathan Kono hit a 573 in Submaster 308, and Casey Rosario got a 222.4 in Teen 14-15/148. In the deadlift, world records were set by Desiree Arellano with 347 in Junior 123, Chance Akina yanked 198.2 I Teen 12-13/97, David Nohara exploded with 330.5 in Teen 14-15/259, and Josh Burgess hauled in 562 in Teen 16-19/Super. Notable Hawaii state records in the deadlift were set by John Courtenay with 661.2 in Submaster/220, Alexander Park ripped 644.7 in Open 220, Keoki Akina hauled in 435 at 132 Open, Keoni "Bulla" Reich popped 683.2 in Law/Fire Open Super, Brian Hokama pulled in 661 in Class I/242, Edwin Manmano was above average with 600.7 at Junior 181, Brian Thompson popped a fantastic 650.2 at 181 Open, Darnell Christe pulled 363.7 in Open 148, Kimo Ah Quin III pulled 606.2 in Master 40-46/242, Dawn Adams pulled 303 in Submaster 165, Keoki Akina pulled 435.2 in Teen 16-19/132, and Randolph Nohara pulled 363.7 in Teen 16-19/198+. Jocelyn Ronolo, Lisa Leong, Sonny Konolo, and Mike Saito worked extremely hard to make this meet a great success. They take a chance and go to a luxury hotel and lose money, but they put on a great meet. Next year's meet will be in May. If you're from the mainland and want a trip to Paradise, this is the meet for you. (thansk to WABDL President Gus Rethwisch for this report.)

Top Left - Leonetta Richardson, Bottom Left - Matt LaMarque, Bottom Right - Bruce Young. (all photographs courtesy of Christine Goroza)

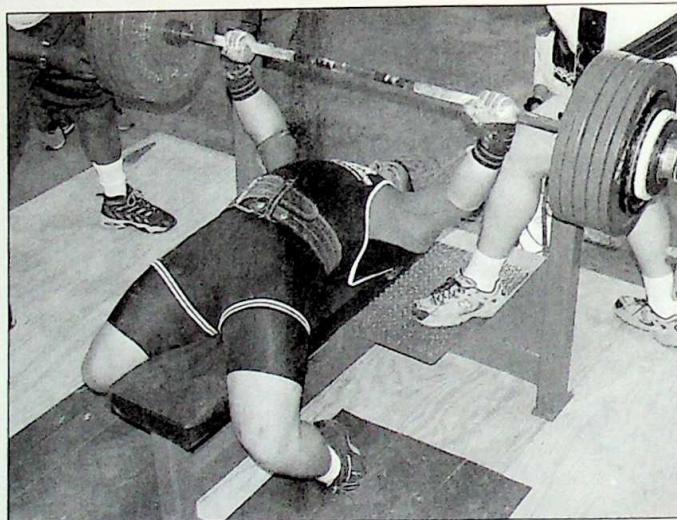
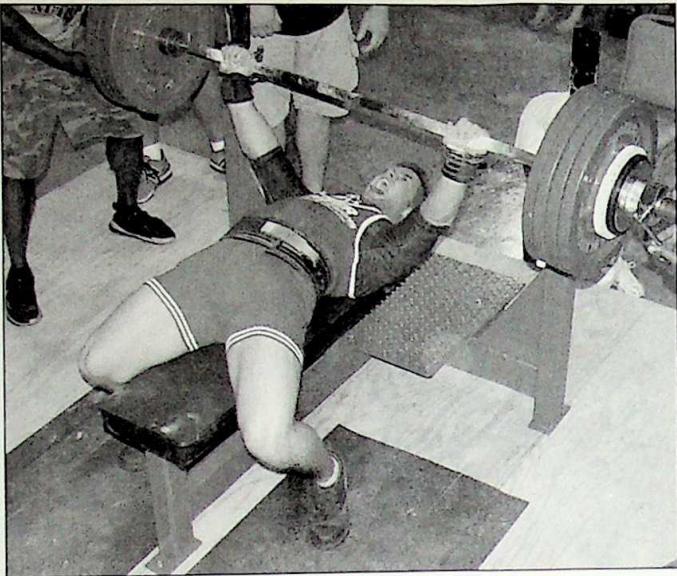


2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW
Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s.
Aug/97... Power of Color, How to BP 500 Easy by Louie S., ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo, TOP 100 123s
Sep/97... USAPL/USPF/APF Triple Seniors, IPF Women's Worlds, World's Strongest Team, NEW Mineral Orotates, Progressive Overload, TOP 100 132s.
Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich, Power Biceps Training, Larry Miller interview, Top 100 Ltwts.
Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.
Dec/97... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL, TOP 100 181s
Jan/98... IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s
Mar/98... Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st

Worlds, Brad Gillingham backstage Apr/98... Bull Stewart Speaks, USAPL Women's, APF All Time TOPWomen, Westside Invitational, Foundational Training by Louie, TOP 242s.
Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Louie on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs.
Jul/98... Kirk Karwoski, Angelo Berardinelli, World's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.
Aug/98... USAPL Men's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam.
Sep/98... APF Seniors. Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s
Nov/98... A Worlds to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlewts., Isoflavones.
Dec/98... IPF Masters-Juniors - Mens/WPC/WDFPF/AAU/AAPF World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s
Jan/99... WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPF Worlds, Jerry Tancil, TOP 100 198s.
Feb/99... WPC Worlds Pt. 2, Coan goes 2463, USPF Worlds, IPF World Bench, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s
Apr/99 ... The ED COAN Book, Why Whey?, Gordon Santee, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.
May/99 ... LA Tech Program, "Sir Guggulot", Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP 100 275s.
Jun/99 ... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL Collegiates, Louie S. on Pre-Meet Training, "Choking", TOP 100 SHWs
Aug/99 ... The Rubber Band Man, the "Muscleton USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s
Sep/99 ... USAPL Men's, APF SRS. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith = Triac, York Spectacular, TOP 100 132s
Oct/99 ... USPF Seniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s
Nov/99 ... Muscle Beach Lives, East German Breakthrough, DL Details, Walk Away From Death, Dynamic Duo by Louie S., TOP 100 165s.
Dec/99 ... IPF World Masters/Juniors, USAPL/AAU BP Natls, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s
Jan/00 ... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Strongman II, TOP 100 198s
Feb/00 ... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Natls, Best Lifters of the Century, Big BPs by Louie S. TOP 100 220s
Mar/00 ... USAPL Women's, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Louie Simmons
Apr/00 ... Arnold Classic, WPF Worlds, Mike Danforth, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s
May/00 ... Dennis Cieri, J.M. Press?, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.
Jun/00 ... Gary Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, BP by Larry Miller, Fred Peterson, TOP 100 SHWs.
Jul/00 ... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 114s
Aug/00 ... USAPL Men's, APF SRS. Pt. I, AAPF/APF Natls., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, TOP 100 123s
Sep/00 ... USPF SRS, IPA Worlds, WABDL

WABDL River Country Classic
3 JUN 06 - Gadsden, AL

BENCH		Master (47-53)
FEMALE		198 lbs.
Master (40-46)	A. Traylor	352
123 lbs.	B. Tindall	242 lbs.
A. Wright	143	R. Harrison 501*
181 lbs.	C. Sterling	374
Teen (16-19)	198	M. Glasco —
UL		Open
R. Jordan	203	181 lbs.
4th-209*		259 lbs.
L. Wright	203*	D. Hoard —
MALE		+C. Senese 628*
Class I		275 lbs.
181 lbs.	J. Ross	551
D. Hagan	374	308 lbs.
242 lbs.	K. Overbey	628*
W. Hamilton	402	SHW
4th-422		J. Carter 650*
259 lbs.		Submaster (33-39)
A. Harper	—	220 lbs.
M. Patrick	385	M. Green 677!*
275 lbs.	B. Snyder	468
C. Coaker	473	259 lbs.
Elite Open		D. Hoard —
181 lbs.	J. McDaniel	391
B. Leming	502	308 lbs.
4th-534!*		K. Overbey 628*
220 lbs.		SHW
M. Green	677*	J. Carter 650*
Junior (20-25)		Teen (12-13)
165 lbs.		148 lbs.
P. Griffin	314*	C. Luttrell 82*
181 lbs.		Teen (14-15)
J. McDaniel	391	148 lbs.
275 lbs.	B. Snyder	473*
Law/Fire		148 lbs.
Master (4-47)		P. Duke 341*
259 lbs.	R. Molay	551!*
Law/Fire		4th-534!*
Open		259 lbs.
242 lbs.	T. Womack	374
W. Hamilton	402	S. Carter 518
4th-422*		4th-534!*
275 lbs.	J. Foster	319*
Master (40-46)		Teen (16-19)
220 lbs.		UL
T. Womack	374	Master (40-46)
259 lbs.	M. Patrick	385
Master (40-46)		A. Wright 308
SHW		MALE
M. Hamby	—	Class I
		181 lbs.



BP/DL, Pre-Meet Checklist, Do the SQ - by Louie , Ernie Frantz Insights, Rick Weil BP, TOP 100 132s

Oct/00 ... Positive Illusions, Tako no Taco, Powerlifting's Salvation?, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s.

Nov/00 ... Best Bench of All Time, final More from Ken Leistner, Drug Free Bz[Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 165s

Dec/00 ... Tao of Competition Pt. I, IPF Jr + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 181s

Jan/01 ... IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louis S., TOP 100 198s

Feb/01 ... Garry Frank Goes 2500, WPC Worlds PT.1, IPA Nationals, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s.

Mar/01 ... TOP 20 Women - Teen - Masters Rankings, Hooking Up the Bands, USAPL Women's Nats, Westside Deadlifting, WPC Worlds Pt. II/BP

Apr/01 ... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Extra Workouts by Louie, TOP 100 242s

May/01 ... Ed Coan Interview, Russian BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, Top 100 275's

Jun/01 ... Siouz-Z Hartwig, Russian Squat Cycle, Big Boys Men's Plan by J.M., Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs

Jul/01 ... IPF Women's Worlds, Bill Crawford, APF Nationals, Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s

Aug/01 ... Garry Frank Goes 2601 - APF Seniors, USAPL Men's, FIBO, Stretching With Bands, Box Squats by Louie S., Warrior Spirit,, TOP 100 123s

Sep/01 ... WPO Semis, "No Deadlift" Routine, Ray Benemerito, Knee Pain & MSM, Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s

Oct/01 ... World Games, TomManno, Jamie Harris Interview, John Corsello Jr. Interview700 BP Club, Speed Cycling by Louie S., TOP 100 148s.

Nov/01 ... Nance Avigliano, USAPL BP Nationals, IPF Jr. Worlds, T.J. Hoerner Squat Workout, "Analyzing Your Squat" by Louie S., TOP 100 165s

Dec/01 ... IPF World Masters, WPC Can Ams, Halbert Video, WPO BP for Cash, Westside Success , Jill Mills, Rich Salvagni, TOP 181s

Jan/02 ... IPF Men's Worlds, WABDL BP Worlds, Garry Frank goes 2606, IPA Nationals, Carmen Penotti Interview, Training the Lockout, TOP 100 198s

Feb/002 ... WABDL DL Worlds, IPF BP Worlds, WNPF Worlds, WPC Worlds, Halbert on Lockout, Blakley on

Shoulders, All Time SQs, TOP 100 220s

Mar/02 ... USAPL Women's Nats, TOP 20 Teen/Women/Masters, Russ Barlow, Becca Swanson, 850 DLs, Louie on "the Repetition Method"

Apr/02 ... WPO Finals/Qualifer/Arnold Bench Bash, Ano Turtainen, Louie on DL Training, Jennifer Thompson, Back Up Your BP, TOP 242s

Jun/02 ... Meet Scot Mendelson, IPF World Masters BP, Fatten Up Your Total, Louie Simmons on Volume, Dan Austin Interview, TOP 100 SHWs

Jul/02 ... Knelly Benches 780, IPF Women's Worlds, APF Nationals, Carbohydrate Manifesto Pt. 1, Karen Sizemore Interview, TOP 100 114s.

Aug/02 ... APF Seniors, USAPL Men's Nats, USPF Srs/Mountaineer Cup IV, Strong Legs for Records by Louie, Your Bench Shirt by Halbert, TOP 123s.

Sep/02 ... Knelly BPs 800, American Strongman, Training Organization Pt. 1 by Louie S., Preventive Maintenance, Mikesell Interview, TOP 100 132s

Oct/02 ... 556 squat @132 by Nance Avigliano, USAPL BP Nats, Powerhouse Grains, The Positive of Negatives, Bench Shirt Blues, TOP 100 148s

Nov/02 ... Sivokon Speaks, IPF Jr. Worlds, Serious Mass Pt. 1, Priscilla Ribic Interview, Willie Wessels

Dec/02 ... WPO Semis (931 DL!), Bench Bash for Cash, WPC Worlds, IPF SubJr.

J. Payne	502	Master (47-53)
242 lbs.	198 lbs.	R. Hagedom 523
259 lbs.	220 lbs.	
B. Morris	611	K. Greene —
M. Patrick	424	259 lbs.
C. Senese	600	D. Davison 700*
Junior (20-25)		Master (54-60)
165 lbs.		242 lbs.
P. Griffin	479*	R. Harrison 545
198 lbs.		Open
M. Christie	551	259 lbs.
A. Hix	546*	B. Morris 611
J. Quinley	457	275 lbs.
220 lbs.		B. Driskill 672
J. Taylor	617*	Teen (12-13)
Law/Fire		148 bbls.
Open		C. Luttrell 203*
198 lbs.		Teen (14-15)
M. Christie	551	148 lbs.
242 lbs.		C. Ward 319
W. Hamilton	584	4th-330*
Master (40-46)		181 lbs.
220 lbs.		C. Temples 468
T. Womack	468	Teen (16-19)
259 lbs.		148 lbs.
M. Patrick	424	P. Duke 479
275 lbs.		181 lbs.
B. Driskill	672	J. Payne 502*

*=State Records, !=World Records. About 70 lifters participated in this contest. World records were highlighted by Gunnery Sergeant Michael Green, USMC all the way, who put up a submaster 220 world record 677.7, the second highest bench ever in WABDL at 220. Also impressive was Brandon Leming of Tennessee, who is only 18, and set an elite open world record at 181 with 534.5 and also a teen 16-19/181 world record 534.5. Also from Tennessee, Seth Carter set a world record bench 16-19/259 with 534.5. In law/fire master 40-47/259, Robert Molay set world record 551 bench. Other impressive benches were James Carter 650.2 for an Alabama record in open 259, Ken Overbey who set an Alabama 308 open record with 628. Blane Tindall, who set an Alabama record in master 47-53/242 with 501.5 bench was also some good lifting for a 50 year old. In the deadlift, no world records were set, but Jake Taylor set a Georgia record 617 in junior 220, Don Davidson set an Alabama record 700.8 in master 47-53/259. He's a horse when it comes to deadlifting. Phil Duke set an Alabama record 479.5 in teen 16-19/148, and Rebecca Jordan set an Alabama record 4020 in teen 16-19/198+, and Jason Payne set a Tennessee record 502.6 in teen 16-19/181. The judges were

Worlds, Fred Hatfield, Louie on Explosive Strength, TOP 100 181

Jan/03 ... IPF Men's Worlds, WABDL BP Worlds, IPF Masters Worlds, Becca Swanson Squats 705, Intensity Zone Loading Pt. 1 by Louie, TOP 100 198s.

Feb/03 ... IPF BP Worlds, WABDL DL Worlds, Steve Goggins Interview, "Lessons Learned", All Time 308 & SHW rankings, Ken Patera, TOP 100 220s.

Mar/03 ... Brad Gillingham Comeback, Men's 300 kg & Women's 300 lb. BP lists, Controlled Chaos BP, The Tendo Unit, TOP 20 Women/Master/Teen lists

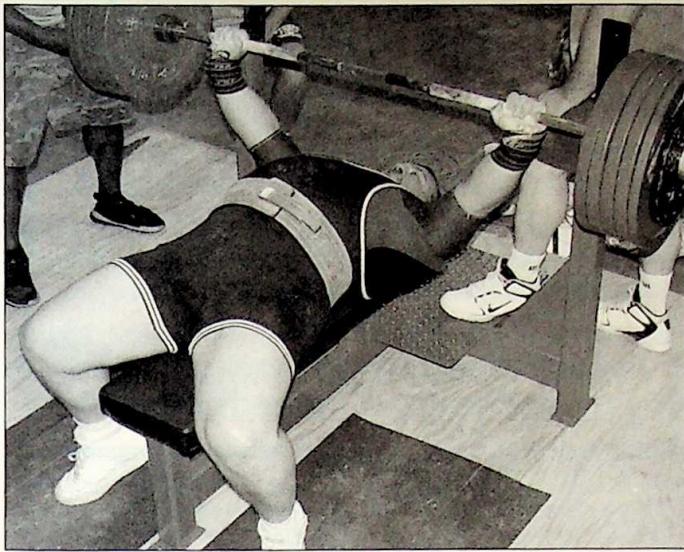
Apr/03 ... WPO Finals & Bench Bash for Cash, Crawford Benches 785, Jamie Harris Pt. 1, Equipment, Never Looking Back by Louie, TOP 100 242s.

May/03 ... Bill Crawford's Road Back, Odd Haugen, Virtual Force by Louie, Bill Kazmaier Profile Pt. 1, Women's 500 lb. SQs & DLs, TOP 100 275s.

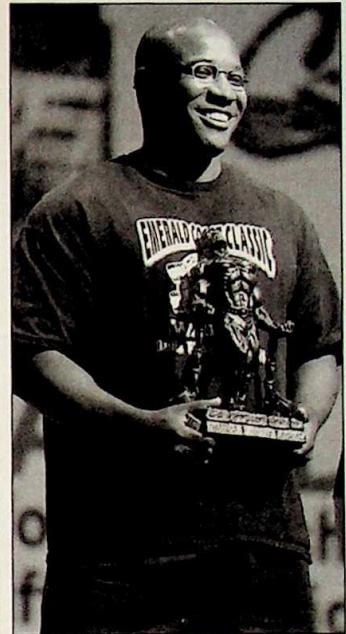
Aug/03 ... Mendelson Benches 804, 821, 825, 832, 875 ... APF Seniors, Mikesell Squats 1107, Louie on The Bench Press Shirt, Vince Anello Deadlift Workout, Team PL, TOP 100 100 SHWs

SEP/03 ... USAPL Men's Nats, Bench America, Keeping Iron in the Blood, 1000 lb. Squat Club, What You Need in Your Gym, TOP 100 114s

Oct/03 ... Gene Bell, John Ware Workout, Sioux-z Hartwig, A.R.T. Techniques, 50 Best SQs/BPs, Louie S. on Training the Back, TOP 100 132s.



Brent Bishop, Rich Hagedorn, Sandra Herring, and Tim Snodgrass. Gus Rehwisch was the MC. The meet director, who did a fantastic job, was Brant Bishop. Brant's staff included Bubba McConnell and Bobby Driskell, who also pulled a 672 deadlift, but the way. The main sponsors were outlaw Nutrition and Richard Anderson. The photographer was Ken Overbey. Jerome, Eric, Steve, Leon, and Cody did an excellent job of spotting. (Thanks to Gus Rehwisch for providing the meet results)



WABDL River Country Classic
photographs: **Brandon Leming** (upper far left), **Chris Senese** (lower far left), **Ken Overbey** (upper left), **James Carter** (lower left) all taken by Ken Overbey, and **James Greene** (above) at the WABDL World Championships for 2005.
(Thanks to Pfc Vic Selvaggi for the results)

Dec/03 ... WPO Finals, Rychlak BPs 900, IPF World Masters, Ausby Alexander, "Story of Arthur Jones", Speed Day Pt. 1 by Louie S., TOP 100 165s

Jan/04 ... IPF Worlds, WPC Worlds, IPA Seniors, Acetylcholine, Wade Hooper SQ, Atlantis Foundation, Louie on Max Effort Day, Mabel Rader, TOP 165s

Feb/04 ... IPF World BP, WABDL Worlds, Hyperhydration, Coan Update, Low Back Pain, Becca Benches 465, All Time Best BPs, TOP 100 198s

Mar/04 ... USAPL Women's Nats., Becca benches 501, Water Technology Pt. 2, Brent Mikesell Interview, IPF President's Message, TOP 100 220s

Apr/04 ... Frank Goes 2706/2805!, Arnold Classic, Power Nutrition Recipes, Louie on "The Staggered Load", California Hall of Fame, TOP 100 242s

Jun/04 ... TOP 20 Women, Teen, Masters, Greatest Men's & Women's Ratings, 15 Min. Injury Solution, Delayed Transformation by Louie S.

Jul/04 ... APF Seniors, Bench America II, APF Nationals, Louie Simmons on his "Virtual Force Swing", Digit Ratios and Strength, TOP 100 275s

Aug/04 ... IPF Women's Worlds, USAPL Men's Nationals, World Powers by Louie Simmons, Luke Iams, Women's All Time SQ/TOT, TOP 100 SHWs

Sep/04 ... IPA Worlds, Mountaineer Cup, Becca Swanson, Shrugs for a Big BP, Advanced System for Beginners by Louie Simmons, TOP 100 114s

Oct/04 ... WPO Finals, Recuperative Modalities, Optimal Eccentrics by Louie S., Shrugs, Never Quit!, Cognitive Control, All Time Squats, TOP 123s

Nov/04 ... WPC World PL/BP, BA Worlds,

Louie S. on Speed Work, Travis Mash &

Tony Conyers Interview, Jon Smoker Squat Workout, TOP 100 132s.

Dec/04 ... Rychlak BPs 1005, IPF Worlds, Siders Interview, Louie on DL Training, Women's/Men's All Time BPs, Scott Lade BP Workout, TOP 100 148s

Jan/05 ... WABDL Worlds, IPF World Masters, General Physical Preparedness by Louie, Jo Walker DL Workout, All Time Squats/Totals, TOP 100 165s

Feb/05 ... Mike Miller's 1200 lb. Squat, IPF BP Worlds, Louie on "Prepare to Bench", IPA Sr. Nationals, 400 Kilo DL Club, All Time DLers, TOP 100 165s

Mar/05 ... Mendelson BP Classic, Louie S. on Accommodation, Mikesell SQ Workout, 1st Hawaii Record Breakers, All Time BP/DL lists, TOP 100 198s

Apr/05 ... WPO Arnold Classic BP & PL, USAPL Women's Nationals, Karwoski Re-Emerges, Jim Kilts Interview, 800# Drug Free DL Workout, TOP 100 220s

Jun/05 ... Anthony Clark Passes, USAPL Men's & Masters, Beau Moore & Brad Kelley Interviews, John Black Recollections Pt. 1, TOP 100 242s.

Jul/05 ... Roger Estep Passes, APF Seniors, IPF Women's Worlds, Louie on BP Training WSM Super Series, Scott Mendelson Profile, TOP 100 275s.

Aug/05 ... Louie Simmons on the Pendulum Wave, 1000 lb. Squat Club, Marc Bartley (1058 lbs.) Squat Workout, Best Master Lifters, TOP 100 SHWs.

Sep/05 ... IPA Worlds, York Hall of Fame, Equipment for Sumo, Reactive Methods by Louie Simmons, Mendelson Tries 1008 BP, TOP 100 114s.

Oct/05 ... Deadlift Training by Louie Simmons, Raw Bench Pressing Westside Style, Brian Schwab Squat Workout, Louie Top 20 lists, AWPC Words, TOP 123s

Nov/05 ... Kettlebells for PLers, Tony Conyers' 2033 total @ 165, Raw Squatting by Jim Wendler, Fan Fanaticism, Seguin Fitness, TOP 132s.

Dec/05 ... WDFPF Single Lift Worlds, Bench America, WPO Semis (1201 squat!), AAU PushPull, GPC Worlds, Jason Beck Worlds Routine, TOP 148s

Jan/06 ... WPC Worlds - 970 DLI, IPA Naitonals, AAU World Push Pull, Louie S. on Isometrics, Ted Arcidi, Tiny Meeker Interview, Herb Stroke, TOP 100 165s

Feb/06 ... WABDL Worlds, WDFPF Worlds, IPF World BP, Good Mornings, Old School DL, Becca Swanson's Quest for the 2000 Total, TOP 100 181s.

Mar/06 ... Mendelson BPs 1008, Westside BP Routine, 'One Car Garage Training', IPF Men's Worlds, Jeff Lewis Interview, WNPF Worlds, TOP 100 198

Apr/06 ... WPO Finals/Bench Bash, USAPL Women's Nats, Louie Simmons Squat Workout of the Month, PLer at the Olympics, Gunda Von B., TOP 220s.

Maryland Strongest Cop 27 AUG 06 - Columbia, MD

BENCH	K. Barrett
FEMALE	220 lbs.
132 lbs.	Whittington 370
R. Rondone	110 G. Carpenter 300
165 lbs.	Gillenwater 285
C. Sisk	175 T. Patton 270
B. Barnes	165 242 lbs.
MALE	J. Sauble 355
165 lbs.	M. Bullock 335
J. Rondone	215 M. Myers 315
181 lbs.	J. Cullen 315
Z. Cerrone	315 M. Reid —
K. Costello	265 N. Vertz —
R. Garrett	250 275 lbs.
C. Parker	215 D. Teets 405
198 lbs.	B. Abell 370
M. Hodge	415 W. Forchion 350
M. Bender	300 G. Blaylock 335
B. Benner	300 V. Selvaggi 285
FEMALE	SQ BP DL TOT
132 lbs.	
R. Rondone	— 110 165 275
165 lbs.	
C. Sisk	175 175 250 600
B. Barnes	— 165 — 165
MALE	
165 lbs.	
J. Rondone	305 215 330 850
181 lbs.	
Z. Cerrone	505 315 535 1355
C. Parker	265 215 315 795
K. Costello	— 265 — 265
R. Garrett	— 250 — 250
198 lbs.	
B. Benner	400 300 415 1115
M. Bender	— 300 — 300
M. Hodge	— 415 — 415
K. Barrett	— — — —
220 lbs.	
Whittington	415 370 425 1210
Gillenwater	— 285 — 285
T. Patton	— 270 405 675
G. Carpenter	— 300 — 300
242 lbs.	
M. Myers	470 315 530 1315
J. Cullen	420 315 515 1250
M. Reid	— — — —
N. Vertz	— — 380 380
M. Bullock	— 335 — 335
J. Sauble	— 355 — 355
275 lbs.	
W. Forchion	440 350 565 1355
V. Selvaggi	315 285 415 1015
D. Teets	— 405 — 405
B. Abell	— 370 — 370
G. Blaylock	— 335 — 335

May/06 ... Ryan Kennelly, More with Bands, Tales from the Olympics, Nick Minnetti Interview, 2005 TOP 20 Women, Teenage, and Masters Rankings.

Jun/06 ... Kennelly's Path to Power, Kara Bohigian BP program, Things Louie S. Thinks You Should Know, Running A Successful Meet, TOP 100 242s.

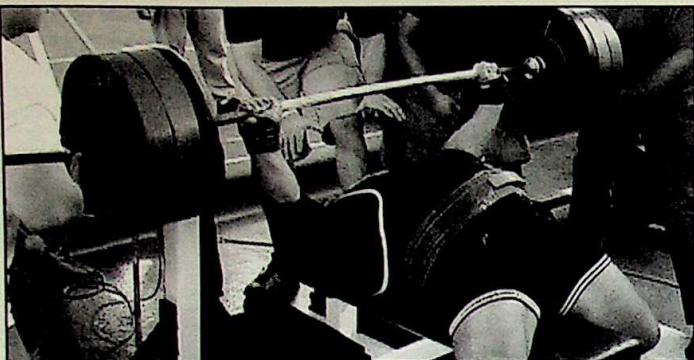
Jul/06 ... APF Seniors, Louie on 'the Lightened Method', Brad Gillingham Interview, John Stafford Interview, Quest American, NERB, TOP 100 242s.

Aug/06 ... APC Nats., George Frenn, Westside's Top BPers, Bill Gillespie, Priscilla Ribic, Brent Howard Interviews, Singles Training, TOP 100 Superheavies

Sep/06 ... Mike Wolfe - IPF's Detlev Albrings - Wade Hooper Interviews, Shawn Frankl - Janet Faraoone Profiles, Louie on Kettlebells, TOP 100 114s.

Oct/06 ... Scott Weech Interview, Training the Posterior Chain, USPF Srs., USAPL Men's, RAW Nats., ADAU Nats., AAU Jr. Olympics, TOP 100 123s.

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Sebastian Burns benching 750 in the 275s at the APF YMCA of Saratoga BP, photograph by Meet Director (who BP'd 700!) John Hart

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APF YMCA Saratoga 2 SEP 06 - Saratoga, NY		242 lbs.	J. Crabtree	159	V. Vanderhorst	159	77	226	Master II	C. Brua	126	220	242	589
BENCH	Master (65-69)	J. Blevins	341	165 lbs.	HSP	165 lbs.	MALE		242 lbs.					
Unsanctioned	M. Casatelli	350	D. Bailey	418	B. Slone	402	Teen		Youth	J. Belue	55	82	170	308
FEMALE	198 lbs.	PS CURL		181 lbs.	A. Fields	374	220	363	198 lbs.	HSP				
148 lbs.	Open	MALE		Master II	198 lbs.				308 lbs.	E. Ballton	137	187	385	711
Raw	S. Rabine	650	198 lbs.	J. Hoskins	319	Master I			Pure	J. Allen	181	402	253	837
V. Plitt	125	Submaster	Master III	41h-325	B. Ely	463	264	463	1190	(thanks to Greg Van Hoose for the results)				
MALE	C. St. John	365	D. Dolin	104	Master V									
242 lbs.	Master (65-69)	PS DEADLIFT		H. Dunn	286	Master II								
Junior	T. Quinn	305	MALE	220 lbs.	B. Gabbert	429	336	418	1185					
L. Ciccarelli	470	220 lbs.	198 lbs.	Master Pure		Master Pure								
Open/Raw	Open	Master III	M. Shuffett	352	220 lbs.	B. Ely	463	264	463	1190				
B. Drew	345	N. Hughes	470	D. Dolin	253	Master V								
275 lbs.	R. Lewis	430	PS SQUAT	M. Shuffett	352	T. Mullins	556	341	446	1344				
Master (40-44)	242 lbs.	MALE	Pure		242 lbs.	T. Mullins	556	341	446	1344				
F. Cheever	330	Master (40-44)	198 lbs.	M. Smith	424	Pure								
Sanctioned	S. Luciano	575	Master Pure	G. Dix	479	Submaster	J. Morrison	562	363	479	1405			
MALE	275 lbs.	G. Dix	479	G. Nichols	303	Pure								
148 lbs.	Open	BENCH	242 lbs.		Raw	J. Nelson	424	R. Friedman	363	203	396	964		
Master (40-44)	S. Burns	750	FEMALE		165 lbs.	J. Nelson	424	R. Friedman	363	203	396	964		
T. Albano	430	Master (40-44)	123 lbs.	D. Smith	507	Master I								
165 lbs.	K. Clark	605	Master I	Pure	165 lbs.	D. Smith	507	R. Friedman	363	203	396	964		
Teen (18-19)	308 lbs.	K. Hamby	170		Master II									
L. Quarters	325	Submaster	MALE		Master V									
181 lbs.	M. Harris	665	148 lbs.	J. Blevins	341	Submaster	J. Morrison	562	363	479	1405			
Master (40-44)	Master (50-54)	HSP	Push Pull	D. Bailey	418	Pure	T. Perkins	573	336	518	1427			
M. Quinne	290	V. Vardine	470	BP DL	TOT	BP	TOT							
Master (45-49)	SHW	MALE				SHW								
S. Dussault	480	Submaster	148 lbs.			Pure								
		J. Hart	700	Master I										
(Thanks to John Hart for providing results)		P. Sholes		259	418	677								
NASA Kentucky State 25 MAR 06 - Paintsville, KY		D. Flinchum		270	573	843								
PS BENCH	A. Ballou	310	FEMALE	BP	DL	TOT								
MALE	N. Hale	336	Raw											
181 lbs.	Master III	165 lbs.												
HSP	D. Dolin	181	Master II											
L. Grant	286	220 lbs.	V. Vanderhorst	159	77	226								
198	Pure	463												
HSP	J. Hall	440	Master V											
APA Gatorland Open 30 JUL 06 - Bartow, FL														
BENCH														R. Davis 435
FEMALE														Open
Teen (13-15)/DT														275 lbs.
Bodenbender														T. Strickland 400
Master II/DT														CURL
R. Friedman														FEMALE
MALE														Submaster/DT
Teen (16-17)/DT														C. Malys 75
B. Boutinot														MALE
N. Graham														Master I/DT
N. Sardoni														M. Suarez 125
Junior/DT														Teen (16-17)/DT
A. Lombardy														N. Sardoni —
Master I/DT														DEADLIFT
D. Viars														FEMALE
D. Brown														Submaster/DT
M. Suarez														C. Malys 175
Master II/DT														MALE
L. Ford														Open
Open/DT														275 lbs.
														P. Barnes 625
K. Goin														198 lbs.
A. Manske														308 lbs.
DT=Drug Tested. * =World Records. !=American Records. (Thanks to Scott Taylor, APA President, for these results)														

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As a condition to ADFPF membership, I understand and accept that I am prohibited from using any substance or "doping method" banned by the ADFPF/WDFPF. I accept sole responsibility for what I take into my body and should I consume a banned substance unknowingly and test positive for that banned substance, I shall be solely responsible for consumption of that banned substance and shall accept the results and consequences of that test.

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit the ADFPF and the WDFPF to publish my name as a suspended member and/or member who is suspended for testing positive for a banned substance or doping method on the internet, in Powerlifting USA, in RAW POWER, or any other publication that the ADFPF and WDFPF so choose.

Signature _____ If Under 21 yrs., Parent Initial _____ Date _____ Prior Registration No. _____

Name _____ Phone _____ E-mail _____

Address _____ City _____ State _____ Zip Code _____

Date of Birth _____ Gender _____ U.S. Citizen? _____ ADFPF Registered Club Member _____

Referee Ranks & Organizations _____

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25 NOV, Southern USA Championship (Tunica, MS) www.apa-wpa.com
25 NOV, NASA Kansas Regional Championships (PL/BP Only/PS/PP - Salina, KS) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

25 NOV (New Date), SLP Mid-America Open BP/DL (Metropolis, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
NOV, APF Galaxy Gym Invitational Powerlifting & Bench Press Championships, J. Fellows, 17 Circle Dr., Meredith, NH 03253

1-3 DEC, USAPL American Open, Lance Slaughter, 4437 S. Centinela Ave., Los Angeles, CA 90066, (310) 995-0047

2 DEC, 23rd Southeastern Cup PL/BP Classic [open (m&f), class II (m&f), Police & Fire, Teen, Masters - Cook Middle School Gym] Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620, day 229-896-3988, fax 229-896-3035, bduke@southlink.us
2 DEC, 8th annual Big Bench

Shootout & Eastern States Raw BP (belts only), Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

2 DEC, USAPL Albany Strength Championships, John Payette, 332 Central Ave., Albany, NY 12206, 518-433-1703

2 DEC, John Bernor and East East Barbell Present APF/AAPF PL, Ironman, Single Lift Championships (Riverhead, NY) John Bernor, 631-846-4034, www.ironasylumgym.com

2 DEC, USAPL Kentucky State/Blue Grass Open, Rob Campbell, 54 McClay Trail Dr., St. Peters, MO 63376, 636-926-8341

2 DEC, USAPL Tennessee State/ Appalachian Open, Alex Campbell, 615 Swimming Pool Rd., Hampton, TN 37658, 423-725-3159

2 DEC, Michigan Wolverine (PL, BP, Ironman - Kalamazoo, MI - \$2000 prize money) Mike White, 269-207-8833, strengthbeyondfitness@yahoo.com

2 DEC, NASA Missouri Regional Championships (PL/BP Only/PS/PP - Joplin, MO) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

2 DEC, APF Pine Tree State Open (PL/BP) Chris Wiers, 14 Fern St., Auburn, ME 04210, 207-777-3393 or 207-212-6453

2 DEC, SLP Illinois Christmas for Kids BP/DL (Mattoon, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

2 DEC, NASA Push it - Pull it - Lift it Championships (Rio Rancho, NM)

COMING EVENTS

Mike or Teale Adelmann, mike@liftinglarge.com, 505-891-1237

2 DEC (added phone number), 6th Pocket Samson's Christmas Bench Press & Deadlift (men, women, all wt. divisions, sculptured trophies, team clock trophy, Toys for Tots silent auction) Westminster YMCA, 1719 Sykesville Rd., Westminster, MD 21157, Jeff Sprinkle, 410-848-3660 EXT 223, or call Samson, 410-634-9195 xt 5978

2 DEC, U.S.A. Power Open BP & DL (separate contests - teen, women, masters, men's open) B&R Family Fitness, 1040 Mill Creek Dr., Feasterville, PA 19053, Dave West 3-10PM EST, 215-355-2700 XT 130

2 DEC, NASA Upper Midwest (BP/PS/PP - Springfield, OH) Greg Van Hoose, RR 1, Box 166, Ravenswood, WV 26164, www.vhepower.com

2 DEC, Walker's Gym Deadlift Classic (Raw/open, men, women, teen, masters, military, police/fire - Walker's Gym, Hopewell, VA) Barry Walker 804-458-7918

2 DEC (Tentative), APA Clash of the Iron Barbarians (Pautuxent, MD) www.apa-wpa.com

2 DEC, 19th Elkart Bench Press Classic, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6683, jjrcsmoker@hotmail.com

2-3 DEC, USAPL Colorado State PL/BP Championships (??) Dan Gaudreau, 155 S. Dearborn circle,

APF/AAPF/WPO Schedule

NOV, APF Galaxy Gym Invitational

2 DEC, APF/AAPF Single Lift Championships

2 DEC, APF Pine Tree State Open

9 DEC, APF Rio Grande Valley Championships

9,10 DEC, APF Southern States

13 JAN APF/AAPF Jersey Iron

13-14 JAN APF/AAPF Lexen Xtreme Open

27 JAN, APF Orlando Barbell BP & DL Classic

27 JAN APF/AAPF Buckeye Open

27 JAN APF Michigan State BP Championships

17 FEB, APF Indiana State PL/BP-Hawg Farm Open

17 FEB, APF/AAPF Candyazz Classic

FEB, APF/AAPF Illinois State

24-25 MAR, APF/AAPF Illinois State

14 APR, APF Junior Open Nationals

5-7 MAY, APF Master, Submaster, Jr.

JUN, APF/AAPF Chicago Summer Bash

JUL/AUG, AWPC Worlds

AUG 4, APF Florida State BP/Ironman

Dates subject to change Call 386-734-3128 for info.
worldpowerlifting.org (worldpowerliftingcongress)

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3 DEC, APA Holiday Classic VII
(Goodlettsville, TN) Wade Johnson,
6 1 5 - 7 8 2 - 4 0 3 6 ,
supersquat800@yahoo.com

3 DEC, SLP Missouri Christmas for
Kids BP/DL (Poplar Bluff, MO) SLP,
122 W. Sale, Tuscola, IL 61953,
(217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

9 DEC, AAU Maryland State BP
(Residents only) & Eastern DL Open
(Dumbarton H.S., Towson, MD) Brian
Washington, 410-265-8264,
Brian@usbf.net

9 DEC, SLP Arkansas Christmas for
Kids BP/DL (Glenwood, AR) SLP,
122 W. Sale, Tuscola, IL 61953,
(217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

9 DEC, NASA West Texas Regional

(PL/BP Only/PS/PP - Hereford, TX)
Rich Peters, P.O. Box 735, Noble,
OK 73068, 405-527-8513,
sqbpdl@aol.com

9 DEC, USAPL Midwest Senior State,
Tim Anderson, 2181 Hwy 77, Lyons,
NE 68038, 402-687-4182

9 DEC, USAPL Virginia PL/BP/DL/
Ironman (Culpeper, VA) John
Shifflett, Box 941, Stanardsville, VA
22973, 434-985-3932,
valifting@aol.com ,
www.virginiausapl.com

9 DEC (DATE CHANGE), Immaculate
Heart of Mary Holiday BP, DL,
Ironman (Youngstown, OH) Ron
DeAmicis, 330-792-6670

9 DEC, 100% Raw World Championships
(Sheraton Burlington Conference Center, Burlington,
VT) Paul Bossi

UPCOMING WNPF MEETS DRUG FREE POWERLIFTING (Raw, Single Ply, Unlimited)

16 DEC, Sarge McRay Championships

WNPF, PO Box 142347,

Fayetteville, GA 30214

678-817-4743 or wnpf@aol.com

website - members.aol.com/wnfp

APF Michigan State Bench Press Championship

January 27th, 2007

State meet will be APF/AAPF

Cash meet will be WPO format with cash paid out day of meet.
\$500 for highest bench per light, middle, and heavy weight
classes

\$500 for top woman based off formula

Strongest Gym contest will be based off top five benchers with
highest bench towards the team total regardless of weight class

Overall best lifter will receive a free nutrition program from
Anthony Ricciuto of Nutrition XP3

Sponsors include Detroit Barbell, Schiek weightlifting
supplies, Edge Nutrition

Trophies will be sculptures by Carl Seeker

Photos/videos of the meet will be available for purchase from
GnL Productions. Check out their work at
www.GnLProductions.com

Contact:

Jim Harbourne 313-610-2019
jimharbourne@comcast.net



pres@rawpowerlifting.com, Bret
Kernoff, vtpowerlifting@adelphia.net,
802-865-2747

9 DEC, APF Rio Grande Valley Championships (Harlingen, TX) Garry
Pendergrass, 1-800-378-6460, www.seguinfitness.com

9 DEC, APA Green Mountain Regionals (Fairhaven, VT) www.apawa.com

9 DEC, IPA Christmas Carnage (full
power, BP - Leesport, PA) Gene
Rychlak Jr., 143 Second Ave.,
Royersford, PA 19468, 610-948-
7823

9,10 DEC, FIB World Bench Press/
Deadlift, Ginasio do Cruzeiro
Novo, Quadra 609 Cruzeiro Novo,
Brasilia DF Brazil, Caramello (61)

3032-2992, 9627-9668, 8146-
8290, www.supino.com.br

9-10 DEC, USAPL Northeastern
USA Regional Championships (BP,
PL - Scranton or King of Prussia, PA)
Robert Keller, rkh@verizon.net, 954-
790-2249

www.purepowerlifting.com

9,10 DEC, APC 53rd California
Iron Man (Fresno, CA) Bob Packer
(559) 322-6805 or (559) 658-5437

9,10 DEC, APF Southern States
(Jacksonville, FL) 386-734-3128,
worldpowerlifting.org

10 DEC, SLP Oklahoma Christmas
for Kids BP/DL (Sallisaw, OK) SLP,
122 W. Sale, Tuscola, IL 61953,
(217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

UPCOMING COMPETITIONS

25 NOV, SLP Mid America Open BP/DL (Metropolis, IL)

2 DEC, SLP Illinois Christmas for Kids BP/DL (Mattoon)

3 DEC, SLP Missouri Christmas for Kids BP/DL (Poplar
Bluff, MO)

9 DEC, SLP Arkansas Christmas for Kids BP/
DL (Glenwood, AR)

Son Light Power
122 W. Sale, Tuscola, IL 61953
217-253-5429
www.sonlightpowre.com
sonlight@netcare-il.com

10 DEC (corrected phone number), ADAU
14th Raw "Coal Country" Classic (SQ/BP/DL/
Open/All ages - Bigler, PA) Siegel Engraving, 304
Daisy St., Clearfield, PA 16830, 814-765-3214,
al@pikitup.com

16 DEC (NEW DATE), Iron Chamber Gym BP/
DL (East Canton H.S., Canton, OH) Jeff Begue,
330-844-1011.

16 DEC, River Valley Classic BP, (Horseheads
High School, Horseheads, NY) Ed Patten, 220 S.
Walnut St., Elmira, NY 14904, 607-733-4997.

16 DEC, 4th Bench Press & Deadlift Classic
(Lehighton, PA) Rob Eckhart, 610-377-5852,
eckhart1@ptd.net

16 DEC, APA Grand Floridian Classic (location
TBA, FL) www.apa-wpa.com

16 DEC, NASA Illinois "Christmas" Regional (PL/
BP Only/PS/PP - Flora, IL) Rich Peters, P.O. Box
735, Noble, OK 73068, 405-527-8513,
sqbpd@aol.com

16 DEC, 9th WNPF Sarge McRay Championships
(BP/DL, Ironman, PC - Bordentown, NJ) Troy
Ford, WNPF, PO Box 142347, Fayetteville, GA
30214, 678-817-4743, wnpf@aol.com

16 DEC, 100% Raw Bowie-Robinson Memorial
Cup (Chicago, IL) Shawn Lyte,
rawlifting@bmfsports.com

16 DEC, 100% Raw Christmas Classic BP/Curl,
John Shifflett, Box 941, Stanardsville, VA 22973,
434-985-3932, valifting@aol.com

16,17 DEC, AAU World BP, DL, PP (Plaza
Hotel, Las Vegas, NV) Martin Drake, Box 108,
Nuevo, CA 92567,
naturalpower@earthlink.net

30 DEC (New Date), SLP "The Last One" BP/
DL, SLP, 122 W. Sale, Tuscola, IL 61953, (217)
253-5429, sonlight@netcare-il.com,
www.sonlightpower.com

13 JAN, APF/AAPF Jersey Iron (all divisions -
Carteret, NJ) Henri Skiba, 732-598-9369,
astroboy252@mac.com

13 JAN, USPF Virginia BP Record Setters (Open,
Teen, College, Masters, Police, Fire) Jake Heglar, 22
Zerkel St., Luray, VA 22835, 540-743-2925,
support@virginiapowerlifting.com,
www.virginiapowerlifting.com

13,14 JAN, APF/AAPF Lexen Xtreme Open,
Dan Dague, 3665 Garden Ct., Grove City, OH
43123, 614-554-8824

20 JAN, PPL Augusta Drug Free (PL, BP, BP reps,
DL, P-P, Posedown), Tee Meyers, 2250 Lumpkin
Rd., Augusta, GA 30906, 706-790-3806,
pythongym@aol.com.

27 JAN, USAPL Wisconsin Open, Bruce Sullivan,
1545 4-1/2 Mile Rd., Racine, WI 53402, 262-639-
3210

27 JAN, USAPL Wisconsin State, Bruce Sullivan,
1545 4-1/2 Mile Rd., Racine, WI 53402, 262-639-
3210

27 JAN, APF Orlando Barbell BP & DL Classic (BP,
DL, Ironman, Teen, Subs, Masters) Brian Schwab,
Orlando Barbell, 2784 Wrights Rd., Ste. 1004,
Oviedo, FL 32765, 407-678-2447,
lightweightpower@aol.com

27 JAN, APF/AAPF Buckeye Open PL/BP, (Days
Inn, Fremont, OH) Rob Twining, 419-334-2982,
rob_at_outlawbarbell.com

27 JAN (NEW DATE), APF Michigan State
Bench Press Championship/Bench for Cash, Jim
Harbourne, 1018 Coolidge Ave., Clawson, MI
48017, 313-610-2019

27,28 JAN, USAPL New Jersey State (Atlantic City

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30 lb \$44.50	55 lb \$69.50	100 lb \$109.50

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www.weightlifterswarehouse.com
weightlifterswarehouse@earthlink.net

SHIPPING ADDITIONAL

- in/out of state divisions) Rob Wagner, 609-822-9309, raw@oceansidesj.com, www.oceansidesj.com

28 JAN, Winter BP/DL Classic, Jon Smoker,
30907 CR 16, Elkhart, IN 46516, 574-674-6683,
JJRCSmoker@hotmail.com

3 FEB, USAPL Virginia Open (PL, BP, Ironman-
Raw and Assisted, Culpeper) John Shifflett, Box
941, Stanardsville, VA 22973, 434-985-3932,
valifting@aol.com

3 FEB, AAU Sooner State Games Winter Festival
(BP/DL - Shawnee, OK) Rickey Dale Crain, 405-
275-3689, 800-272-0051, rcrain@charter.net

3 FEB, NASA Arizona State (Un/Equipped, PL/
PS/PP/BP Only - Mesa, AZ) NASA, Box 735,
Noble, OK 73068, 405-527-8513, sqbpd@aol.com

10 FEB, New Castle's 16th annual BP (men,
women, teen, masters) Chuck Ullrich, 214 E.
Garfield Ave., New Castle, PA 16105, 724-658-
7529

16-18 FEB, USAPL Women's Nationals, Paul
Fletcher, 17735 Creek Hollow Rd., Baton
Rouge, LA 70617, 225-753-8586

17 FEB, APF Indiana State PL/BP - Hawg Farm
Open (Plaza Hotel, Evansville, IN) Larry Hoover,
812-385-9932, quad4hoov@peoplepc.com

17 FEB, Lewiston Red Brick Bench Press (Assist,
Raw, all weight and age divisions - Lewiston Red Brick
School, Lewiston, NY) This is a benefit for our troops
overseas and their families back here. Last year we
had 75 competitors. Help us get to 100 this year.
Dennis Brochey, 205 N. 5th St., Lewiston, NY
14092, 716-200-3533, cdbrochey@adelphia.net

17 FEB, WABDL Penn-Ohio-New York Regional
BP/DL Championships (World Qualifier - Beaver
Falls, PA) Charles Ventrella 724-654-4117

17 FEB, APF/AAPF Candyazz Classic (PL, single
lift - Iron Asylum Gym, Tribes Hill, NY) Sandi or Zane
McCaslin, 518-858-7002,
www.ironasylumgym.com

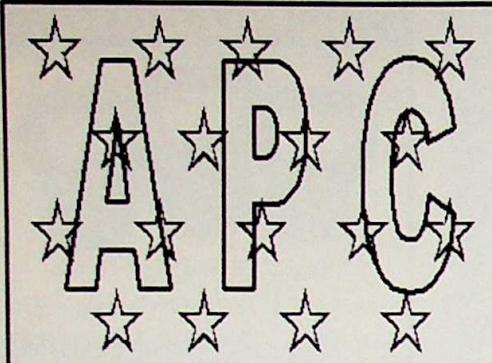
17 FEB, Valentine Strongman & Wife Carrying
Contest (Woodlands, TX) donpbaker@gmail.com,
<http://sports.groups.yahoo.com/group/LoneStarPowerlifters>

17-18 FEB, NASA Ohio State High School &
Teenage Nationals (PL/BP/PP - Springfield,
OH) Greg Van Hoose, RR 1, Box 166,
Ravenswood, WV 26164, www.vhepower.com

24 FEB, USAPL SDPL & BP, Jeff Blidau, 5912
W 56th St., Sioux Falls, SD 57106, 605-201-2411

FEB, APF/AAPF Illinois State, Ernie Frantz/Amy
Jackson, 630-896-7309, amyljackson@aol.com

FEB/MAR, USAPL Florida State Powerlifting Cham-
pionships (Miami or Ft. Lauderdale, FL) Robert
Keller, 954-790-2249, rhk@verizon.net,



American Powerlifting Committee

www.geocities.com/floridausapl

3 MAR, NASA Bench Press Nationals & Midwest Power Sports & Push Pull Championships (Kansas City, KS) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

3 MAR, Fulton Football Club Push/Pull (open to high school athletes, 9-12, boys & girls - Fulton, NY) Dave Eddy, 315-598-3029, sbush5@twcny.rr.com

3,4 MAR, CPC Canadian Championships (Okotoks, Alberta) 403-938-3067

10 MAR, 100% Raw Powerlifting Federation Teen, High School, Junior, Collegiate Nationals (Cherry Hill Park, College Park, MD) Jim Roberts, 301-875-2544, md@rawpowerlifting.com, www.rawpowerlifting.com, www.cherryhillpark.com

10 MAR, USAPL Military Nationals, John Pena, 2065 S. Alico Spring Ln., Tucson, AZ 85748, 520-312-2110

10 MAR, NASA Missouri State High School & Open State Championships (PL/BP Only/PS/PP - Joplin, MO) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

10 MAR, NASA Police, Fire, Military Nationals (Kansas City, KS) Jim Duree, jduree7086@aol.com

10 MAR, Walker's Gym Bench Press for St. Jude's Hospital (Raw/open, men, women, teen, masters, military, police/fire - Walker's Gym, Hopewell, VA) Barry Walker 804-458-7918

17 MAR, NASA Tennessee State (PS/PL/unequipped, BP/PP - Pickwick St. Park, TN) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

24 MAR (date assigned), AAU Oklahoma Open/BP/DL State PL, Rickey Dale Crain, 405-275-3689, 800-272-0051, rccrain@charter.net

24 MAR, NASA KY State (PL/BP/PS/PP - Paintsville, KY) Greg Van Hoose, RR1, Box 166, Ravenswood, WV 26164, www.vhepower.com

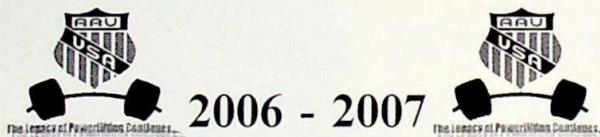
24, 25 MAR, AAU East Coast BP, Triple Crown Classic, Virginia State, Police/Fire. 804-559-4624, vapowerlifting@aol.com

24,25 MAR, APF/AAPF Illinois State (Bolingbrook, H.S.) Amy Jackson & Ernie Frantz, 630-896-7309, amyljackson@aol.com

25 MAR, USPF Rhode Island State PL/BP, Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-946-5350, uspf-ri@cox.net, www.ripl.org

**December 9, 2006 53rd Cal. Ironman, Fresno, Ca.
April, 2007, Georgia State Pl, Athens, Ga.
July 13, 14, 15, APC Nationals, Atlanta, Ga.**

**For information call L B Baker 770-713-3080
www.americanpowerliftingcommittee.com
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AAU POWERLIFTING MEETS

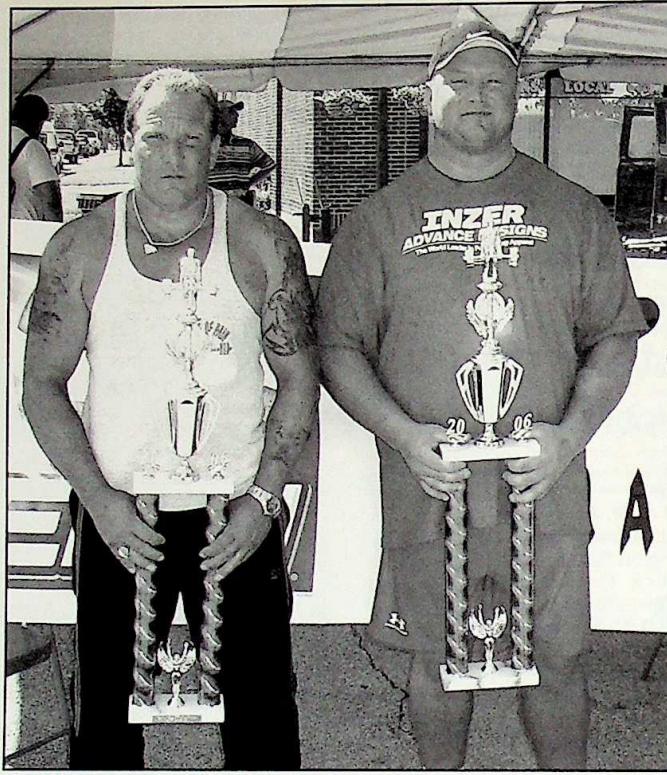
*Below is a list of meets being offered by the AAU Association
AAUsports.org*

2006	
August 12	AAU – Full Power Iron Meet, Berlin, Vermont - Three lift meet More information: www.vtpowerlifting@aol.com Phone: 802-865-2747 Bret Kerhoff
August 26	AAU National Push-Pull Championship, Mocksville, NC More information: keit@ironboypowerlifting.net Phone: 336-766-334 Keith Payne
September 17	AAU Florida State Powerlifting & Bench Press Championships, Brandon, Florida - Three lift meet and bench press - limited to 3 lifters More information: www.aausports.org Phone: 804-559-4624 after 7:00 pm (EST)
October 14	AAU Crain Bench Press & Deadlift Open, Shawnee, OK More information: RCrain@charter.net Phone: 405-275-3689 or 800-272-0051
Oct. 20 – 22	2006 AAU World Powerlifting Championships (LIMITED NUMBER OF LIFTERS EACH DAY), Crowne Plaza Hotel - Richmond, Virginia - Three lift meet, Raw & Assisted - Crossovers available More information: vapowerlifting@aol.com Phone: 804-559-4624 after 7:00 pm (EST)
Oct. 20 – 22	2006 AAU International Single-Lift/Push-Pull Championships (LIMITED NUMBER PER DAY), Crowne Plaza Hotel - Richmond, Virginia - Bench Press, Deadlift and Push-Pull Meets, Raw & Assisted - Crossovers available More information: vapowerlifting@aol.com Phone: 804-559-4624 after 7:00 pm (EST)
Dec. 16-17	2006 AAU World Bench, World Deadlift and Push-Pull Championship, Plaza Hotel - Las Vegas, NV More information: naturalpower@earthlink.com - Martin Drake
2007	
February 3	2007 AAU Sooner State Games Winter Festival, Shawnee, Oklahoma - Bench Press and Deadlift More information: www.rickeydalecrain.com Phone: 800-272-0051 or 405-275-3689
March 24	2007 AAU Oklahoma State Meet, Oklahoma - Powerlifting/Bench Press/Deadlift More information: www.rickeydalecrain.com Phone: 800-272-0051 or 405-275-3689
March 24-25	AAU East Coast Bench Press, Triple Crown Classic, Virginia State, Police/Fire More information: vapowerlifting@aol.com Phone: 804-559-4624
July 14-15	2007 AAU National Powerlifting Championship & Sooner State Summer Games, Oklahoma - Powerlifting/Bench Press/Deadlift More information: www.rickeydalecrain.com Phone: 800-272-0051 or 405-275-3689
July 07	AAU Junior Olympics and Bench Press Meet, Knoxville, TN More information: www.aausports.org
October 12-14	AAU 3 lift World, Single Bench Press, Single Deadlift and Push-Pull Powerlifting Championship, DISNEY WORLD – Orlando, Florida More information: vapowerlifting@aol.com Phone: 804-559-4624

- 25 MAR**, USPF Rhode Island High School PL/BP, Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-946-5350, uspf-ri@cox.net, www.rpl.org
- 25 MAR**, USPF Rhode Island Police & Fireman PL/BP, Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-946-5350, uspf-ri@cox.net, www.rpl.org
- 25 MAR**, 8th Pittsburgh Monster BP & DL (men, women, all divisions, all classes, cash prizes - Holiday Inn Airport, Pittsburgh, PA) Mike Barravecchio, 152 Dover Dr., Moon Township, PA 15108, 412-264-9996
- 30 MAR - 1 APR**, USAPL High School Nationals (Alexandria, LA) Duane Urbina, 337-363-4663, www.highschoolnationals.com
- 31 MAR**, 44th Great Lakes PL (ADAU National Qualifier) Joe Orengia, 4319 W. 26th St., Erie, PA 16506, 814-833-3727
- 31 MAR**, USAPL NJ State High School BP, Mark Salandra, 5 Thompson Close, Hillsborough, NJ 08844, 9008-874-5843
- 31 MAR-1 APR**, NASA High School Nationals (Un/equipped, PL/PS - Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
- MAR**, NASA Power Sports Nationals & Unequipped PL (PL/BP/PS/PP - Russellville, AR) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
- 7 APR**, USAPL Richmond Open PL/BP (open to out of state lifters - sculptured awards - Mechanicsville, VA) Phillip Battle, PO Box 9713, Richmond, VA 23228, 804-301-2196
- 13-15 APR**, USAPL Collegiate Nationals, Johnny Graham, 2203 Excel Dr., Killeen, TX 76542, 254-526-0779
- 14 APR (new date)**, APF Junior Open Nationals & Windy City Open - Velocity Sports, Willowbrook, IL, Eric Stone 630-794-0594, thestone@chicagopowerlifting.com
- 14 APR**, Northern VA Raw PL/BP (Sterling, Virginia) John James, 703-475-9885, www.northernvarawpower.com
- 14 APR (new date)**, NASA The HUGE One (Milwaukee, WI) Job Housen, statechairman@wisconsinpowerslifting.com
- 14 APR**, APC Georgia State PL/BP, L.B. Baker, 770-713-3080, www.irondawg.com
- 21 APR**, PPL Georgia Drug Free (PL, BP, BP reps, DL, P-P, Posedown), Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com
- 21 APR**, Dungeon Powerworks Drug Free Bench Slam & Deadlift, Mark Mellinger, 15681 Featherstone Rd., Constantine, MI 49042, 269-506-5386 or 269-435-7586
- 21-22 APR**, Power Palooza IX (full power, BP, DL - Leesport, PA) Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610-948-7823
- 27,28 APR**, WDFPF European Single Event Championships (Horgen, SWI) www.wdfpf.cc
- 4-6 MAY**, USAPL Master Nationals (MILWAUKEE, WI), Bruce Sullivan, 1545 4 1/2 Mile Rd., Racine, WI 53402, 262-639-3210
- 5 MAY**, NASA Bartlesville Push Pull (Bartlesville, OK) Jim Duree, jduree7086@aol.com
- 5 MAY**, NASA Western States (Equipped, Unequipped PL/PS/PP/BP Only - Mesa, AZ) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
- 5-7 MAY**, APF Master, Submaster, Junior Nationals (PL/BP) Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070 or 207-754-9927
- MAY**, USAPL Florida State High School Championships (BP, PL - Ft. Lauderdale, FL) Robert Keller, 954-790-2249, rk@verizon.net, www.geocities.com/floridausapl
- 3 JUN**, "We Don't Need No Stinkin' Drugs" Raw BP and Deadlift for Reps, Joe Orengia, 4319 W. 26th St., Erie, PA 16506, 814-833-3727
- 9 JUN**, USAPL NJ State High School, Mark Salandra, 5 Thompson Close, Hillsborough, NJ 08844, 908-874-5843
- 9 JUN**, ADFPF Open Powerlifting (single, strongman, unequipped - Washington Square Mall, Evansville, IN) Dick Conner, Meet Director, www.adfpf.org
- 9 JUN**, NASA Kansas City Push Pull (Kansas City, KS) Jim Duree, jduree7086@aol.com
- 9-10 JUN**, USAPL Teen/Jr. Nationals, Tod Miller, 73 N. Pine Rd., Plainwell, MI 49080, 269-664-4814
- JUN**, APF/AAPF Chicago Summer Bash 4 (Velocity Sports, Willowbrook, IL) Eric Stone, 630-794-0594, thestone@chicagopowerlifting.com
- JUN**, NASA USA Nationals, (PL, BP, PS, PP - Las Vegas, NV) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
- JUN**, 5th IPF/NAPF North American Powerlifting Championships (Guatemala City, Guatemala) Robert Keller, rk@verizon.net, 954-790-2249
- 12-15 JUL**, USAPL Men's Nationals, Harold Gaines Sr., 2 Tristan Terrace, St. Charles, MO 63303, 314-805-2044
- 14-15 JUL (new date)**, AAU National Powerlifting Championships & Sooner State Summer Games (Oklahoma City, OK) Rickey Dale Crain, 405-275-3689, 800-272-0051, rcrain@charter.net
- 21 JUL**, PPL Southeastern Drug Free (PL, BP, BP reps, DL, P-P, Posedown), Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com
- 21 JUL**, NASA Grand Nationals (Un/equipped, PL/PS/PP/BP Only - Pickwick St. Park, TN)
- 28 JUL**, Vermont State Open Raw BP, Rick Poston, 1881 Williston Rd., S. Burlington, VT 05403, 802-865-3068 / 3167, allamericanfitnessvt@yahoo.com
- JUL**, APC Nationals & America's Cup PL/BP, , L.B. Baker, 770-713-3080, www.irondawg.com
- JUL**, USAPL/USOC West Palm Beach Sports Commission Youth Fitness Festival (West Palm Beach, FL) Robert Keller, 954-790-2249, rk@verizon.net, www.geocities.com/floridausapl
- JUL**, USAPL/USOC Tropical Games Championships (BP, DL - West Palm Beach, FL) Robert Keller, 954-790-2249, rk@verizon.net, www.geocities.com/floridausapl
- JUL**, AAU Junior Olympics and BP (Knoxville, TN) www.aausports.org
- JUL/AUG**, AWPC Worlds (Chicago, IL) Amy Jackson and Ernie Frantz, 630-896-7309, amyljackson@aol.com
- 4 AUG**, ADAU Single Lift Nationals (SQ, BP, DL - Men/Women - all age divisions, Joe Orengia, 4319 W. 26th St., Erie, PA 16506, 814-833-3727
- 4 AUG**, Northern VA Raw PL/BP (Sterling, Virginia) John James, 703-475-9885, www.northernvarawpower.com
- 4 AUG**, APF Florida State BP/Ironman (Boca Raton, FL) Bob Youngs, Ed Rectenwald, Lance Mosley, 561-718-9877, southsidebarbell@hotmail.com
- AUG**, USAPL Deadlift Push Pull Nationals, Jim Hart, Box 82264, Lincoln, NE 68501, 402-47-3672
- 12-14 OCT**, AAU 3 lift World, Single BP, Single DL, Push-Pull (Disney World, Orlando, FL) vapowersport@aol.com, 804-559-4624
- 20 OCT**, PPL Nationals Drug Free (PL, BP, BP reps, DL, P-P,
- Posedown**), Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com
- 20 OCT**, NASA Unequipped Nationals & Power Sports Championships (Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
- OCT**, WDFPF Single Event World Championship (Montesilvajo, Italy) www.wdfpf.cc
- 3 NOV**, Northern VA Raw PL/BP (Sterling, Virginia) John James, 703-475-9885, www.northernvarawpower.com
- 3 NOV**, NASA Kansas City Regional (Kansas City, KS) Jim Duree, jduree7086@aol.com
- NOV**, USAPL Southeastern USA Regional Championships (BP, PL - Miami, FL) Robert Keller, 954-790-2249, rk@verizon.net, www.geocities.com/floridausapl
- NOV**, USAPL Police & Firefighter National Championships (BP, PL - Miami, FL) Robert Keller, 954-790-2249, rk@verizon.net, www.geocities.com/floridausapl
- 17-19 FEB 08**, USAPL Women's Nationals, Johnny Graham, 2203 Excel Dr., Killeen, TX 76542, 254-526-0779
- 28-30 MAR 08**, USAPL High School Nationals, Tod Miller, 73 Pine Rd., Plainwell, MI 49080, 269-664-4814
- 7-11 MAY 08**, USAPL Master Nationals, Robert Keller, Box 291571, Davie, FL 33329, 954-790-2249
- MAY '08**, WDFPF European Single Event Championship (Como, Italy) www.wdfpf.cc
- 13-14 JUN 08**, USAPL Teen Junior Nationals (St. Louis, MO) Harold Gaines Sr., 2 Tristan Terrace, St. Charles, MO 63303, 314-805-2044
- OCT/NOV '08**, WDFPF Single Event World Championship (Belgium) www.wdfpf.cc

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The SLP Superman Classic Best Lifters: Bruce Stevens and Joe Carter

SLP Superman Classic			W.	Stinson	250	J.	Hughes	475
10 JUN 06 - Metropolis, IL			Open			DEADLIFT		
BENCH	220 lbs.		148 lbs.			MALE		
MALE	D. Clark	280*	Patton-Gooch	255*	Teen (16-17)			
Wheelchair	4th-300*		4th-260*			SHW		
123 lbs.	Submaster		P. Lauffer	530	Submaster			
H. Logsdon	205*	198 lbs.	242 lbs.		300	D. Kennedy		
Teen (13-15)	T. Ardolino	225	242 lbs.			Submaster		
132 lbs.	4th-240		275 lbs.			242 lbs.		
L. Hobbeck	195	242 lbs.	J. Lawson	500	S. Breen	580		
Teen (16-17)	S. Breen	500	275 lbs.		Master (65-69)			
148 lbs.	Master (40-44)		J. Carter	540	181 lbs.			
Z. Ermel	200	198 lbs.	Raw		W. Stinson	300		
4th-210	B. Stevens	530*	N. Ball	500*	Open			
181 lbs.	4th-540*		308 lbs.		275 lbs.			
A. Lewis	230	220 lbs.	P. Little	475	J. Carter	715*		
4th-250	K. Bolen	400	SHW					
B. Comer	215	242 lbs.	*=Son Light Power Illinois state records.					
SHW	J. Stafford	550*	Best Lifter Bench: Bruce Stevens. Best Lifter Deadlift: Joe Carter. The annual Son Light Power Superman Classic was held at the Superman Festival in Metropolis, Illinois. In the bench press competi-					
D. Kennedy	200	Master (65-69)	Junior	181 lbs.				

tion it was Heath Logsdon taking the wheelchair 123 class with a new Illinois state record of 205. Heath's opener was so easy, that a move to 215, then 220 seemed likely, but the stability wasn't there on this day. Still, Heath is and always has been a great inspiration to us all. In the men's teenage division it was Levi Hobbeck with a solid 195 at 13-15/132, just missing a final attempt of 200 to tie the state record there. For the 16-17 age group first-time lifter Zach Ermel won at 148 with 210 while Allen Lewis took the 181 title over Ben Comer 250 to 215. Our final teenage lifter was shw winner David Kennedy, who finished with 200. Another first-timer, Dave Clark, won at junior 220 with a new state record of 300 in the raw division. Tony Ardolino, lifting in his first competition, won at submaster 198 with 240. Tony came all the way from New Jersey to compete! Shawn Breen looked strong at 242, finishing with 500, after making 530, but being called for dipping the bar. Taking the best lifter award as well as the 40-44/198 title was Bruce Stevens. Bruce broke the existing Illinois state record with his 530 third attempt before making his fourth with 540. Kevin Bolen won at 220 with 400 while Jerry Stafford broke the state record at 242 with 550. Our final master lifter was Wayne Stinson, who set a new personal record at 65-69/181 with 250! In the open division Eddie Patton-Gooch broke the state raw record at 148 with his 260 final attempt. Paul Lauffer, having trouble with a shirt that was just too big for him, won at 198 with 530. Joey Lawson had his best day ever at 242 with his first official 500, but went on to come close with 545 and 565. Joe Carter returned to bench competition after a few months off due to some pec injuries, then won at 275 with an easy 540. Nick Ball broke the state record for the 275 raw class with 500. For the open 308 class it was Philip Little making just his opener of 475, though he is capable of much more. Then at superheavy it was Jeremy Hughes with 475 also. In the deadlift event David Kennedy pulled his first official 300 deadlift with his win at 16-17/shw! Submaster Shawn Brown took the 242 class with a solid 580 while Wayne Stinson locked out his first official 300 at 65-69/181 as well! Best lifter Joe Carter finished with his second attempt of 715, passing his third, winning at 275. Thanks for all those who helped with the competition, including my son Joey, Harley Timbs, Joe Carter, Butch Adams, Larry Greer and Randy Richey. See you all again next year! (Thanks to Dr. Darrell Latch for providing these meet results)

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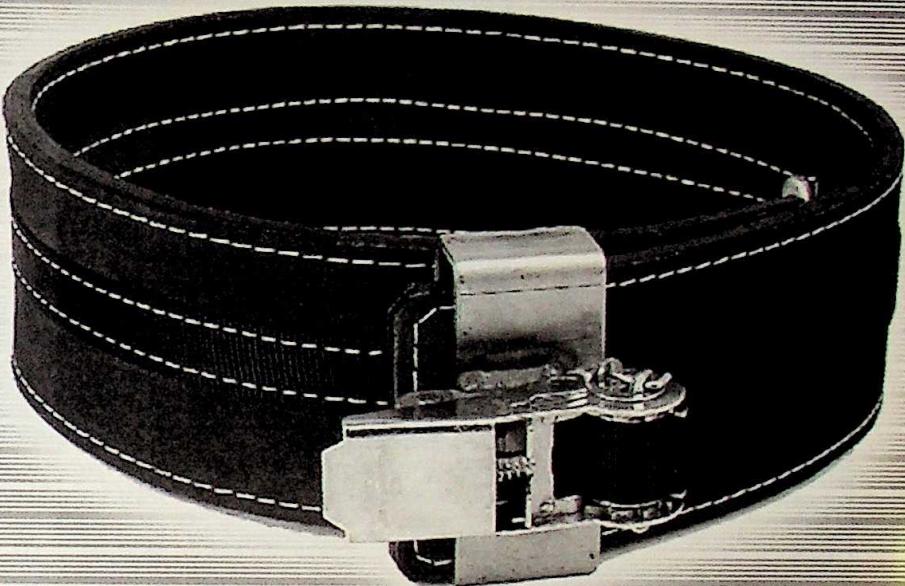
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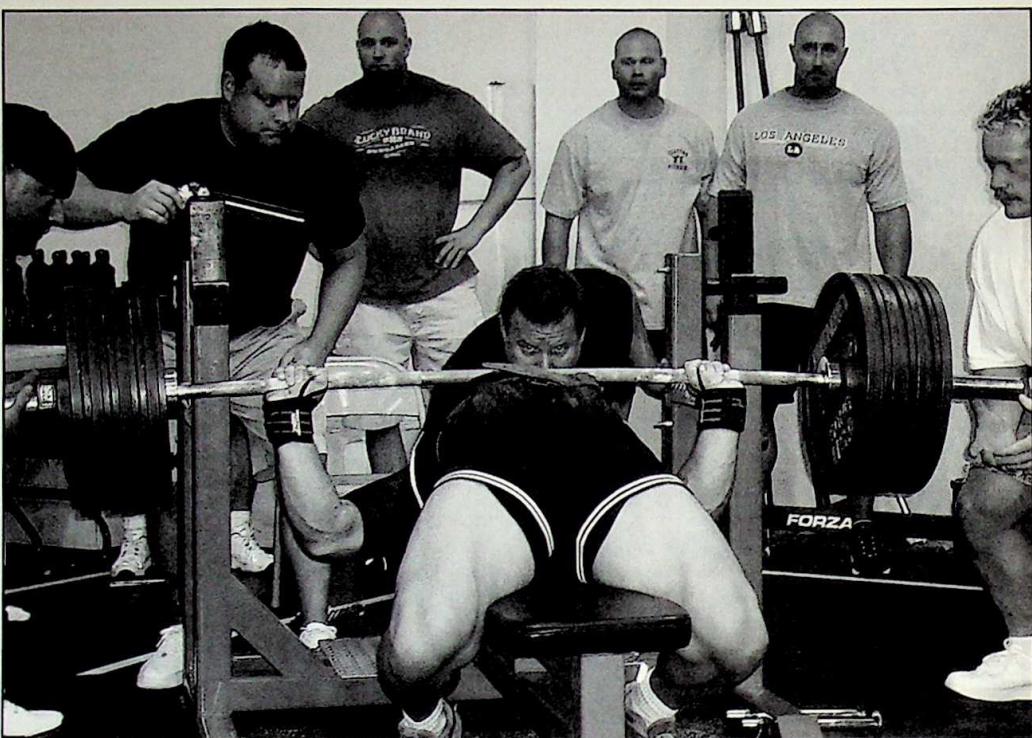
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APF Clayton Fitness Push/Pull
29 JUL 06 - Raleigh, NC

	BP	DL	TOT
D. Shealey	330	402	733
MALE			
Teen			
165 lbs.			
N. Torchio	110	242	352
220 lbs.			
K. Hogg	—	—	—
308 lbs.			
D. Everhart	705	—	705
Open			
165 lbs.			
J. Gupton	385	—	385
181 lbs.			
B. Hooker	—	—	—
198 lbs.			
W. Booth	303	573	876
242 lbs.			
C. Stewart	804	—	804
Submaster			
198 lbs.			
A. Smith	336	308	644
220 lbs.			
M. Hollbrook	540	—	540
242 lbs.			
T. Bowman	352	617	970
275 lbs.			
R. Coates	600	534	1135
B. Edwards	578	451	1030
Master			
198 lbs.			
J. McGill	529	—	529
220 lbs.			
D. Campbell	363	—	363
242 lbs.			
J. Willard	435	501	937
K. Williams	—	—	—
275 lbs.			
M. Prevette	501	600	1102
E. Hubbs	551	—	551
C. Rabon	—	—	—
308 lbs.			
J. Pinder	—	—	—
(Thanks to Joseph P. Smith, who put together the new website for North Carolina APF powerlifting events for these results)			



Chip Stewart won the Best Lifter award, had the biggest bench press of the meet, and set a World Record with his 804 @ 242 done at the APF Clayton Fitness Push/Pull. (photograph provided by Joe Smith)

18th Waialua Health Club
12 AUG 06 - Waialua, HI

	SQ	BP	DL	TOT
Master (40-44)				
165 lbs.				
B. McDougall	280*	225*	335*	840*
181 lbs.				
D. Agaran	275*	365*	365	1005
B. Biroan	225	310	300	835

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LAST NAME: _____

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PARENTS SIGNATURE IF UNDER 18 YRS. OLD

DATE OF APPLICATION: _____

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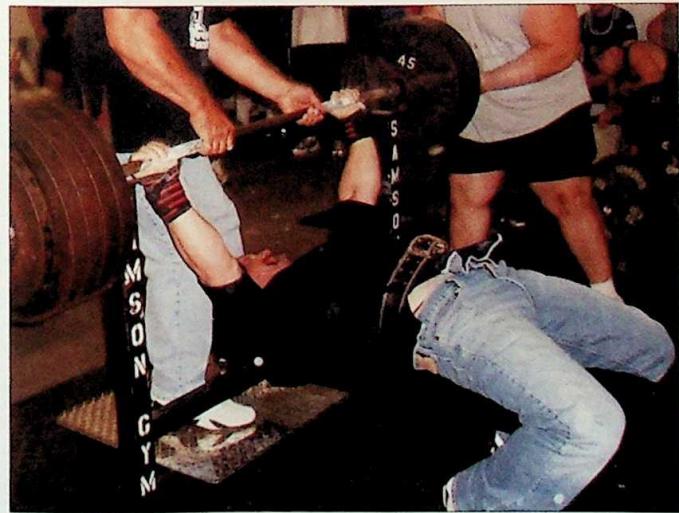
By signing this application I agree to submit or give permission for my son/daughter to submit to any drug testing procedures during or after a competition by Officials of 100% RAW. I hereby also agree to accept the results of such testing and will not challenge the results in anyway. I further agree that I will not sue the 100% RAW Powerlifting Federation for injuries that may occur during competition or while traveling to or from a competition. I do realize that Powerlifting is a dangerous sport and by signing this membership application, I have chosen to compete in Powerlifting at my own risk.

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	BP	DL	TOT
Open			
148 lbs.			
Master			
B. Hoffman	515		
275 lbs.			
Teen (16-17)/DT			
C. Linville	330		
Open/DT			
A. Biddle	130		
T. Rogers	630		
P. Linville	520		
DEADLIFT			
K. Tompkins	195		
FEMALE			
Teen (13-15)/DT			
H. Biddle	125		
Open/DT			
S. Biddle	225		
UNL			
Formula			
Master I			
Teen (13-15)/DT			
M. Hinders	430		
H. Biddle	300		
MALE			
C. Zeller	—		
MALE			
Master II			
D. Abbott	485!*		
Open/DT			
D. Goble	470		
Submaster			
R. James	450		
B. Newby	525		
242 lbs.			
T. Boyer	410		
CURL			
B. Hoffman	515		
M. Struck	405		
Junior			
T. Rogers	630		
Master II			
J. Wolfarth	210		
D. Shorter	90		
242 lbs.			
Open			
B. Hoffman	515		
FEMALE			
114 lbs.			
Open/DT			
N. Palmer	120	286	405
198 lbs.			
Teen (18-19)/DT			
A. Biddle	130	275	405
UNL			
H. Biddle	125	300	425
MALE			
181 lbs.			
Junior			
A. Ridgeway	—	—	—
220 lbs.			
Open/DT			
K. Phillips	425	700	1125
275 lbs.			
Master I			
B. Rhoades	430	570	1000
308 lbs.			
Open			
B. Williamson	415	615	1030
1=American Records. *=World Records.			
Best Lifters: Keithan Phillips and Trent Rogers. (Thanks to Scott Taylor for results)			

SLP Ft. Hamilton Days 8 JUL 06 - Hamilton, OH			
BENCH	Master (70-74)	Master (70-74)	
FEMALE	SHW		
Master (55-59)	J. Telljohn	400*	
132 lbs.	Master (85-89)		
M. Hampton	198 lbs.		
60*	C. Lee	210	
165 lbs.	Police/Fire		
M. Harmon	220 lbs.		
MALE	J. Martin	345	
Teen (13-15)	Open		
165 lbs.	C. Becker	215*	
C. Becker	165 lbs.		
181 lbs.	S. Blue	315	
R. Carman	181 lbs.		
235	D. Hemphill	375	
198 lbs.	198 lbs.		
B. Hodge	305*	M. Adams	340
Teen (18-19)	4th-350		
181 lbs.	220 lbs.		
Z. Sandlin	220 lbs.		
340*	S. Sizemore	355	
4th-355*	275 lbs.		
M. Martin	R. Kirby	500	
242 lbs.	S. Nagle	450	
J. Carl	A. Hibbard	425	
4th-330	4th-440		
Junior	SHW		
220 lbs.	D. Nieman	640*	
J. Martin	J. Leonhardt	550	
SHW	DEADLIFT		
T. Angel	FEMALE		
Submaster	Master (55-59)		
198 lbs.	165 lbs.		
J. Chappell	M. Harmon	225*	
220 lbs.	MALE		
J. Watson	Novice		
275 lbs.	181 lbs.		
C. Breedon	R. Stevens	515	
Master (40-44)	Teen (13-15)		
198 lbs.	165 lbs.		
S. Watts	D. Bullock	325	
510*	4th-335		
242 lbs.	C. Becker	315	
M. Carman	4th-335		
4th-250	181 lbs.		
Master (45-49)	K. Martin	325	
242 lbs.	4th-350		
D. George	Teen (18-19)		
300	242 lbs.		
Master (50-54)	C. Breedon	430	
181 lbs.	Master (65-69)		
D. Sparks	220 lbs.		
400*	T. Hall	490*	
275 lbs.	Open		
C. Peer	175 lbs.		
370	C. Breedon	430	
Master (55-59)	220 lbs.		
198 lbs.	Master (65-69)		
B. Bean	220 lbs.		
425*	T. Hall	490*	
Master (60-64)	Open		
181 lbs.	C. Breeden	430	
C. Freese	165 lbs.		
275	S. Blue	325	
220 lbs.	4th-335		
P. Carman	181 lbs.		
295	D. Hemphill	500	
Master (65-69)	220 lbs.		
198 lbs.	E. Schmid	480	
Smallwood	220 lbs.		
435*	S. Nagle	585	
220 lbs.			
A. Schroder			
265*			
Best Lifter Bench Heavyweight: Dave Nieman. Best Lifter Deadlift: Rob Stevens. The Son Light Power Ft. Hamilton Days Bench Press & Deadlift Championship			

Best Lifter Bench Heavyweight: Dave Nieman. Best Lifter Deadlift: Rob Stevens. The Son Light Power Ft. Hamilton Days Bench Press & Deadlift Championship



Steve Watts' state record 510 @ 40-44/198 in Hamilton, OH. (Latch)



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was held at Samson's Gym in Hamilton, Ohio. Another great turnout and a well run meet, thanks to owners Darris and Cathy Sparks and their staff at the gym. We also had some great sponsors this year, including Inzer, Europa Sports, Nu-Look Nutrition and Titan, which donated two of its Katana swords as best lifter awards. In the bench press event Mary Ann Hampton broke her own Ohio state record at 55-59/132 with her 60 final attempt. Marianne Harmon, state record-holder at 55-59/165, finished with 105, after her 110 final attempt failed. For the teenage men's 13-15 age group it was first-time competitor Cody Becker with a new state record of 215 at 165. Rick Carman broke the state raw record at 16-17/181 with 235 while Brian Hodge got both the raw and open 16-17/198 records with 305. In the 18-19 age division Zach Sandlin won over Mark Martin with his state record 340 to Mark's 325. A fourth with 355 was also good, as Zach upped the state record once again. Josh Carl won at 242 with 315, followed by a successful 330 fourth. Another first timer was James Martin, who won at junior 220 with 345. Tony Angel got his first ever 500 bench at junior shw, then finished with a strong final attempt of 510. With most of his right hand missing, Tony's success was shared

by everyone when he hit the big 5-0-0! Jason Chappell won at submaster 198 with 325 while Jason Watson got a big pr 505 at 220. This also broke the existing state record by ninety-five pounds! Our final submaster lifter was Chad Breedon, who finished with 405. Steve Watts gained the best lifter award for the lighter lifters as he broke the existing Ohio state record at 40-44/198 with 510. Mike Carman won at 40-44/242 with 245, then 250 for his final attempt. Coming all the way from Wisconsin again this year was raw 45-49/242 lifter and state record holder Dennis George. Dennis finished with 300. Darris Sparks had the greatest day of his career with his first official 400 bench, taking the 50-54/181 class! Also at 50-54 was 275 winner Charles Peer, who in spite of his continued right elbow problems, took the title with a solid 370. Bob Bean, another great master lifter, broke the state record at 55-59/220 with 425. Cliff Freese won at 60-64/181 with 275 while fellow division winner at 220, Paul Carman, finished with 295. Wayne Smallwood, one of the world's greatest master lifters at 65-69 broke the state record at 198 with 435. Andrew Schroder broke the state raw record at 65-69/220 with 265. Up next was the amazing Jeff Telljohn, who must be the world's number one bencher over the age of seventy. Jeff won at 70-74/shw with a big 400! Another crowd favorite was eighty five year old Charles Lee. A several time national and world champion and record holder, Charles finished here with 210 at 85-89/198. James Martin, who won at junior 220 won also at police & fire/220. In the open division Steve "Baby" Blue took the 165's with 315 raw. Denako Hemphill won at 181 with 375 while Matt Adams set an new personal best with his 350 final attempt. Steve Sizemore won at 220 with 355. In the 275 class Randy Kirby prevailed over Steve Nagle 500 to 450. This was Randy's first official 500 in competition! Alan Hibbard won at 275 raw with and easy 425 and 440. At shw we had a battle between the two big men, Jason "Sissy-Boy" Leonhardt and Dave Nieman. Dave won

the class with a giant 640 personal best, which also gave him the best overall lifter award. Jeff Telljohn received the best lifter award for the older lifters. In the deadlift event Marianne Harmon won her second title of the day at 55-59/165 with a new personal and state record 225! Winner of the novice men's 181 class, as well as being our best lifter for the deadlift championship was Rob Stevens, who pulled 515 at a 180 bwt! Dillon Bullock won at 13-15/165 with 325 over Cody Becker, who finished with 315. Both came back with successful fourths of 335. Also at 13-15 was 181 winner Kevin Martin with 325 followed by a great 350 fourth. Josh Carl tied the state record at 18-19/242 with his 405 second attempt. Chad Breedon, lifting in his first competition, won at submaster 275 with 430 while Tom Hall broke the state record at 65-69/220 with an easy 490! In the open division Steve "Baby" Blue won at 165 with 335 while Denako Hemphill took the 181's with a big 500. Eric Scmid won at 220 with his 480 opener and Steve Nagle, who pulled the biggest deadlift with 585, won at 275. Thanks again to the staff at Samson's, including Dick, Paul, Bob and Jason. See you all again this fall for the Ohio State Championship! (results of this meet provided courtesy Dr. Darrell Latch)

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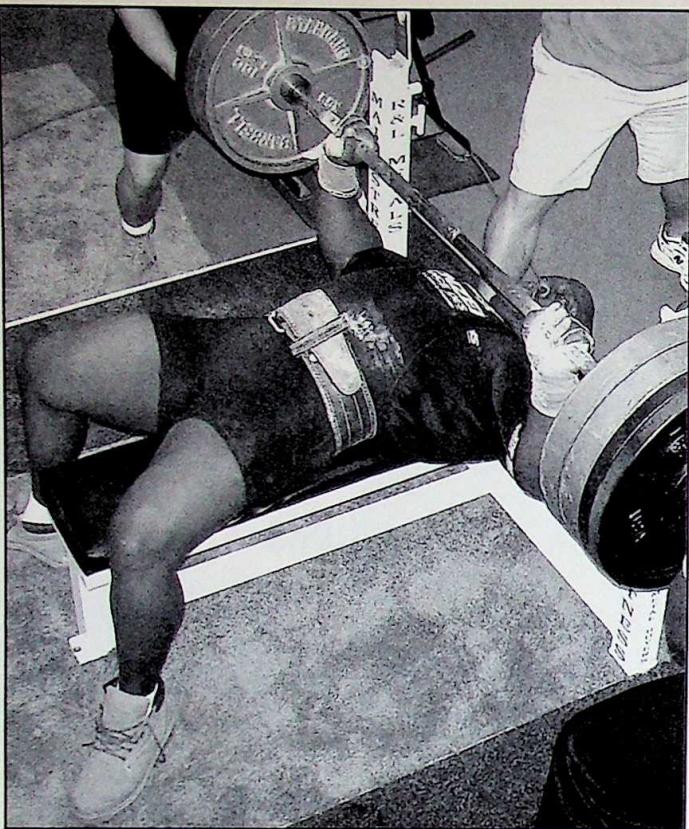
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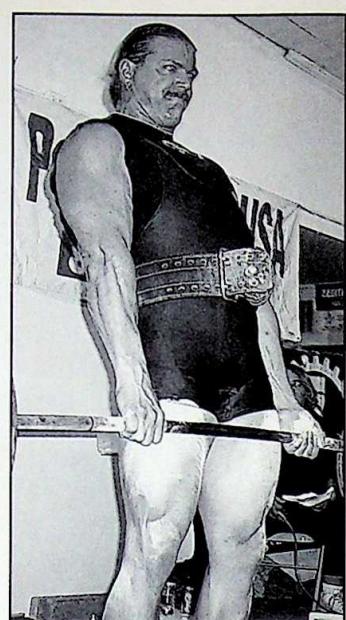
James Jacobs benched 600, and missed 650 twice at the APA Central Florida Open in Zephyrhills, FL (photograph courtesy of Scott Taylor)

**APA Central Florida Open
23 JUN 06 - Zephyrhills, FL**

BENCH	J. LaComb	470	Master IV	A. Lombardy	400		
FEMALE	Master I		F. Cummings	135	D. Rollins	—	
Teen	D. Viars	355	Open/DT	308 lbs.	M. Couch	560	
B. Rains	125	W. Slepinski	415	D. Viars	355	R. Davis	420
Master		R. McLeod	380	B. Highnote	—	K. Helm	500
A. LaComb	130	J. McNeal	380	B. Highnote	—	M. Rodriguez	—
MALE	G. Lutz	365	275 lbs.	J. McNeal	380	CURL	—
Teen (16-17)	N. Ewen	380	Open			MALE	—
T. Jeter	340	Master II	198 lbs.			Teen (13-15)	—
B. Bouthot	235	S. Schwarzer	405			BENCH	Junior
Submaster	L. Ford	420	275 lbs.			MALE	J. Keseker
M. Couch	560	E. Fitzpatrick	392	J. Jacobs	600	140	347
S. O'Grady	325	Master III	475	A. Manske	475	R. Dodds	80
4th-330	S. Schultz	385!*	S. Schultz	J. LaComb	470	Master II	132 lbs.

Master I	Teen (18-19)	
B. Bradford	182! G. Smith	550
Submaster	L. Skjefte	440
S. O'Grady	125 J. Dodds	345
Master IV	Submaster	
F. Cummings	75 D. Lipka	510
Open/DT	R. Daniels	420
198 lbs.	Master II	
B. Highnote	142! T. O'Donnell	640
DEADLIFT	Master IV	
MALE	F. Cummings	200
Subteen (11-12)	Open	
J. Sundey	180 165 lbs.	
Teen (13-15)	P. O'Grady	535
J. Fowler	405 275 lbs.	
M. Hickman	300 T. O'Donnell	640
FEMALE	BP DL TOT	
DT	165 lbs.	
J. Montgomery	145 315 460	
Master		
J. Montgomery	145 315 460	
MALE		
Teen (13-15)		
M. Bryant	295 500 795	
R. Dodds	175 330 505	
J. Dudley	75 205 280	
Teen (16-17)		
T. Jeter	340 435 775	
C. Faulkner	225 405 630	
Teen (18-19)		
M. Fitzpatrick	315 430 745	
Submaster		
R. Suk	315 425 740	
Master I		
D. Brown	430 610 1040	
Open		
165 lbs.		
P. O'Grady	345 535 880	
Open/DT		
208 lbs.		
D. Nelson	410 510 920	

*=World Records. !=American Records.
DT=Drug Tested. Best Lifters: James Jacobs, Pat O'Grady, and Shawn O'Grady. A big special thanks to David Brown and the staff of Main Street Fitness of Zephyrhills, Florida, for providing an excellent venue and a meet that was enjoyed by all. The referees and spotters did an outstanding job. The legendary Tony Conyers was head judge. Several records were set at the event. We look forward to the next Zephyrhills event. (Thanks to Scott Taylor, APA President, for providing these results)



Dave Brown, owner of Main Street Fitness, where the Central Florida meet was held (photo courtesy of GEARMAN and Greg Jurkowski)

J. Keseker	347	K. Burgess	523
J. Angus	226	Submaster	
Teen		S. Adkins	435
J. Keseker	347	Submaster Pure	
165 lbs.		W. Shanblin	501
HSP		S. Adkins	435
Z. Cross	275	SHW	
Master III		Master I	
K. Samples	248	K. Hamrick Jr	468
Pure		Master V	
D. Dessau	248	T. Goudy	418
K. Samples	248	Natural	
181 lbs.		K. Hamrick Jr	468
Master IV		Submaster Pure	
S. Mason	104	M. Ramsey	363
198 lbs.		PS BENCH	
Master III		MALE	
S. Milam	—	165 lbs.	
Master IV		HSP	
T. Eskins	303	J. Torris	259
220 lbs.		PS CURL	
HSP		MALE	
D. Wooten	286	165 lbs.	
Junior		HSP	
J. Stowers	341	J. Torris	137
Master I		Master III	
D. Currence	476	K. Samples	115
Master II		198 lbs.	
B. Samples	303	Master IV	
Youth		D. Dolin	110
Z. Tackett	77	PS DEADLIFT	
242 lbs.		MALE	
Master I		198 lbs.	
R. Lucas	352	Master II	
Master II		R. Warden	429
C. DeHaven	363	220 lbs.	
SMP		Master III	
R. Nicosia	451	P. Steorts	429
275 lbs.		275 lbs.	
Master I		Master I	
K. Burgess	523	D. Bloxton	534
Master V		BP DL TOT	
Push Pull			
FEMALE			
97 lbs.			
HSP			
R. Browning	154	154	209
123 lbs.			
HSP			
C. Buchanon	187	187	270
181 lbs.			
Junior			
C. Box	330	330	545
MALE			
66 lbs.			
Youth			
K. Adkins	104	104	154
88 lbs.			
Youth			
R. Nelson	121	121	181
114 lbs.			

APPLICATION FOR REGISTRATION
American Powerlifting Association World Powerlifting Alliance



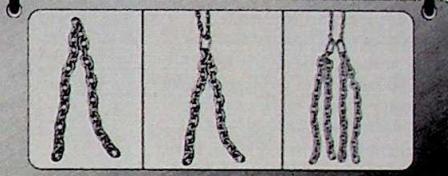
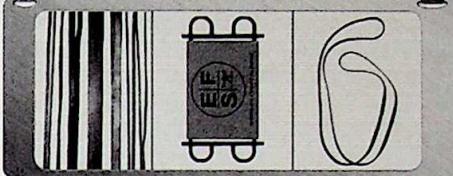
First Name	Last Name	Middle Initial	Today's Date
Street Address	City	State	Zip Code
Telephone Number	E-Mail address	Date of Birth	
Sex	Social Security Number	Signature (Parent if under 18 years old)	
<input type="checkbox"/> \$25 Adult Membership <input type="checkbox"/> \$15 High School Student			
Make Checks Payable to: APA, P.O. Box 27204, El Jobean, Florida 33927-7204			

HSP				
T. Donnelly	203	203	286	
123 lbs.				
Youth				
A. Compton	110	110	159	
132 lbs.				
Youth				
M. Hughes	220	220	330	
148 lbs.				
HSP				
M. Parsons	347	347	573	
Junior				
J. Keseker	429	429	777	
Master I				
P. Sholes	429	429	683	
Teen				
J. Nelson	303	303	468	
J. Keseker	429	429	777	
Youth				
N. Carter	143	143	214	
165 lbs.				
HSP				
Z. Cross	380	380	655	
M. Winans	319	319	534	
M. Roberts	446	446	639	
J. Rose	319	319	490	
181 lbs.				
HSP				
A. McDonald	402	402	666	
J. Rose	319	319	523	
M. Delong	347	347	529	
Pure				
A. Hickman	325	325	534	
B. Kimble	—	—	—	
SMP				
B. Kimble	—	—	—	
198 lbs.				
HSP				
C. Hopkins	374	374	589	
Youth				
B. Ferrell	286	286	429	
220 lbs.				
HSP				
J. Shafer	457	457	694	
T. Riggins	429	429	727	
242 lbs.				
HSP				
Z. Nolan	374	374	644	
L. Breeding	—	—	—	
Submaster	Pure			
R. Nicosia	672	672	1124	
275 lbs.				
HSP				
C. James	501	501	793	
T. Bunner	507	507	766	
E. Thacker	341	341	562	
Power Sports CR	BP	DL	TOT	
FEMALE				
132 lbs.				
Teen				
S. Blackwell	44	82	176	303
MALE				
165 lbs.				
Junior				
G. Ballengee	132	231	418	782
Pure				
D. Dessau	143	248	418	810
181 lbs.				
HSP				
T. Mills	104	220	374	700
Pure				
B. Kimble	143	—	—	143
Submaster	Pure			
B. Kimble	143	—	—	143
198 lbs.				
Master II				
R. Warden	121	214	429	766
Master IV				
D. Dolin	110	176	270	556
Pure Natural				
D. Stepp	159	330	424	914
220 lbs.				
Master II				
C. Brua	121	214	248	584
242 lbs.				
Pure Natural				
T. Brown	132	308	440	881
Youth				
J. Belue	49	181	181	413
275 lbs.				
HSP				
E. Batton	137	226	407	771
Master I				
D. Bloxton	148	308	534	992
308 lbs.				

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Mini	(1/2" wide, assorted colors)	\$10.00
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Average	(1-3/4" wide, Green)	\$25.00
Strong	(2-1/2" wide, Blue)	\$30.00
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Complete Set: (2)chains,(1)helper chain, (1)oval snap hook	\$105.00*
5-Station Chain Pack: (5)complete sets (10)extra 5/8 chains	\$815.00*

*Shipping charges additional, please call for quotes.

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Teen	D. Blackwell	132	226	407	766	J. Mann	209	170	—	380	HSP
SHW						HSP					
Natural	J. Orr	181	—	—	181	J. Renn	308	203	385	898	R. Elm
Submaster	Pure					B. Carey	209	148	319	677	M. Dye
Male	J. Orr	181	—	—	181	Master II					Submaster Pure
Powerlifting	SQ	BP	DL	TOT		R. Simpson	363	264	402	1030	R. Nicosia
77 lbs.						Pure					275 lbs.
Youth	B. Griffin	121	71	121	314	K. Moody	451	308	529	1289	J. Young
114 lbs.						Law/Fire					Submaster
Youth	C. Jarrell	115	66	154	336	R. Wright	540	341	551	1433	C. Young
132 lbs.						198 lbs.					HSP
HSP	K. Hale	264	214	292	771	Master I					J. Shimel
						R. McCoy	369	275	446	1091	Pure
						Submaster					T. Schott
						R. Wright	540	341	551	1433	Submaster
						M. Delaney	429	380	474	1284	A. Shields
						B. Beckett	518	396	501	1416	Submster Pure
						220 lbs.					M. Jones
						HSP					Raw
											132 lbs.
											High School
											D. Wright
											181 lbs.
											Master II
											T. Ballengee
											242 lbs.
											Pure Natural
											T. Brown
											330
											308
											440
											1080
											(thanks to Greg Van Hoose for the results)

DON'T TRAIN ALONE -
ALWAYS USE SPOTTERS.
DON'T TRAIN WHEN HURT -
ALWAYS CONSULT A DOCTOR

Amateur Master Division, and Mr. I.P.A. himself, Sam Glover squatted a 500 lb. IPA record in the 60-64 age group. Sam's tremendous 1280 lb. total earned him the Best Lifter Award for the Amateur Men's Master Division. Thank you Sam, we always love your show! Brian Yoder, Sr. who lifted in the Amateur Men's Master 242 lb. class benched an awesome 600 lb. IPA record, and totaled 1910 lbs. Henri Skiba accomplished a couple of IPA record lifts of significance with a 750 lb. squat and an 1810 lb. total. Henri is every cheerful and such a pleasure to have grace IPA meets. Henri lifted in the Amateur Men's Master 45-49 group and impressed us with a 510 lb. bench as well. Last, but clearly not least is Ronald Yard. This hoss of a guy is the most respectful, kindest person you would ever want to meet. Ronald is a young guy, lifting in the 275 lb. Elite Amateur Junior Division, with a bench that deserves our wholehearted respect. Elite Amateur means jar division. Yep, Ronald can bench a jaw-dropping 820 lbs. after squatting 950 lbs.! Ronald finished the day with a 680 lb. dead lift earning Ronald a 2450 lb. drug free total tested on site. The 2006 IPA Worlds Bench Only Division was no less exciting. Michelle Borzok impressed us yet again with a Best Lifter Award winning bench press of 325 lbs. breaking her existing IPA record bench. Michelle lifted in the 148 lb. Amateur Women's Open Division. In the Men's Teen Division, Thomas League lifted in the 165 lb. Amateur Raw Teen (18-19) Division benching 330 lbs. earning him a spot on the Best Lifter List for the Teen Men's Division. The undeniable winner of the Amateur Men's Open Best Lifter Award went to Aaron Utermahlen who benched a very impressive 700 lbs. winning the 308 lb. Amateur Men's Open Division. Brad Heck benched an IPA record 615 lbs. taking home the Best Lifter Award for the Professional Men's Open Division. Bob O'Brien consistently impresses the crowd with his bench press prowess. Bob bumped up his IPA record benching 475 lbs. and adds the Best Lifter Award for the Pro Men's Master Division to his trophy room. Louis Sposato's performance was true to form benching 430 lbs. in the Amateur Men's Master Division (65-69). Louis' exceptional bench earned him the Amateur Men's Master Best Lifter Award. Of note was Steve



James McGlynn made a comeback to big time competition in the 198 lb. division, 720 455 720 1895

Hartlaub's performance. At a rather light bodyweight of 209 lbs., Steve broke the IPA record in the Professional Men's Master (40-44) Division with an impressive 602.5 lb. bench. Big Gene Rychlak, Jr. owned Sunday along with Justin Graalfs and James Grandick. This mountain of a man showed up 30 lbs. lighter weighing a trim 355 lbs. Many of you will recall his near tragic accident at the Mr. Olympia October 15, 2005 when he performed an exposition bench press. Being very large was a blessing for Gene this day as 1015 lbs. came crashing down on his chest hairline fracturing a vertebra. Gene chose the 2006 IPA Worlds as his comeback meet attempting to regain his number one position and break Scott Mendelson's 1008 lb. All-Time Bench Record. Gene benched alone as his phenomenal bench press requires a substantial amount of rest between attempts. Gene donned his new bench shirt and stepped out into a jam-packed

auditorium filled with spectators breathless to see history rewritten. The bar was loaded to 985 lbs., a reasonably light opening attempt for the bench press master. The bar descended in what appeared to be the precise position for maximum leverage, but shockingly, the bar didn't budge off his chest! On round two the bar moved only four inches off his chest before the throng of spotters responsively racked the weight. After what seemed an interminable length of time, the crowd was reassured they would see the big man make a third attempt with 1025 lbs.! What! With the music blaring, Gene entered the electrified auditorium for the third time to own this lift. Gene slowly and methodically lowered the massive weight to his chest and failed at the transition point halfway to the top. Wow! To control weight that only a few can dream of squatting is undeniably a high point in the history of powerlifting. It became clear at that moment that Gene will beat this weight and reclaim his spot as the World's strongest bencher. When asked what went wrong, Gene confided that the bench shirt was new and had only been worn a couple of times; he just couldn't find his groove. Gene, says he is training hard for the 2006 IPA Nationals November 10-12 at York Barbell Company in York, PA. The IPA World and National meets are among the smoothest, friendliest, most professional meets offered in the country for one reason, incredible volunteers! We have the smartest, hardest working, most conscientious, friendly, fun group of friends help with the meets. Your accomplishments are their accomplishments because without them there would be no meets. Thanks to those who spend days sitting in judges' chairs; to those who heft

thousands of pounds loading, unloading and spotting. Thanks from the bottom of my heart to Michelle and Glen Bahn who diligently start working days before the meet actually starts ensuring that score keeping is flawless and that the meet runs smoothly. Thanks to Bev Cullen who handles the details of the door table, secures the sponsorship from Gatorade, and is ready and willing to help in any way necessary. Thanks to Bill Schlag, Vincent Cooke, Al Haun, Stacey Bond, Mike Lachondro, Richard Safreed, Jr., and everyone who assisted for all the hard work disassembling, reassembling, moving, and setting up the equipment for the meets. Thank you to Vicky for assisting in bringing Outback Steakhouse to York Barbell and working so hard to make everyone's lunch experience a memorable one. You can count on all these folks for the 2006 IPA Senior National Powerlifting Championships coming up November 10-12 at York Barbell Company.

IPA World Championships

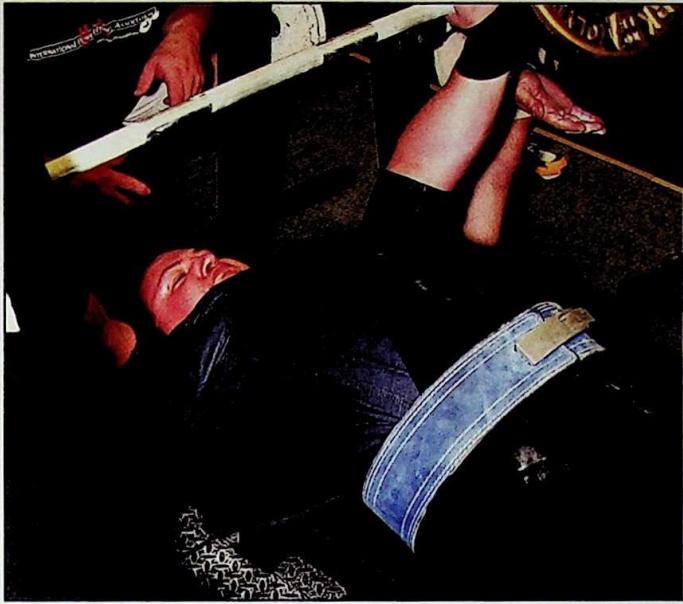
22-23 JUL 06 - York, PA

BENCH	308 lbs.
Amateur	Utermahlen 700
FEMALE	Open Raw
Open	165 lbs.
148 lbs.	T. League 330*
M. Borzok	325* Master (40-44)
MALE	220 lbs.
Junior	S. Halbert 487*
275 lbs.	Master (60-64)
R. Yard, Jr. 820	220 lbs.
Teen Raw (18-19)	S. Shales 440
165 lbs.	4th-450*
T. League 330*	S. Glover 360
Open	Master (65-69)
165 lbs.	220 lbs.
R. Hillyard 380	L. Sposato 430
220 lbs.	Master Raw (50-54)
D. Stahl 485	165 lbs.
275 lbs.	R. Legg 220
N. Sauble 550	Master Raw (60-64)



Michelle Borzok made a record setting 325 Bench Press at 148 lbs.

220 lbs.	181 lbs.			
S. Shales	350	K. Kalbach	365*	
Police Raw		Submaster		
165 lbs.		242 lbs.		
R. Legg	220	E. Clark	605*	
Professional		Master (40-44)		
MALE		220 lbs.		
Open		S. Hartlaub	602*	
181 lbs.		Master (55-59)		
B. Heck	615*	308 lbs.		
220 lbs.		R. O'Brien	475*	
T. Robinson	380	Master Raw (50-54)		
275 lbs.		308 lbs.		
M. Rydelek	555	V. Vardine	460*	
Open Raw				
Amateur	SQ	BP	DL	
FEMALE			TOT	
Teen (14-15)				
114 lbs.				
A. Harris	230	145	225	600
K. Pelfrey	125	80	185	390
Open				
114 lbs.				
A. Harris	230*	145*	225*	600*
Master (45-49)				
165 lbs.				
G. Blackwell	315	190	270	775
MALE				
Teen (14-15)				
198 lbs.				
A. McCloskey	675*	330	560*	1565*
Teen (16-17)				
165 lbs.				
Craycraft, Jr.	290	205	365	860
198 lbs.				
M. Holdren	405	350	400	1155
Teen (18-19)				
198 lbs.				
B. Carson	700*	400	550	1650*
M. Bailey	525	385	495	1405
220 lbs.				
A. Keiderling	705	405	540	1650
Junior				
181 lbs.				
M. Stahl	450	260	450	1160
T. Desselle	420	230	400	1050
275 lbs.				
R. Yard, Jr.	950	820	680	2450
Junior Raw				
165 lbs.				
A. Paine	365*	275*	315	955*
198 lbs.				
O. Downey	350*	300	450*	1100*
275 lbs.				
D. Ochnich	500*	365*	600*	1465*
Open lbs.				
165 lbs.				
B. Crowe	710	465	585	1760
181 lbs.				
K. Downey	570	315	500	1385
198 lbs.				
D. Fiori	550	375	510	1435
242 lbs.				
Rymiszewski	750	435	650	1835
M. Brown	755	425	600	1780
Q. Duodera	675	405	605	1685
D. Stahl	560	505	545	1610
275 lbs.				
Livermore, Jr.	605	430	545	1580
SHW				
L. Dambrosio	800	500	600	1900
Open Raw				
242 lbs.				
S. Elliott	635*	420	720*	1775
275 lbs.				
D. Ochnich	500*	365	600*	1465*
SHW				
J. Pulakis	585	470*	585	1640
Submaster				
242 lbs.				
M. Brown	755*	425	600	1780
Master (40-44)				
148 lbs.				
J. Monk, Jr.	485	340*	430	1255
4th SQ-500*	1270*			
220 lbs.				
C. Blough	700	485	625	1810*
R. Munn	655	400	550	1605
242 lbs.				
B. Yoder, Sr.	705	600*	605	1910
Master (45-49)				
148 lbs.				
J. Gengo	450*	260	425	1135
165 lbs.				
L. Weibley	450*	235	455*	1140*
220 lbs.				
T. Clifford	410	205	470	1085
275 lbs.				
H. Skiba	750*	510	550	1810*
Master (50-54)				
165 lbs.				
G. Ruth	315	260	385	960



Ron Yard went 950 820 680 2450, as a drug tested amateur 275er

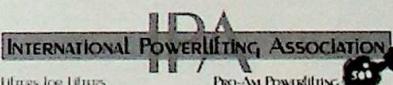
Master (60-64)			
220 lbs.			
S. Glover	500*	360	420 1280
Master (70-74)			
132 lbs.			
G. Sipe, Sr.	150*	90*	225* 465*
Police			
220 lbs.			
R. Munn	655	400	550 1605
Professional			
FEMALE			
Open			
105 lbs.			
E. Grimwood	345	195	300 840
4th-SQ-365*	860*		
148 lbs.			
K. Neuman	410	235	325 970
Master (40-44)			
198 lbs.			
A. Martinez	535*	315*	505* 1355*
MALE			
Junior			
242 lbs.			
E. Korbel	675	575	550 1800
Open			
198 lbs.			
J. Kegrice	770	445	675 1890
D. Moore	785	500	455 1740
M. Skverchak	515	305	540 1360
220 lbs.			
V. Cooke	800	630	630 2060
S. Rowe	765	615	665 2045

Open Raw			
198 lbs.			
J. Hanisak	425*	395*	505* 1325*
Submaster			
198 lbs.			
B. Delgado	755	420	630 1805
220 lbs.			
S. Aubuchon	755	405	610 1770
242 lbs.			
E. Clark	775	605*	550 1930
275 lbs.			
B. Bartos	750	455	95 1300
Master (40-44)			
198 lbs.			
J. McGlynn	720	455	720* 1895
J. Kegrice	770	445	675 1890
S. Levy	650	480	550 1680
220 lbs.			
J. Howell	725	475	625 1825
275 lbs.			
J. Bott	845	565	660 2070
Master (45-49)			
242 lbs.			
J. Avigliano	700	405	600 1705
Master (50-54)			
198 lbs.			
S. Bixler	385	315	430 1130
242 lbs.			
D. Robinson	410	325	370 1105
275 lbs.			
M. Dimiduk	705	305	590 1600
Police			
275 lbs.			

*=IPA Records. Best Lifters Full Power: Pro Women: Angela Martinez, Am Women: Amanda Harris, Teen Women: Amanda Harris, Teen Men: Bill Carson, Pro Men Light: James Kegrice, Am Men Light: Kamali Downey, Am Men Heavy: Jim Rymiszewski, Pro Men Heavy: James Grandick, Pro Men Masters: James McGlynn, and Am Men Masters: Sam Glover. Best Lifters Bench Only: Am Women: Michelle Borzok, Teen Men: Thomas League, Pro Men: Brad Heck, Am Men: Aaron Utermahlen, Pro Men Masters: Robert O'Brien, and Am Men Masters: Louis Sposato. (Thanks to Mark and Ellen Chaillet for these meet results)



OUTBACK STEAKHOUSE catered this world event.. how cool is that?



Application for Registration

Office use only, do not complete

Last Name	First	Initial	New Member	Renewal	Exp. Date
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Street Address	City
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State or Province	Zip Code
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Telephone	Email Address
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Date of Birth	Age	Sex
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Pro _____ Am _____

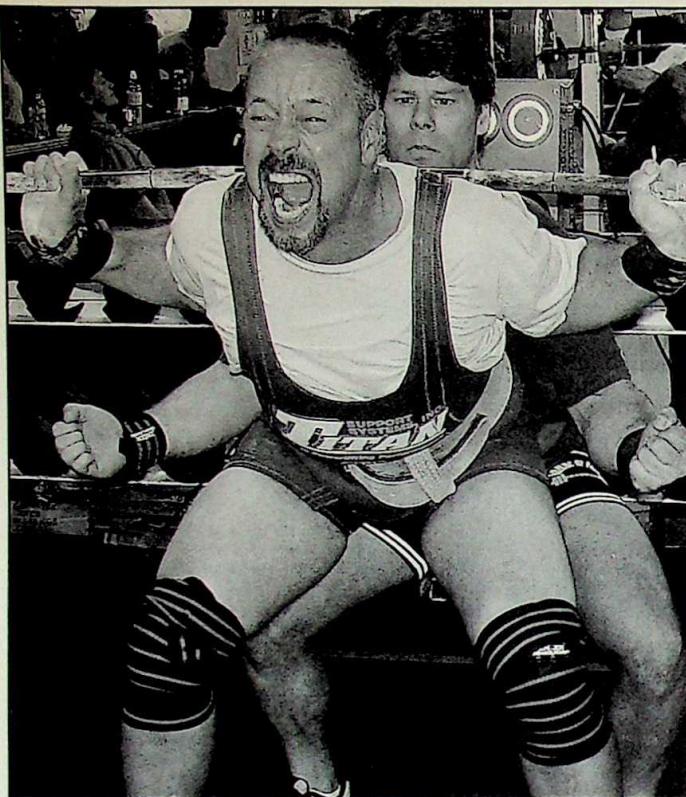
Sign if above answers are correct. Parents sign if under 18 years.

Date

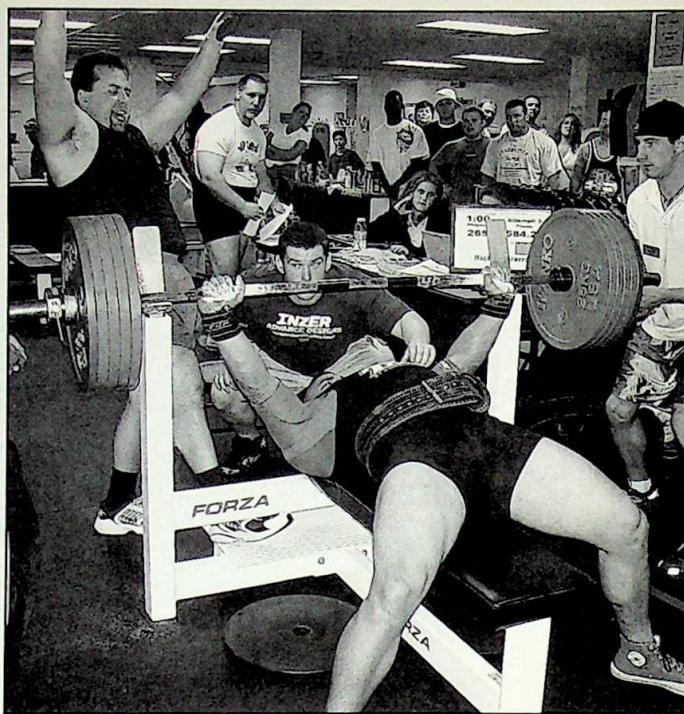
Registration Fee: Adult \$30 ~ High School and Special Olympics \$25

\$25

Payment is accepted in the form of cash or money order. Payment can be made to your state chairman.
Payment can be mailed to: IPA, c/o Mark Chaillet, 190 Arsenal Rd., York, PA 17404



Dave Mansfield with a National Record Squat attempt of 606, at age 60, 209 lb. bodyweight (photographs by the courtesy of Bret Kernoff)



Rick Marrama with his new Open A.A.U. National Record Bench Press of 584 lbs. That's Rick's coach Al Bianchi celebrating behind

AAU Full Iron 12 AUG 06 - Berlin, VT									
BENCH	Lifetime	181 lbs.	Submaster	Teen (16-17)	Open/Lifetime	468	407	314	286
MALE	B. Borofsky	347	M. Schneller	J. Ritchie	Submaster	325	407	330	380
198 lbs.	Raw	T. Olsen	DEADLIFT	J. Aikey	Lifetime	319	523	253	429
Master (45-49)	FEMALE	198 lbs.	FEMALE	275 lbs.	Master (40-44)	325	573	220	981
M. McEntee	97 lbs.	Teen (18-19)	90 lbs.	M. Schneller	BP	170	573	303	1062
220 lbs.	Submaster	B. Koziar	Lifetime	DL	TOT	170	198 lbs.	777	
Master (45-49)	Lifetime	Master (50-54)	H. Smith	Master (40-44)	Master (40-44)	198 lbs.	198 lbs.	242 lbs.	
K. Matlson	66	E. Troia	148 lbs.	C. Peters	Master (40-44)	198 lbs.	551	385	
Open	MALE	220 lbs.	Open	C. Page	Master (40-44)	198 lbs.	374	187	
R. Marrama	165 lbs.	Master (45-49)	MALE	A. Shederick	Master (60-64)	165 lbs.	573	435	
275 lbs.	Junior	Lifetime	MALE	284	D. Mansfield	Open	606	760	
Master (55-59)	R. Ballou	165 lbs.	165 lbs.	T. Wright	600	Raw	303	The meet was very successful. National	
	J. Langevin	352	Junior	181 lbs.	220	165 lbs.	562	bench press, deadlift, squat and	
	264	275 lbs.		815	270	Open	1466	powerlifting totals were broken at this	
					325	Raw		meet. The meet raised several hundred	
						181 lbs.		dollars for Camp Ta-Kum-Ta, a camp for	
								children with cancer. First in Fitness, in	
								Berlin, VT, provided an excellent venue as	
								well as incredible spotter and loaders for	
								the event. Meet director Bret Kernoff	
								would like to thank the whole VT	
								Powerlifting team for making this a suc-	
								cess. Special thank you's go to our judges,	
								Justin Bonilla, Joan Gardner, Mark	
								McEntee, and Ken Matson. Our announcer	
								Jennifer Kernoff did an excellent job, and	
								Diana Kernoff kept the score table running	
								efficiently the entire meet. (results from	
								Bret Kernoff, Vermont Powerlifting LLC)	



- > This is a membership application form. Complete all areas and return Part One to the address shown.
 - > For information on registration and program, call 1-800-AAU-4USA.
 - > AAU membership provides each member with an opportunity to participate in AAU events.
- Membership benefits include accident insurance (which is secondary and is applicable after any primary coverage) for all properly sanctioned AAU events and supervised practices of member clubs. Specific details on coverage can be obtained from your local AAU Association.

ANNUAL MEMBERSHIP DUES

	Regular Fee	"AB" Fee
Youth Athlete	10.00	12.00
Coach	12.00	14.00
Volunteer or Official	12.00	Not Available
Adult Athletes in the Following Sports:	10.00	12.00

Aerobics, Badminton, Baton Twirling, Bowling, Canoe, Cross Country, Diving, Fencing, Golf, Jump Rope, Physical Fitness, Physically Challenged, Racquetball, Rowing, Sailing, Squash, Swimming, Table Tennis, Tennis, Track & Field, and Volleyball

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do The Walt Disney World Resort
PO Box 10,000
Lake Buena Vista, FL 32830

SPORT CODE	ASSOCIATION CODE
_____	_____

Adult Athletes in the Following Sports:	20.00	*AB* Fee	23.50
Baseball, Biathlon, Basketball, Broomball, Cycling, Kayak, Gymnastics, Modern Pentathlon, Multi-Events (Decathlon, Pentathlon), Physique, Softball, Surfing, Trampoline & Tumbling, Triathlon, and Weightlifting			
Adult Athletes in the Following Sports:	20.00		25.00
Field Hockey, Flag Football, Hockey (Ice and Roller), Rugby, Soccer, Water Polo and Wrestling			
Adult Athletes in the Following Sports:	Not Available		25.00
Chinese Martial Arts, Judo, Jujitsu, and Karate			
Adult Tae Kwon Do Athletes	20.00	Not Available	
Adult Powerlifting Athletes	30.00		35.00

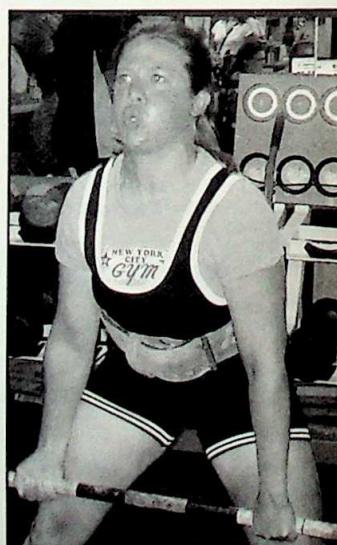
ARE YOU ALREADY COVERED WITH HEALTH & ACCIDENT INSURANCE? Yes No

I agree to be bound by the AAU Code as well as AAU operating procedures and policies, including but not limited to: binding arbitration and the release and indemnity of the AAU. By paying my annual membership dues, I certify that I have never been convicted of any sex offense nor felony; or, if so, I must apply for membership (and receive approval) through the AAU National Office.

NOTE: Parent/Guardian signature required if member under 18 years old.

Member's Signature _____

Parent/Guardian Signature _____



Amy Shederick, 28, almost pulled 300 lbs. at the Berlin, VT meet.



Ronnie Paras won the 198s with a 740 squat, leading to his 1780 total at the A.P.F. Byrd Memorial



APF/AAPF Membership Application

Check the box that applies below

- AMERICAN POWERLIFTING FEDERATION
 AMATEUR AMERICAN POWERLIFTING FEDERATION
 PLEASE PRINT CLEARLY • COMPLETE ALL ENTRIES



LAST NAME	FIRST NAME	INITIAL
STREET ADDRESS		
CITY		STATE
AREA CODE	TELEPHONE NUMBER	DATE OF BIRTH
		MO DATE YEAR
AGE	SEX	US CITIZEN
		YES NO
REGISTRATION FEE (CIRCLE APPROPRIATE FEE)	REGISTRATION NUMBER	E-MAIL ADDRESS
APF \$30	AAPF \$30	APF & AAPF \$40

ATHLETES, fill out card completely, make check payable to and mail with fee to: APF/AAPF

ARE YOU A PREVIOUS APF OR AAPF MEMBER? YES NO

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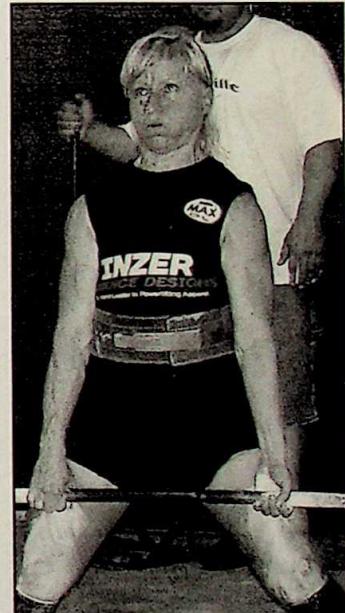
IF UNDER 18,
HAVE PARENT
INITIAL

I CERTIFY THAT THE ABOVE ANSWERS ARE
CORRECT AND THAT I AM ELIGIBLE IN
ACCORDANCE WITH THE RULES OF THE
APF OR AAPF.

SIGNATURE X

APF Byrd Memorial 12 AUG 06 - Lake City, FL									
BENCH	Churchman	405							
WOMEN	275 lbs.								
198 lbs.	J. French	—							
C. Witmer	340	Open							
242 lbs.	165 lbs.								
J. Davis	250	K. Germain	350						
MEN	198 lbs.								
Master	A. Smith	360							
165 lbs.	275 lbs.								
E. Edwards	305	M. Witmer	565						
242 lbs.	O. Baldonado	540							
WOMEN	SQ	BP	DL	TOT					
Open									
123 lbs.									
M. Kirkland	405	215	380	1000					
132 lbs.									
A. Franciscus	375	150	330	855					
MEN									
Master									
275 lbs.	R. Paras	740	500	540	1780				
	J. Absher	430	—	—	430				

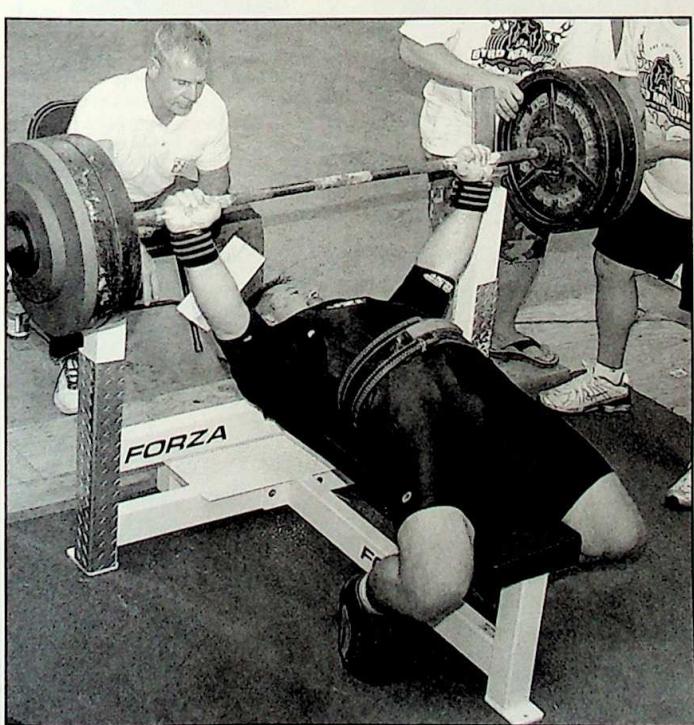
J. Callahan	405	400	550	1355	220 lbs.	J. Norman	865	500	635	2000
Junior/Teen						S. Hewitt	600	465	540	1605
220 lbs.						D. Colver	500	325	455	1280
D. Jenkins	635	385	365	1385		J. Davis	770	600	635	2005
B. Summers	485	315	500	1300		J. Jordan	790	580	610	1980
Open						G. Baggett	730	525	545	1800
114 lbs.						308 lbs.				
M. Bua	135	65	125	325		J. Vaughn	—	550	720	1270
148 lbs.						Best Female Lifter: Margaret Kirkland.				
A. Johns	415	295	385	1095		Best Lightweight Male Lifter: Ronnie Paras.				
J. Gordon	55	45	—	100		Best Heavyweight Male Lifter: Joe Norman.				
181 lbs.						(Thanks to Pamela Clayton for the results)				
E. Talmant	—	375	585	960						
198 lbs.										
R. Paras	740	500	540	1780						
J. Absher	430	—	—	430						



Florida State Ironman/BP 5 AUG 06 - Boca Raton, FL

BENCH	Submaster
FEMALE	P. Donahue 512
C. Witmer	380 Masters (40-44)
MALE	M. Witmer —
165 lbs.	308 lbs.
Open	Open
W. Holloway	— M. Edelman 363
198 lbs.	SHW
Open	Teen (17-19)
D. Peterson	440 D. Garvey 573
Masters (45-49)	DEADLIFT
D. Peterson	440 MEN
220 lbs.	165 lbs.
Masters (65+)	Open
D. Broverman	418 B. Schwab 573
242 lbs.	181 lbs.
Junior	Open
M. Maxim	B. Tincher 650
275 lbs.	198 lbs.
Open	Open
N. Posey	451 T. Walyus 485
Ironman	BP DL TOT
FEMALE	
165 lbs.	
Open	
L. Jackiewicz	137 330 468
MALE	
114 lbs.	
Teen (13-16)	
W. Flesh	93 192 286
148 lbs.	
Teen (17-19)	
J. Ianno	214 413 628
198 lbs.	
Open	
N. Pomerantz	363 474 837
G. Godwin	347 485 832
Masters (45-49)	
K. Brantley	380 314 694
220 lbs.	
Open	
S. L'Italien	501 584 1085

Special thanks to all of our sponsors: Elite Fitness Systems, Tucks Nutrition, Orlando Barbell, Hardcore Fitness, Explosive Performance Systems, Metal Powerlifting Gear, Liberto Therapy, Ann Silk Videos, and House of Pain. Thanks to all of the spotters, loaders, and scorers. Next years meet will be on August 4, 2007. (Results provided courtesy Southside Barbell Club)



John Davis benched 600 at the 1st annual APF Byrd Memorial Powerlifting/Bench Press Meet (photographs courtesy of Brian Silk)

(continued from page 12)

not needed. Many coaches will argue with me, but I've done it their way. They haven't tried my way. At



Box Jumps are way explosive!

a Beat training center in Cincinnati, Matt Weiderman trained James Taylor, a pro football player, to jump onto a 59 inch box at 6'2" and 205 pounds. J.T. also ran a 4.33/40 yard. J.T.'s best box squat is 550 and moves 315 at 0.8 meters/second. John Harper can jump on a 51 inch box at 270 pounds; he is ranked 11th nationally in the discus.

One end of the spectrum is moving very heavy weights very slowly. The other end is to move the body as fast as possible. How? Jumping. A 42 inch box jump is the minimum height to reach an adequate amount of explosive power. We use the optimal number of jumps based on a maximum jump. We use the formula as presented in Prilepin's lift table. For example, if your best jump is 40 inches, a 75% jump would be 30 inches, 80% would be 32 inches, and 85% would be 34 inches. When doing jumps in the 80% range, do 15 jumps per workout. This holds also for jumping with dumbbells, ankle weights, or a weighted vest, or a combination of any of the

above.

At Westside we do a lot of squats and jumps off soft surfaces. This causes the muscles to do more of the work and not limit it to the ligaments and tendons. In two out of three workouts we step down off the box onto other boxes. On the third workout, and highest box, we do a depth jump down onto a soft gym mat. We don't do an immediate jump upon landing, just stick it with legs slightly bent, landing on the balls of the feet.

Our goal is to jump as high as possible and, therefore, squat as much as possible. We do it the same way: off a box. We duplicate the same procedure as box squatting. Before jumping onto a box, we first sit on a box, relax, and then jump. This produces a much greater effort. The forces that produce movement are external, internal, and reactive strengths. This was established by Bernstein (Verkhoshansky, 1986). When lowering onto a box, a greater amount of kinetic energy is expressed because mass as well as speed contribute to kinetic energy.

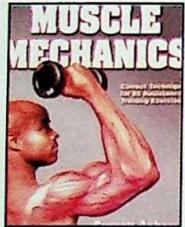
Landing on the biggest part of the lower body will yield an increase in kinetic energy. In addition, by lifting the feet and slamming them on the floor an overspeed eccentric phase occurs. This combination very effectively increases jumping power. I have had veteran NFL linemen long jump their best in one or two sessions.

The stretch (eccentric) and shortening (concentric) phases cause reversible muscular action. If you do very heavy slow squats with the aid of overspeed eccentrics by using bands with weight and move the fastest with no resistance (box jumps), the sky's the limit. Remember, explosive strength is somewhere between strength and speed. By using these two elements, you will reach your desired results.

Westside Barbell
www.westside-barbell.com
614-801-2060

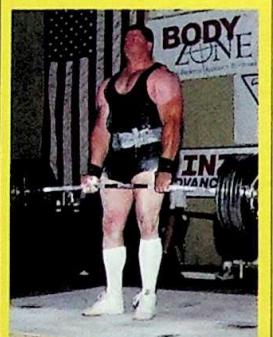
FOR REVIEW ...

Muscle Mechanics, 2nd Edition, which uniquely describes the correct performance techniques for 65 different resistance exercises, was written by Everett Aaberg. Mr. Aaberg has been a teacher and practitioner of resistance training for more than 15 years. Currently he is director of the Fitness Center at the Telos Center in Dallas, Texas, as well as being an international presenter and consultant, and he continues to serve as an instructor at the Cooper Institute. He has been certified as a personal trainer through various organizations, and was a collegiate Academic All American in football. He was won several state and national powerlifting championships, as well as bodybuilding titles. The first chapter in the book, "Anatomical Design and Function", describes the functions of the body in terms of physical activity. From that base, seven additional chapters cover all sorts of movements that weight trainers of various focus would find productive and useful. The book concludes with a chapter on training program design. What makes this presentation extraordinarily effective are the visual descriptions of each exercise movement, done with excellent color photography, showing the key start, finish, and intermediate positions of each movement. Beyond that, the actual musculature involved in the movement is superimposed, in an artist's color rendition, upon the photographic image. The purpose of this is to

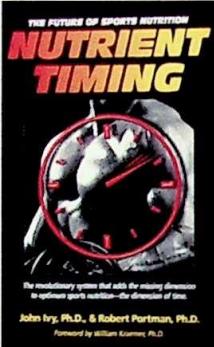


provide a visual connection between the human anatomy within the body and the external movement in question. The effect is profound because you actually develop a kinesthetic 'feel' for what you're doing and why positioning your body in

one mode or another might lead to better performance in the exercise. These renditions show skeletal features and the actual muscles, how they attach, and where they attach. It's a concept that provides an intuitive feeling, from the visual aspect, on what you're doing in the exercise relative to your body structure. Many of these exercises are directly applicable to powerlifting, and some of them may well should be. Throughout the book, even in the non-exercise demonstration sections, the line drawings are very effective in showing the principals involved. For example, on page 42, in an elegantly simple manner, they compare body positions that are high risk and reduced risk, for different exercise movements, such as cable rows, or simply picking up an object. What this book can bring to the reader is an enhanced perception of what is involved in the physical movements they're undertaking, which could easily result in greater performance, enhanced safety, and more effective training sessions. This book will be available through Powerlifting USA for \$19.95, plus \$4 shipping and handling. Send your check to Powerlifting USA, P.O. Box 467, Camarillo, CA 93011, or order by Visa or MasterCard by calling 1-800-448-7693.



SPECTACULAR DEADLIFT TRAINING DVD ... 2 time IPF World Champion Brad Gillingham lays out the program that has produced over 40 competitive deadlifts of 800lbs. or better .. PLUS .. the "5x5" squat program that lets you move both lifts up at the same time! \$25.95 plus \$6.00 shipping and handling (\$31.95 total) to Powerlifting USA, Box 467, Camarillo, CA 93011 or call 1-800-448-7693 to use Visa or MasterCard.



Poor gains? Hit a training plateau? You might not need a new exercise program, and you might not even need to increase your calorie intake. Even if you know a lot about what to eat, you could be missing out on the "t" dimension (as in time) ... like WHEN to take in those nutrients. That's what is revealed by two totally credible scientists - John Ivy Ph.D. and Rob Portman Ph.D. in their new book NUTRIENT TIMING. Did you know that a "low quality" protein can be more effective in stimulating protein synthesis than a "high quality" protein? This and much, much more is substantiated with scientific certainty (along with extensively detailed nutrition plans) in NUTRIENT TIMING, available for \$14.95 plus \$4 S&H from Powerlifting USA, Box 467, Camarillo, CA 93011.

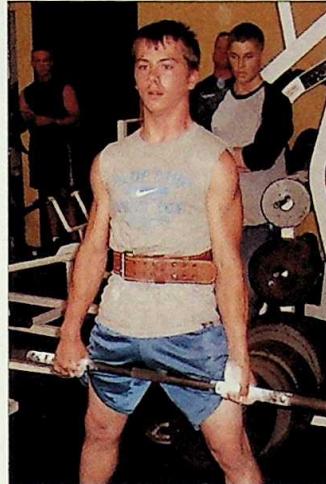
SLP Platinum Fitness Open
20 MAY 06 - Tulsa, OK

BENCH	220 lbs.
FEMALE	K. Loudermilk 475*
Master (40-44)	308 lbs.
220 lbs.	R. Shirley 550*
B. Meserve	135* S. Trotman 450
4th-145*	Raw/Master (40-44)
MALE	181 lbs.
Special Olympic	M. Facey 275*
198 lbs.	4th-285*
D. Thurston	310* Raw/Open
Novice	132 lbs.
198 lbs.	S. Brown 245*
G. Tedder	325 198 lbs.
4th-350*	J. Myers 330*
308 lbs.	4th-345*
J. Leland	425* 242 lbs.
Teen (13-15)	R. Johnson 405*
132 lbs.	308 lbs.
T. Lewis	180* S. Springer 315*
148 lbs.	DEADLIFT
T. Lewis	210* MALE
220 lbs.	Special Olympic
J. Triplett	285* 198 lbs.
Teen (18-19)	D. Thurston 370*
242 lbs.	4th-375*
C. Eldridge	330* Novice
A. Marquez	280 198 lbs.
4th-315	N. Cruz 455*
Junior	4th-500*
165 lbs.	Teen (13-15)
J. Hooks	345* 132 lbs.
J. Mefford	235 Z. Dwinell 250*
198 lbs.	4th-270*
J. Plum	330 148 lbs.
242 lbs.	M. Davis 280*
B. Wade	315* 4th-315*
4th-330*	220 lbs.
Submaster	J. Triplett 405*
220 lbs.	Master (40-44)
J. Warren	340 181 lbs.
242 lbs.	M. Pierce 500*
D. Gragg	375 4th-525*
308 lbs.	M. Barkil 440
R. Shirley	550* Master (50-54)
Master (45-49)	181 lbs.
198 lbs.	R. Kerschner 450*
Radmilovich	330 Master (55-59)
Master (50-54)	275 lbs.
198 lbs.	S. Cates 475
J. Guedrado	260 Police/Fire
220 lbs.	220 lbs.
N. Dwinell	460 M. Payne 425*
M. Lowery	345 4th-435*
Master (60-64)	Open
275 lbs.	181 lbs.
R. Hood	530 M. Cruz 420*
4th-550	4th-450*
Open	198 lbs.
165 lbs.	J. Myers 475*
G. Baker	460* 4th-500*
4th-490*	308 lbs.
S. Trotman	525*
S. Springer	395

*=Son Light Power Oklahoma state records. Best Lifter Bench: George Baker. Best Lifter Deadlift: Mike Pierce. The Son Light Power Platinum Open Bench Press/Deadlift Championship was held at the Platinum Center in Tulsa, Oklahoma.

WANNA BIGGER BENCH? GET THE BIG BENCH BELT!

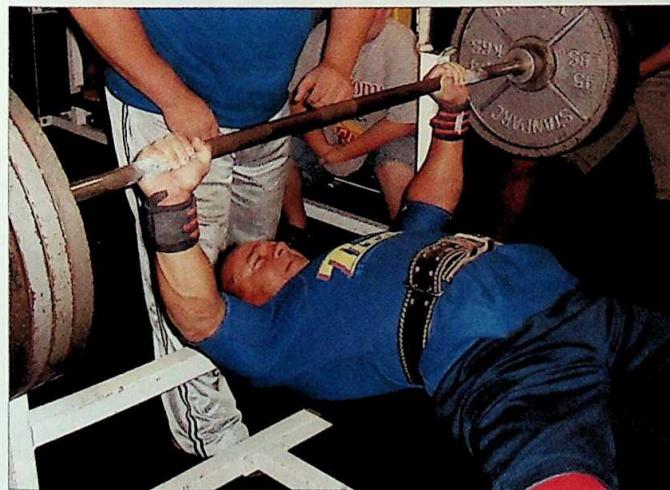
WWW.OXSPORTZ.COM



Michael Davis 315 @ 148/13-15

Thanks to owner Jim Parham for hosting this event once again. We had a good turnout with forty four entries from throughout Oklahoma. In the bench press competition state record holder at Special Olympic 181, Daniel Thurston, moved up to the 198 class, setting the state record there with 310. Our lone women's competitor, Beth Meserve, lifting in her first meet, set the Oklahoma state record for the 40-44/220 class with 135, followed by a solid 145 fourth. In the men's novice division both lifters set new state records for their respective classes. At 198 it was Gary Tedder with a 325 final attempt, followed with a state record 350 fourth. John Leland set the record at 308 with 425. For the teenage men's 13-15 age group Travis Lewis set the state record at 132 with 180 while twin brother

Trevor Lewis did the same at 148 with 210. Big tall Jesse Triplett set the state record at 220 with 285. Chris Eldridge set the state record at 18-19/242 with 330, taking the win over Adrian Marquez, who finished with 280. A fourth attempt with 315 was also good. In the junior division it was Jermaine Hooks for the win at 165 over Jeremiah Mefford 345 to 235. Jermaine's 345 established the state record for the class. At 198 it was Justin Plum with 330 while Billy Wade won at 242 with a state record bench of 315. Billy returned with a successful fourth of 330. J.J. Warren had some problems with his new bench shirt, making just his opener of 340 for the win at submaster 220. Also in the submaster division was 242 winner Donnie Gragg with 375 and Roy Shirley at 308. Roy finished with just his opener of 550, but which established a new state record there. Taking the win at master 45-49/198 was Paul Radmilovich, who finished with 300. At 50-54 it was Jorge Guerado with 260 at 198. Nick Dwinell won at 220 with 460, after a failed attempt with a new state record of 510. Second place at 220 went to Maurice Lowery who finished with 345. Our final master lifter was "the legend" Ron Hood. At the age of sixty Ron's still outlifting everyone around. Ron finished with 530 before coming back with a solid 550 fourth, tying his own state record at 60-64/275! In the open division George Baker won at 165 with an amazing 460. Weighing in at just 163, George joined a select few to triple bodyweight in the bench with a great 490 fourth attempt. Best lifter! At 220 it was Kevin Loudermilk, breaking his own state record there with 475. For the open 308 class, Roy Shirley tied the state record with his 550 opener while Steve Trotman finished second with 450. Lifting in the raw division for the police and fire division was 40-44/181 winner Mark Facey. Mark finished with 275, but came back with a successful fourth of 285. In



George Baker's 3 x Bdywt. 490 BP at 163 in Tulsa, OK. (D. Latch)

APF-IOWA
BBQ\$
on the Mississippi
January 20, 2007

get your entry form at www.APF-IOWA.com
Contact: Bill Carpenter 563-599-1390

**WABDL Southeastern Regional
22 APR 06 - Suwanee, GA**

BENCH	C. Phillips	485
FEMALE	220 lbs.	
Junior	K. Millraney	666*
UL	M. Retter	314
K. Williams	214*	259 lbs.
Open	P. Lindstrom	314
123 lbs.	Master (47-53)	
N. Williams	201*	181 lbs.
Submaster	T. Greene	253
181 lbs.	T. Hallmark	—
G. Cables	203	275 lbs.
Teen (12-13)	J. Romano	363
97 lbs.	SHW	
J. Johnson	55*	R. Pelis 473*
148 lbs.	Master (54-60)	
M. Navarrete	66*	198 lbs.
Teen (16-19)	L. McCormick	209
114 lbs.	220 lbs.	
B. Burroughs	137	R. Edwards 502*
4th-138*	Open	
123 lbs.	181 lbs.	
N. Williams	204*	K. Sanks 479
148 lbs.	A. Zaffino	—
A. Proctor	143	198 lbs.
198 lbs.	D. Militana	451*
B. Brown	132	198 lbs.
Master (40-46)	C. Phillips	485
UL	220 lbs.	
C. Williams	204	K. Millraney 666*
4th-209*	Submaster (33-39)	Teen (16-19)
MALE	148 lbs.	132 lbs.
Class I	K. Poitevint	236
148 lbs.	165 lbs.	
K. Poitevint	236	J. Colon 342*
B. Poynter	237	198 lbs.
165 lbs.	R. Wright	473*
J. Colon	342*	UL
181 lbs.	J. Fain	—
R. Ashe	418*	308 lbs.
198 lbs.	J. Carter	—
F. Johnson	418*	Teen (12-13)
242 lbs.	105 lbs.	
J. Ontal	468	J. Wansor 82
Junior (20-25)	4th-88*	165 lbs.
198 lbs.	165 lbs.	
M. Christie	468	J. Spielman 181*
D. Militana	451*	M. Harrison 259*
D. Wilson	469*	Submaster
220 lbs.	C. Arnold	209
4th-214*	181 lbs.	148 lbs.
J. Saunders	336*	Teen (14-15)
Law/Fire	97 lbs.	181 lbs.
Submaster	J. Bruno	115
259 lbs.	S. Luther	99
M. LaBoy	352*	114 lbs.
Master (40-46)	R. Hunt	214
198 lbs.	4th-220*	Teen (16-19)
F. Johnson	418*	181 lbs.



Ken Millraney gets ready to bench at the WABDL Southeastern Regional, where he made 666 at 220 lbs./40-46. (photograph provided by Brent Morris)

C. Temples	501!	A. Ramos	380
198 lbs.	4th-402*	4th-402*	
K. Brule	407	181 lbs.	
308 lbs.	Z. Fox	440	
H. Poole	540!	259 lbs.	
Teen (16-19)	K. Romano		
132 lbs.	485*		

*=State Records. !=World Records. World records in the deadlift were set by: Joseph Wansor, teen 12-13/105, with 203.7, Jason Spielman 12-13/165, with 225.7, Cody Temples 14-15/181 with 501.5, which is tremendous weight for that age, Hunter Poole, teen 14-15/308, hauled in 540, Michelle Navarrete 12-13/148, pulled 203.7, and Mandy Proctor, teen 16-19/148 ripped up 303. Moving onto the bench press, world records were set by Ken Millraney, master 40-46/220, who popped a 666.7, Ronald Edwards, master 54-60/220 slammed a 502.6, Joseph Wansor, teen 12-13/165 set a world record 88 lbs., Jason Spielman 12-13/165, pushed 181.7, Chris Arnold 12-13/114 elevated 220.2, Hunter Poole 14-15/308 was above average with 402.2, Kevin Romano 16-19/259 popped 446.1, Michelle Navarrete 12-13/148 put up 66, Brittany Burroughs, teen 16-19/114 put up 138.8, and Nikki Williams, teen 16-19/123, set a world record of 204.8, a fantastic lift. She holds teenage world records in four weight classes, 123, 132, 148, and 165, all of them set in the last year and a half. State records that were notable: Brent Morris in class I 259 set a TN state record deadlift 619.4, and he also set the open record at 619.4. In teen 16-19/132, Anthony Ramos set a GA state record 402.2. In junior 198 bench press, Matt Christie set a GA state record 468.2, but Dalton Wilson edged him out with a 469.3 GA state record and first place. David Militana of TN was third with a TN record 451.7. Junior 198 was definitely the most contested category in the meet. In open 181 bench, Kourtney Sanks put up 479.5, and in submaster 198 Ronnie Wright set a GA record 473.7. And again, the TN WABDL state chairman, Ken Millraney, put up a huge 666.7 at 220 for a master world record and the highest bench in 220 in WABDL, except Matt Larmarque, who has the open world record 771. The MCs were George Herring and Ken Millraney. The meet directors were George and Sandra Herring. The judges were Brant Bishop, Sandra Herring, Ken Millany, George Herring, and Harry. Brant Bishop supplies the kilo set

and Richard Anderson and Outlaw Nutrition was a sponsor. (Thanks to Gus Rethwisch for providing these results)

**SLP Southwest Missouri
21 MAY 06 - Springfield, MO**

BENCH	148 lbs.
MALE	VanDeMark 220*
Novice	Open
220 lbs.	220 lbs.
J. Hammond	370*
Junior	S. Kujawski 385
198 lbs.	242 lbs.
D. Dixon	295
Submaster	Raw
132 lbs.	Teen (18-19)
R. McCormick	300*
Master (45-49)	Junior
242 lbs.	SHW
S. Hazen	420*
Master (50-54)	Open
220 lbs.	198 lbs.
M. Hammond	385*
Master (55-59)	J. Proctor 405*

*=Son Light Power Missouri state records. Best Lifter Bench: Justin Wantland. The Son Light Power Southwest Missouri Bench Press Championship was held at St. John's Fitness in Springfield, Missouri. Thanks once again to the staff at St. John's for hosting this event. In the assisted bench press division, new SLP member Jake Hammond, though he only got in his opener, set the Missouri state record for the novice 220 class with 370. At junior 198 it was Dustin Dixon with 295. This was Dustin's first competition. Rob McCormick, who currently holds the open 132 state record, set the state mark at submaster 132 with an easy 300. Steve Hazen, who continues to struggle with the bench shirt, broke the state record at 45-49/242 with 420. Mark Hammond, father to Jake, broke the state record at 50-54/220 with a solid 385. Michael Van De Mark missed his opener of 220, but came back strong to finish with that weight, setting a new state mark at 55-59/148. In the open division Shawn Kujawski won at 220 with 385 while training partner Justin Wantland won at 242 with his first official 500. Weighing in at just 229, this gave Justin the best lifter award as well! For the raw division we had three competitors, all of which broke the existing Missouri state record for their respective classes. At 18-19/132 it was first-timer Corey Clay with 200. Steve Birdsong won at junior shw with 455 while James Proctor won at open 198 with 405. A small meet but with plenty of strong lifters, many who set new state and personal records. Great! Thanks to Emily Wolters for helping with the pictures and to three year old Bailey



**Application for Registration
WORLD ASSOCIATION OF BENCH PRESSERS
AND DEADLIFTERS (WABDL)**

Last Name	First Name	Initial	Renewal	Current Card # (if Renewal)
		Y N		
Street Address		Club Name		
City		State	Zip	Area Code/Telephone
Current WABDL Classification	Reference Status	U.S. Citizen?	Date of Birth	Sex
Elite Master I II III IV	World National State	Y N		M F
Today's Date				
Card Issued By				

Registration Fee:

Adults \$30.00

Teens \$20.00

Make checks payable to and mail to:
**WORLD ASSOCIATION OF BENCH
PRESSERS AND DEADLIFTERS**
P.O. Box 27499
Golden Valley, MN 55427

If under 18, have parent initial _____

NOTE: All WABDL-sanctioned meets will be subject to drug testing.

In recognizing the need for drug usage detection, I agree to submit to any testing procedures deemed appropriate by WABDL or its agents and shall accept the results and consequences of such tests.

Signature _____



Best Lifter Justin Wantland, who got his first official 500 bench at the SLP Southwest Missouri meet



Steve Hazen with his state record 420 at 242/45-49 at the SLP SW MO meet (photographs provided courtesy of Dr. Darrell Latch)

Proctor for serving as our trophy girl.
Thanks also to the lifters who helped spot
and load. (results from Dr. Darrell Latch)

**USAPL California State
26 AUG 06 - El Cerrito, CA**

BENCH	275 lbs.	Master (60-64)	R. Pagal	413
FEMALE	J. Masten	512	T. Licastro	154
Open	275+ lbs.	MALE		
148 lbs.	L. Contreras	435	Junior (18-19)	
M. Asp	336	Master (60-64)		
MALE	220 lbs.	D. Sanders	369	314
Junior (18-19)	R. Pagal	292	Junior (20-23)	
220 lbs.	Master (70-74)		165 lbs.	
A. Contreras	319		D. Sanders	369
Open	198 lbs.		314	463
123 lbs.	L. Manly	248	148 lbs.	1146
J. Hadden	253	DEADLIFT	J. Pinaglia	336
181 lbs.	MALE	Open	314	474
C. Saewong	418		198 lbs.	1124
198 lbs.	A. Franks!	617	G. Buffington	551
J. Alvarado!	567		446	584
220 lbs.	220 lbs.		1581	
S. Pena	451	Master (45-49)	M. Wild	507
J. Emmick	385		369	595
275+ lbs.	181 lbs.		1471	
L. Contreras	435	Master (45-49)	K. Schiessl	501
181 lbs.	198 lbs.		242 lbs.	
K. Schiessl	308	J. Lagrill	551	567
275 lbs.	Master (50-54)	S. Green!	639	1614
M. Goodwin	485	Master (45-49)	540	1537
Master (50-54)	M. Goodwin	M. Jandoc	589	1537
	578	380	380	
	Master (50-54)	R. Ciano	529	418
	275 lbs.	Master (45-49)	418	606
	Master (50-54)	M. Burrell	617	181 lbs.

K. Schiessl	501	308	501	1311	(14-15)
198 lbs.					N. DeLuca
K. Kanemoto	584	440	551	1576	424
J. Lagrill	485	330	551	1366	259
M. Koufos	485	292	485	1262	463
242 lbs.					1146
W. Jandoc	589	380	567	1537	
275 lbs.					
M. Goodwin	518	485	578	1581	
275+ lbs.					
B. Lee	666	485	600	1752	
Master (50-54)					
148 lbs.					
B. Uyeoka	374	286	451	1113	
198 lbs.					
L. Vallot	226	214	303	744	
275 lbs.					
M. Burrell	584	363	617	1565	
Master (55-59)					
275+ lbs.					
S. Green!	639	540	633	1813	
Master (70-74)					
198 lbs.					
L. Manly	325	248	330	903	
1=Best Lifters. Meet Directors: Steve					
Denison, Jason Burnell, Lance Slaughter.					
Spotter Loaders: Mike Musto, MJC wres-					
tling team. Referees: Bill Ennis, Interna-					
tional, Steve Denison, National, Lance					
Slaughter, National, Joe Randazzo, Na-					
tional, Jason Burnell, State, and Steve					
Heiyi, State. Chuck LaMantia, Announcer,					
Dave VanBroeklin, scorekeeper, Betty					
Lee, computer scoring, and Will					
Satherwaite, Bar loading program.					
(Thanks to Steve Denison for the results)					

**USAPL Mid Atlantic
5 AUG 06 - Culpeper, VA**

BENCH	242 lbs.	25 JUN 06 - Denver, CO
148 lbs.	(55-59)	BENCH Junior
Raw		FEMALE C. Singleton 330
J. Sheckler	325	Open
M. Porter	325	Open
181 lbs.	Supers	K. Graeder 154 Master II
Open	(16-17)	J. Miller 352
J. Harris	523	Master I
G. Colombu	380	J. Miller 352
45(49)	P. Battle 485	MALE Junior
S. Burke	325	Special Olympic S. Corridine 507
220 lbs.	242 lbs.	Master III Open
Raw/(40-44)	Raw/(55-59)	J. Handley 198 S. Corridine 507
L. Buccchioni	490	181 lbs. Teen III
J. Shifflett	314	T. Cencich 424 B. Summer 363
FEMALE	SQ BP DL TOT	198 lbs. Master V
165 lbs.		H. Blackman —
S. Smith	369 242 391 1003	R. Roberto 358 SHW
181 lbs.		Master III Open
I. Lange	176 99 264 540	R. Keele 270 McKinley 512
MALE		220 lbs.
165 lbs.		(Thanks to USAPL for providing results)
Open		
M. Breen	507 380 512 1399	
181 lbs.		

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(260) 248-4889 • (260) 248-4879 fax • www.adpfa.com • www.usapowerlifting.com

Conditions Of Membership: As a condition of membership to USAPL, I agree to follow and obey all rules, regulations, and drug testing procedures of USAPL. I further agree that the rules, regulations, and drug testing procedures are subject to change at any time and that I agree to obey any new or changed rules, regulations, and drug testing procedures as a condition of continued membership. I agree that my membership may be revoked temporarily or permanently, suspended, and/or denied for my failure to obey USAPL rules, regulations, and drug testing procedures. I will voluntarily submit to any drug testing procedure that USAPL has approved in its rules, regulations, and drug testing procedures. If I do test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences of that positive test regarding my membership.

As a condition of membership to USAPL, I understand and accept that I am prohibited from using any substance or doping method that is banned by the United States Olympic Committee. It is my sole responsibility to stay current with any USOC banned substance or doping method, including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consume a banned substance unknowingly, and test positive for that banned substance, I shall be solely responsible for the consumption of that banned substance and shall accept the results and consequences of that test.

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit USAPL to publish my name as a suspended member and/or a member who is suspended for testing positive for a banned substance or doping method on the Internet, in Powerlifting USA, or any other publication that USAPL so chooses.

SIGNATURE: _____ **If under 21 yrs., Parent Initial:** _____ **Date:** _____ **Prior Reg. #** _____

Name: _____ Phone: (_____) _____ E-Mail: _____

Address: _____ City: _____ State: _____ Zip Code: _____

Date Of Birth: _____ Age: _____ Sex: _____ U.S. Citizen? _____ USAPL Registered Club Represented: _____

Membership Prices: (please circle one) • Adult - \$40.00 • High School Division (Full year) - \$30.00 • Special Olympian - \$10.00 • Youth (10-13) - \$15.00
• High School Seasonal (6 mo. Only good Dec. 1 thru May 31) - \$15.00 • Upgrade from current HS Seasonal to HS Div. Full year - \$15.00

Competing Divisions: (please circle all that apply) Open Youth (10-13 yrs.) Teen (14-19 yrs.) Junior (20-23 yrs.) Master (40 yrs. & up)
Collegiate Military Police & Fire High School - Full Year High School Seasonal - 6 mo. Dec. 1 - May 31 Special Olympian

USAPL Merchandise: (please circle choices) •T-Shirt - \$15.00 (size ____ qtly ____)(colors: Navy and black, gray) •Sweatshirts (Crewneck, zipper or hooded) - see e.store
•Women's T-Shirt - \$18.00 (size ____ qtly ____)(colors: Black, gray and white) •Kids T-Shirts and hooded sweatshirts - see e.store on website
•White Referee Designation Polo - \$30.00 (size ____ qtly ____)
•Lifter Classification Patch - \$5.00 (qtly ____)(must provide meet results) •Logo Patch - \$5.00 (qtly ____)(Shpg for patch: .50)
•Singlets - see e.store •Tanks - see e.store on website
•Caps and Beanies - \$15.00 (qtly ____)(colors: Navy)

Check/Money Order # _____

Credit Card: Visa-Mastercard-Discover Exp. Date: _____

Card # _____

Cardholder Signature: _____

All memberships expire 12 months from date of purchase.

Membership Price: \$ _____

Merchandise Total: \$ _____

Merchandise Shipping: \$5.85

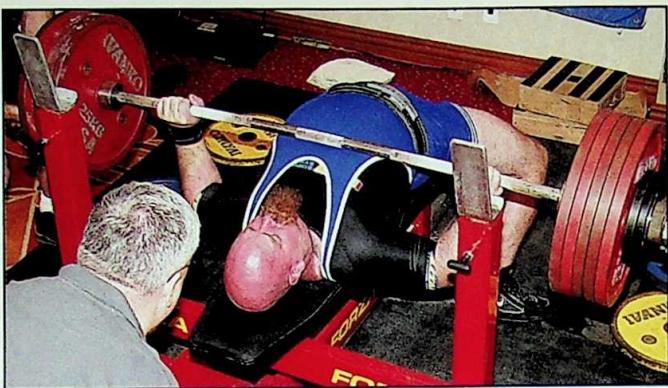
Total Purchased: \$ _____

(White Original - National Office • Yellow - Seller's Copy • Pink - Lifter's Copy)

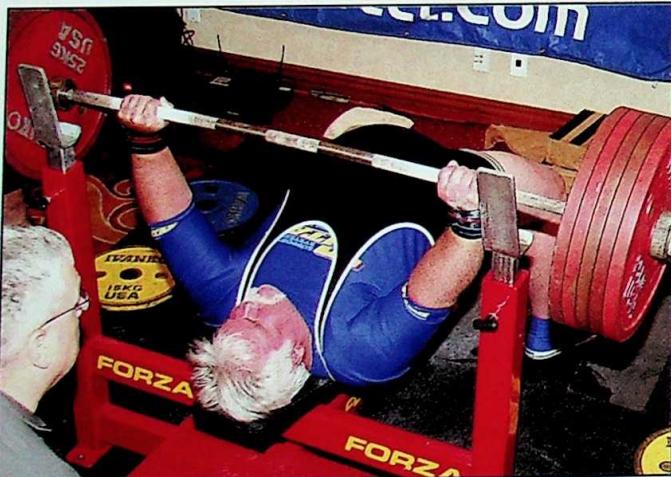
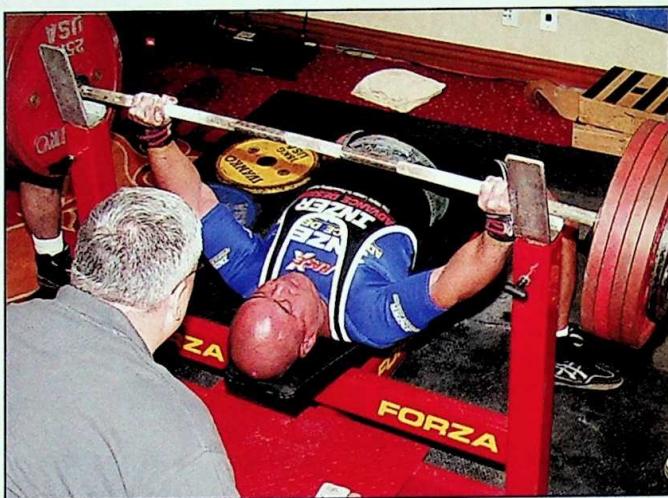


WABDL AquaVIBE Capitol City
8 JUL 06 - Rancho Cordova, CA

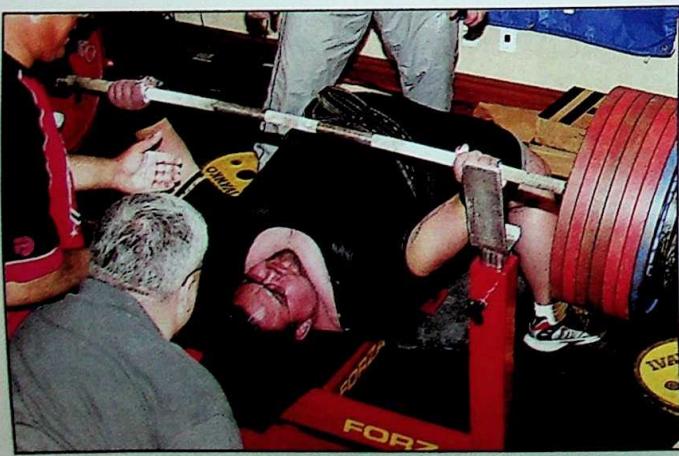
BENCH	Submaster	R. Lamont	457	P. Cannizzaro	413
FEMALE	132 lbs.	Elite Open	220 lbs.	J. Laija	—
Junior	M. Nunes	115	165 lbs.	M. Ludovico	551
132 lbs.	165 lbs.	308 lbs.	E. Barnes	534	
E. Ansberry	154	D. McCollum	225	S. Wong	—
148 lbs.	4th-231*	D. Spencer	121	M. Womack	855
K. Girard	203	T. Riley	242*	Junior (20-25)	—
181 lbs.	198 lbs.	Teen (14-15)	165 lbs.	D. Dorado	—
L. Vaterlaus	—	C. Matulia	209*	132 lbs.	242 lbs.
Law/Fire	UL	148 lbs.	4th-347*	J. Hunter	640
Submaster	T. Riley	242*	SHW	132 lbs.	4th-667!*
165 lbs.	Teen (14-15)	M. Lauricella	281	R. Bradshaw	705
D. McCollum	225	165 lbs.	148 lbs.	R. Lamont	457
4th-231*	181 lbs.	198 lbs.	Teen (12-13)	Teen (12-13)	—
Master (40-46)	105 lbs.	B. Braguine	192*	V. Karpenko	451
132 lbs.	181 lbs.	Teen (16-19)	220 lbs.	148 lbs.	—
D. Brown	170	J. Watt	127*	M. Minahan	352
148 lbs.	MALE	242 lbs.	J. Laija	305!*	
S. Maher	—	D. Reeves	425*	123 lbs.	Teen (16-19)
J. Jazique	132	308 lbs.	J. Minahan III	203	
181 lbs.	Class I	M. Womack	855!*	305!*	Teen (16-19)
A. Sozzi	236	Open	4th-209*	242 lbs.	Teen (16-19)
J. Hase	203	132 lbs.	V. Tovar	413*	
UL	181 lbs.	C. Bareng	297*	Law/Fire	—
C. Ugarte	210*	148 lbs.	Master (40-47)	220 lbs.	—
Master (47-53)	148 lbs.	J. Arnold	314	T. Ornduff	418
198 lbs.	F. Salinas	198 lbs.	242 lbs.	242 lbs.	—
P. Presley	143	D. Ornduff	418	J. Woods	491
UL	A. Jauregui	242 lbs.	G. Gibson	485	
S. Vaterlaus	231	242 lbs.	A. Clayton	451	
Master (54-60)	391	242 lbs.	275 lbs.	275 lbs.	—
97 lbs.	J. Perez	259 lbs.	D. Freeland	—	Master (48-55)
S. Abblett	82!*	259 lbs.	J. Hunter	640	
148 lbs.	R. Pichardo	259 lbs.	4th-667!*	259 lbs.	—
S. Bax	99	J. Crow	462	M. Burruel	369*
4th-100*	G. Stevens	J. Guadern	440*	A. Clayton	385
H. James	55	G. Stevens	407	308 lbs.	B. Sabin
Open	259 lbs.	SHW	407	308 lbs.	529
10 lbs.	J. Turanski	R. Bradshaw	705	4th-574!*	4th-574!*
D. Brown	—	Special Olympian	705	220 lbs.	220 lbs.
UL	B. Cikana	SHW	705	M. Johnson	514*
T. Riley	242*	148 lbs.	514*	J. Shapiro	286*
Special Olympian	B. Alex	148 lbs.	Law/Fire	Submaster	Submaster
165 lbs.	J. Barnard	165 lbs.	Submaster	259 lbs.	259 lbs.
H. James	93*	SHW	502!*	J. Tolle	525*
	L. Scott	181 lbs.	Master (40-46)		



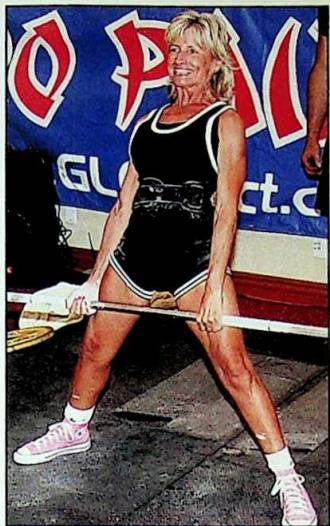
James Hunter (above) and Michael Hara (below) CSS Photo Design



Mike Womack (below) and John Minahan (above) in Sacramento



198 lbs.	198 lbs.	Special Olympian	Master (47-53)
B. Cavanaugh	—	D. Lovas	225
220 lbs.	220 lbs.	H. James	154*
D. Peterson	—	J. Ketchersid	231
F. Dena III	446	242 lbs.	Submaster
M. Healy	330	259 lbs.	165 lbs.
242 lbs.	242 lbs.	B. Hekl	352
R. Exum	407	Master (75-79)	Class I
259 lbs.	165 lbs.	165 lbs.	181 lbs.
D. English	512	R. Fornachon	192
M. Vasquez	435	198 lbs.	181 lbs.
A. Clayton	385	220 lbs.	181 lbs.
308 lbs.	209	E. Miranda	259 lbs.
J. Barnard	479	259 lbs.	A. Pinna
Master (47-53)	225*	J. Weiss	523
M. Rihaly	225*	DEADLIFT	G. Watson
148 lbs.	FEMALE	165 lbs.	501
T. Rivera	—	165 lbs.	P. DaSilva
T. Janoff	358	165 lbs.	501
181 lbs.	K. Girard	165 lbs.	H. Shivaie
148 lbs.	330	242 lbs.	363*
J. Woods	491!*	4th-363*	132 lbs.
G. Alves	418	Master (40-46)	220 lbs.
259 lbs.	105 lbs.	105 lbs.	P. Murphy
J. Masten	490	D. Brown	523
308 lbs.	148 lbs.	264	C. Ferris
B. Sain	529	148 lbs.	413
4th-574!*	4th-363*	242 lbs.	T. Wright
SHW	181 lbs.	242 lbs.	391
J. Minahan	606!*	181 lbs.	R. Fornachon
Master (54-60)	Master (47-53)	181 lbs.	192
132 lbs.	UL	220 lbs.	220 lbs.
H. Shivaie	176*	181 lbs.	220 lbs.
165 lbs.	Master (54-60)	181 lbs.	220 lbs.
D. Cain	270*	181 lbs.	J. Weiss
181 lbs.	S. Abblett	181 lbs.	220 lbs.
E. Ansberry	330	148 lbs.	Open
220 lbs.	4th-196!*	181 lbs.	181 lbs.
L. Orlando	391	S. Bax	181 lbs.
242 lbs.	4th-190*	148 lbs.	A. Pina
D. Marbga	424	165 lbs.	523
165 lbs.	M. Evans	165 lbs.	523
T. Enish	231	181 lbs.	P. Puranski
181 lbs.	J. Petray	181 lbs.	600*
M. Miniella	325	286!*	148 lbs.
4th-330*	Open	286!*	148 lbs.
259 lbs.	132 lbs.	286!*	C. Cikana
M. Bonifield	347	259 lbs.	286!
Master (68-74)	165 lbs.	259 lbs.	4th-308!*
	165 lbs.	259 lbs.	Teen (16-19)
	303	303	165 lbs.
	303	303	165 lbs.
	303	303	165 lbs.



Sherry Abblett pulled up a record.

D. Narigi	J. Poma	402
518*	220 lbs.	
W. Michael	S. Randhawa	402
181 lbs.		

*=State Records. I=World Records. This event was held at the Marriott Hotel. There were 137 lifters competing. The meet ran smooth and fast. It started at 8:30AM and was done at 7:20PM, with 13 flights in all. In the deadlift, world records were set by Manny Burruel with 623.8 in Law/Fire Master 48-55/259, James Butler in Master 80-84/148 with 139.9, Sherry Abblett jerked up 196 at Master 54-60/97, Judith Petray, an attorney, hauled in 286.5 in Master 61-67/18, Zach Hampel pulled 225.7 in Teen 12-13/114, and

Cameron Cianz pulled an impressive 308.5 in 12-13/148. Notable state records were set by Al Tortorelli with 622.7 in Class I/198, J.P. Jutanski elevated 600.7 in Class I/259, Jerry Wood passed a drug test and powerfully a huge 706.3 in Master 40-46/275, Jody Woods passed a drug test and was huge with 655.7 in Master 47-53/198, and Homi Shivaia pulled a fine 363.7 in Master 54-60/132, and all of them were California state records. In the bench press, world records were set by Michael Hara, who was out of this world with 556.5 at Elite Open 165 and passed his second drug test in WABDL, Michael Womack put up a huge 855.3 in Junior and Elite Open 308 and passed the drug test for the third time. He was wearing a single ply shirt and had a perfect lockout, which a lot of big lifters don't have. Of all of the big lifters, he may be the best in a single ply shirt. Other world records in the bench were set by Jaime Tovar, Law/Fire Master 40-47/275, who slammed 584, his sixth world record in the last three years. Bruce Sabin put up a world record 574.1 in Law/Fire Master 48-55/308. Bruce has increased his bench by 100 lbs. in a year. The reason WABDL doesn't approve the double ply Rage, Rage X, Fury, or F6, is that those shirts are outperforming double denims and other double polyesters by 60 to 100 lbs., and in some cases 200 lbs. But some people still like their double denims and double polyesters. Moving on to other world records in the bench, Jody Woods put up a perfect 491.6 in Master 47-53/198. Bruce Sabin added to his Law/Fire world records with a Master 47-53/308 world record 574.1 and Bruce's training partner, Big John Minahan set his ninth world record in three years with a big 606 in Master 47-53/SHW. Still more world records were set by James Hunter in Open 259 and Submaster 259, with a nice 667.8, and Adolfo Davila put up a big 502.6 world record in Submaster 165. In Teen 14-15/148, Juan "John John" Lajaja, trained by his

father, set a world record 305.2. Sherry Abblett set the only world record in the bench press for women with 82.5 in Master 54-60/97 lbs. Notable state records in the bench press, all of them California records, were set by Danielle McCollum in Submaster 165 with 231.2, Viktor Tovar 413.2 in Teen 16-19/242, Carla Ugarte in Master 40-46/198+ with 210.7, Tina Riley in Open women 198+ with 242.5, and Mike Ludovico didn't set a state record, but he did put up 551 in Submaster 220, which tied his state record. I think Mike will get 600 in the near future in spite of his busy schedule as a chiropractor. Michael Minnetto set a nice 330.5 Nevada record in Master 61-67/181 and Dennis Cain put up a 270 Nevada state record in Master 54-60/165. The MCs were Gus Rethwisch and Lorraine Woods. The weigh-in supervisor was Gary Thomas. On the computer was Elmo Thomas. The judges were Terry Luehrs, Ken Anderson, Scott Cartwright, Dave Freeland, and Jody Woods. The platform manager was James Partch. Warm-up weights were provided by Gold's Gym as were the warm-up benches and warm-up weights. Dave Freeland transported the warm-up benches and weights. Mike Moore supplied a warm-up bench. The platform bench was provided by Forza, and the platform competition weights were provided by Ivanko. A special thanks to Armand Delgado of Gold's Gym, in Rancho Cordova. The sponsors were Aquavibe bottled water, Chris Winters, and Georgia Williams, House of Pain with Rick Brewer, Shawn Madero of GLC Direct - the official joint product of WABDL, Brent Mikesell of Iron Gladiator, Neal Spruce and Odd Haugen of Apex Fitness Group - the makers of a tremendous effective creatine with glutamine in the same pill, Pete Alaniz and Ken Anderson of Titan Support Systems, Gus Samuelson and Mike Rockoff of Universal Nutrition, Chet Groskreutz of Ivanko Barbell, Dave Tate and Jim Wen-

dler of Elite Fitness Systems, Keith Lemm of CSS Photo, Mike Lambert of Powerlifting USA magazine - who gives WABDL great coverage, Karl Tyler of Karl Tyler Chevrolet, and Giorgio Usai and Giorgio Usai Jr. of Forza Strength Systems. Jim Presley set up and presented trophies. Peach Presley, Betty Presley, and Teresa Rethwisch sold tickets at the door. And, a special thanks go to Jim and Peach Presley, who allow me to stay in their home when I'm in the Sacramento area. (Thanks to Gus Rethwisch for the results)

APA Magnolia State Open 5 AUG 06 - Amory, MS

BENCH		Master (40-49)	
MALE	S. Self	—	
148 lbs.	CURL	MALE	
Teen (18-19)	260	148 lbs.	
S. Harman		Master (50-59)	
165 lbs.		R. Blaumuller 105	
Teen (18-19)	315	220 lbs.	
D. Prestaj		Master (40-49)	
220 lbs.	S. Self	150	
MALE	BP	DL	TOT
105 lbs.			
Teen (13-15)	100	205	305
K. Stephens			
148 lbs.	SQ		
Teen (16-17)	525	570	1095
C. Cantrell			
275 lbs.			
Open/DT			
J. Gousett			
MALE	525	570	1095
148 lbs.			
Junior			
J. Morrow	560	370*	545
220 lbs.			
Submaster			
T. Kitchens	560	330	550
242 lbs.			
Open/DT			
J. Smith	625	455	675
			1755

(Thanks to Scott Taylor for these results)

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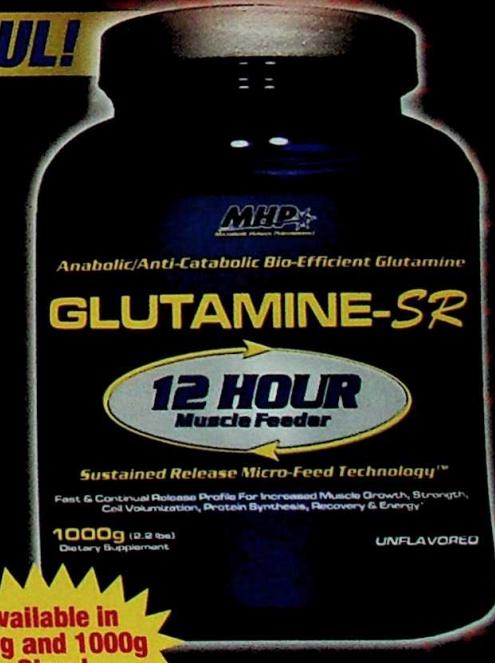
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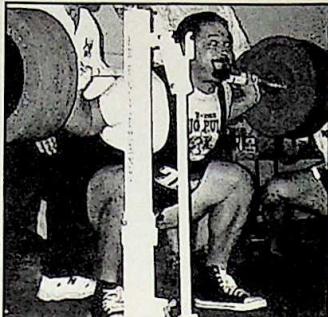
ADAU Powerlifting Contest
26 AUG 06 - Hagerstown, MD

BENCH	Masters (40-44)	Submaster (35-39)	M. Stocks	140	126*	205	471
FEMALE	J. Shifflett	SHY	4th - 130*				
132 lbs.	Open						
Masters (50-54)	A. Barrett	J. Krantz	185	120	135	440	
T. Wiles	70*	MALE					
4th-75*	R. Dalhamer	181 lbs.					
SHY	4th-265*	R. Patterson	260	210	400	870	
Open	242 lbs.	Masters (45-49)	260	210	400	870	
J. Krantz	120	D. Reeder	405				
MALE	275 lbs.	Masters (60-64)					
77 lbs.	275 lbs.	D. Junkins	290	225	400	915	
Youth (8-9)	Masters (40-44)	H. Henry	400				
A. Barrett	55	J. Savage	475	365	605	1445	
4th-60*	319 lbs.	Submaster (35-39)					
198 lbs.	Junior (20-23)	J. Savage	475	365	605	1445	
Masters (45-49)	Z. Spidel	Open					
D. Jackson	365	R. Massey	500	370	550	1420	
220 lbs.	Open	A. Sciaro	505	325	565	1395	
D. Corrigan	435	D. Thompson	330	250	520	1100	
FEMALE	SQ BP DL TOT	Master (45-49)					
114 lbs.		D. Jackson	305	365	410	1000	
Teen (14-15)		D. Thompson	285	245	410	940	
N. Kinard	135	Master (55-59)					
148 lbs.	75	A. Barrett	355	355	390	1100	
Masters (40-44)	210	C. Anglin	350	230	435	1015	
R. Douglas	225						
Masters (50-54)	125						
K. McGee	50*						
181 lbs.	75*						
	170*						
	295*						

242 lbs.	Open	M. Eaton	570	380	630	1580
	L. Harman	505	355*	600	1460*	
	K. Mellott	250	210	330	790	
	Teen (16-17)					
	L. Harman	505	355*	600	1460*	
	S. Falance	330	250	420	1000	
	Master (55-59)					
	K. Mellott	250	210	330	790	
	319 lbs.					
	Open	D. Corrigan	670	435	700	1805

*=American Records. This was a small meet but fun. I wanted to thank all those who made this meet a success. John Polak is a good friend of mine, fellow power lifter and equipment manufacturer. He helped me set-up and break down for the meet. His equipment can be viewed at www.polakmade.com and he makes high quality bench's, squat racks, etc. He puts a lot of time into the making of the equipment so that it is up to powerlifting and competition standards, plus his prices are much lower than the competition. Without John there helping me, I would have never been able to run a successful meet. Cindy Bitner was invaluable. She did everything, from getting drinks and food for all of the guys and gals helping at the meet, watching the door for me, keeping me organized, and helping run the table. I could not run a meet without her by my side. Allen Siegel (President of the ADAU and powerlifting legend) and Brenda Siegel were there to judge and run the table. These two are constant supporters of RAW lifting, and have never missed one of my meets. I truly enjoy their company and can only hope that I can represent the ADAU in a way that makes them both proud. Joe Orengea was there from Erie Pennsylvania and helped judge, set up, and keep things flowing and organized as only he can. Joe is one of the premier RAW powerlifters actively competing today, and it is always a blessing to have him there. His help is greatly appreciated. Nick Theodora showed up to help judge, give drug tests, and lend his support. Nick is another one of the greats when it comes to RAW lifting and it was an honor having him at the meet. Nick is one of the leading scientists in his field and a constant source of knowledge when it comes to nutritional products. Jim Bardsley helped save the day by stepping in and helping with the spot loading for me when someone else couldn't be there. Jim has always been there, lending equipment, helping me set up, generally doing whatever is necessary to make the meet run smoothly. Matt is by far the greatest spot loader any meet director could ask for. He brings an energy and enthusiasm to the meet, and everyone is always trying, and trying is the key word, to keep up with him in the loading of the bar.

Finally I would like to thank the UAW Hall on Maugans Avenue for letting me hold my meets there. The room is large and open, and I believe one of the better meet sites out there. There were some great lifts attempted and made at this meet. Dan Corrigan is only a meet or two away from hitting 2000 lbs. RAW. "Captain" Kirk Karwoski showed up to lend his support to Dan and Ryan. What a nice guy. When I first met Kirk about a year ago, I was understandably intimidated by him and his larger than life history, but he is a down to earth guy and truly a great Representative for the sport. James Savage and Layton Harmon came all the way from Hughesville, PA and put up some great numbers. Anthony Sciaro came from New York to compete, and after only a year and a half of training was quite impressive. Doc Junkins brought the only team to the meet. Some of his lifters were, Kathy McGee who missed both her first and second attempts in the squat, dug deep and pulled out her third to stay in the meet. All of her lifts were American Records. Teresa Wiles set an American Record in the bench. Robert Dalhamer also set an American Record in the bench, Dave Reeder pushed up an impressive 405 to win his weight class, and the ever smiling Melody Stocks also set an American Record in the bench. Doc has always been a big supporter of mine, and his lifters worked hard to represent the team. Thanks Doc. Marty ("Captain" Kirk's long time trainer) brought a group of people who did very well. Thank you Marty for all of the support you have given to me. Marty and Kirk will be giving a seminar in the Hagerstown area on all three lifts October. Contact me; Kevin Prosser for details. It will be worth the money, trust me. Michael Eaton put up some big numbers at this meet to win his weight class. I would be remiss if I did not mention Natalie Kinard. Natalie has competed in all of my meets so far as has some really impressive lifts. She usually sets American Records each time she competes. Thanks Natalie and the Kinard family for the support. Everyone did well, and I can only hope that my next meet is as successful. Thanks Mike Lambert. Call me if you have any problems with anything that I have written. I will be sending two pictures to you. One is Dan Corrigan squatting 670lbs. and the other is Doc Junkins team. (Thanks to Kevin Prosser, Meet Director, for providing the results)



Dan Corrigan squatted 670 at the Hagerstown, MD ADAU meet



The Doc Junkins Team who competed at Kevin Prosser's ADAU meet on August 26th. (photographs courtesy of K. Prosser)

REFEREE STATUS:

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State Referee _____

Club No.

Club Name:

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---------------	-----	---	------------------	------------------------

First Name _____ Middle Name _____ Last Name _____

Address _____

City _____ State _____ Zip Code _____

E-mail _____

Phone (With Area Code) _____

I agree to submit to any drug testing procedure, either in meet, or out of meet without any prior notice, deemed appropriate by the A.D.A.U. rule book.

NOTE: Parent/Guardian signature required if member under 18 years old.

Member's Signature _____

Parent/Guardian Signature _____

For more information, contact:

Alan Siegel, President, CFO
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Phone or Fax: 814-768-9400

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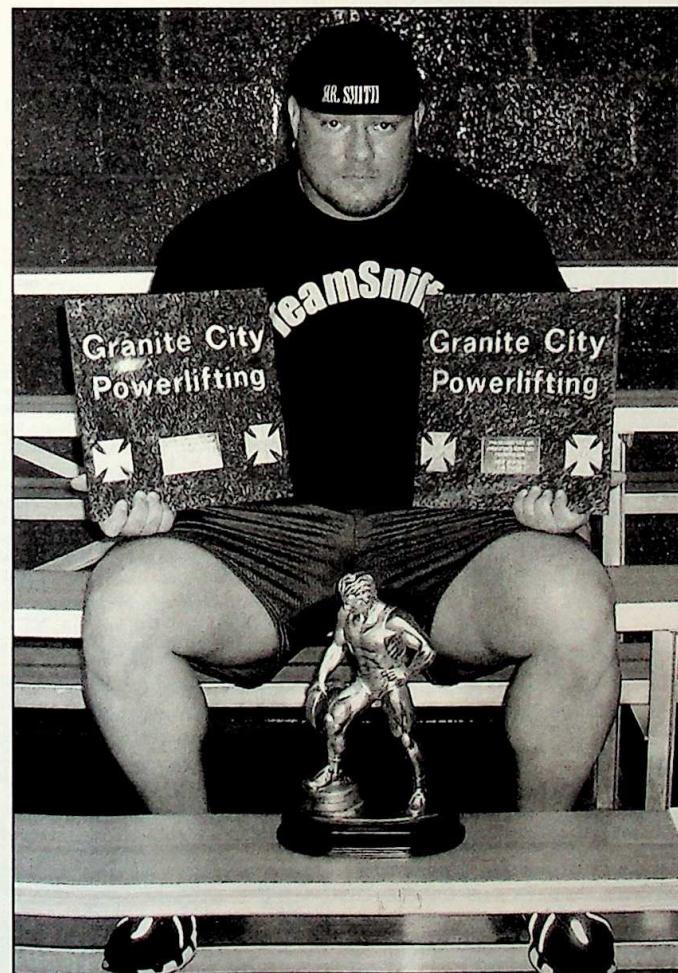
APA Indiana Open

19 AUG 06 - Greenwood, IN

BENCH	242 lbs.
MALE	J. Moore
Junior	Open
132 lbs.	242 lbs.
T. Haag	220
181 lbs.	L. Fisher
J. Morton	330
Master	SHW
J. Dellaquila	315
DEADLIFT	
MALE	
Novice	
Bench Press Best Lifter:	James Morton.
Deadlift Best Lifter:	Bruce Myers.
(Thanks to Scott Taylor for providing the results)	

APF Granite City Barbell
1 APR 06 - Mt. Airy, NC

FEMALE		Teen	BENCH	275 lbs.
148 lbs.	K. Hogg	365	FEMALE	Master V
Open	275 lbs.		114 lbs.	R. Geller
H. Johnson	230	Open	Submaster Pure	501
S. Zing	160	J. Smith	H. Patel	214
MALE	C. Rabon	700	J. Lynn III	463
165 lbs.	640	123 lbs.	PS BENCH	
Open	Master I	123 lbs.	Master II	
D. McClure	300	C. Rabon	Master I	165 lbs.
198 lbs.	Submaster	640	K. Hughes	203
Open	R. Coates	530	Master Pure	Master I
B. Williams	610	K. Hughes	203	K. Kaiser
220 lbs.		148 lbs.	CURL	264
Open		Master I	MALE	
M. Holbrook	600	D. Glenn	165 lbs.	
G. Butia	600	Master/Pure	Master I	
FEMALE	SQ	BP	DL	TOT
114 lbs.		D. Glenn	154	
S. Couick	160	100	175	435
SHW		D. Glenn	330	181 lbs.
A. Anderson	245	160	325	730
MALE		Pure	Open	
165 lbs.	M. Ligon	375	295	440
J. Tilley	330	325	425	1110
D. McClure	365	300	390	1055
D. Inman	275	190	375	840
181 lbs.		H. Patel	214	341
B. Sprays	550	350	565	1556
G. Sesler	615	320	505	1440
198 lbs.		K. Hughes	203	314
G. Crook	775	500	615	1890
220 lbs.		Master I	518	
J. Couick	725	500	610	1835
242 lbs.		Master Pure	198 lbs.	
B. Edwards	705	550	545	1800
B. Edwards	705	550	545	1800
275 lbs.		K. Hughes	203	314
M. Prevette	800	500	630	1930
M. White	640	420	540	1600
Chris Clark was the meet director. (Thanks to Joey Smith for providing these results)		C. Clauch	104	253
		K. Kaiser	154	264
			352	771



Joe Smith got a 700 for the open 275 win, biggest bench of the meet, and Best Lifter at the APF Granite City event. (photo courtesy of Smith)

NASA Colorado Grand Nationals
12 AUG 06 - Denver, CO

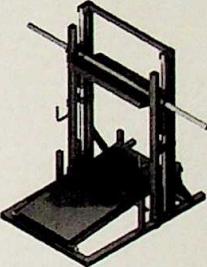
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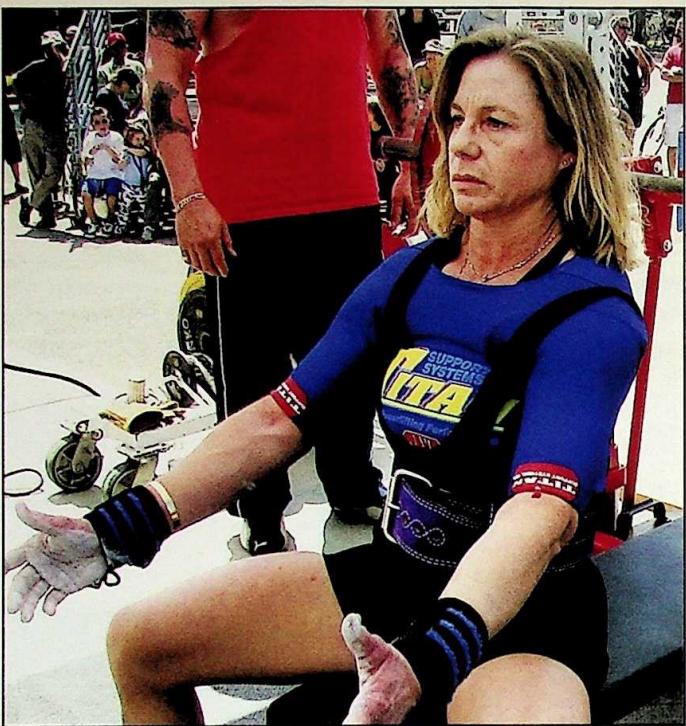
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181 lbs.		220 lbs.	
Master II		Open	
R. Aguilar	66	R. Smith	330
Submaster Pure		Novice	402
A. Harrell	165	S. Judd	733
198 lbs.		Open	
Open		D. Wagman	374
D. Wagman	159	501	1034
275 lbs.		424	953
Master III		J. Burnett	374
D. Riethmann	104	WOMEN	507
Powerlifting		132 lbs.	881
181 lbs.		Open	
Submaster Pure		H. Burke	451
D. Petterson	407	198+ lbs.	534
198 lbs.		Teen	986
Open		M. Dudley	154
B. Rowe	628	165 lbs.	337
Pure	374	Junior	429
B. Rowe	628	N. Hatch	1896
220 lbs.		181 lbs.	
Novice		Master I	
J. Sabar	303	J. Sorrell	1240
275 lbs.		220 lbs.	
Thanks to Rich Peters for these results	275	Master I	
	463	M. Ward	1962
	1041	J. Boukal	1311
		Novice	
		J. Walker	—
		Open	—
		L. Olsen	—
		Open	—
		S. Frankl	925
		N. Simon	700
		Open	694
		B. Frankl	826
		242 lbs.	2320
		242 lbs.	562
		Master I	589
		T. Hubbard	1978
		Junior	
		T. Acome	
		T. Luyando	903
		B. Carpenter	501
		D. Gross	705
		Teen	2110
		M. Sissel	881
		Deadlift	
		600	
		C. Kinsey	
		275 lbs.	
		154	
		Master I	
		L. Hemmingway	
		1642	
		595	
		578	
		468	
		198 lbs.	
		Master II	
		J. Anderson	
		Open	
		J. Grandick	
		1047	
		756	
		771	
		2575	
		J. Graafls	
		1030	
		600	
		744	
		2375	
		(Thanks to Becca Swanson for the results)	

USPF Venice Beach 9 SEP 06 - Venice Beach, CA		
BENCH	C. Sims	589
FEMALE	308 lbs.	
Junior (19-23)	D. Marr	601
123 lbs.	C. LaMantia	402
J. Holland	R. Garcia	407
Open	M. Long	352
97 lbs.	Master (50-59)	
I. Fowler	242 lbs.	
198+ lbs.	B. Evans	422
N. L'Anson	275 lbs.	
Master (40-49)	A. Aerts	451
97 lbs.	308 lbs.	
I. Fowler	385	
114 lbs.	Master (60-69)	
B. Aerts	181 lbs.	
148 lbs.	R. Lozano	363
M. Sparango	220 lbs.	
198+ lbs.	B. Bradley	308
N. L'Anson	242 lbs.	
Master (50-59)	D. Smith III	352
123 lbs.	L. Kassisir	308
S. Callahan!	Master (70-79)	
Junior (13-15)	132 lbs.	
165 lbs.	J. Andres	159
J. Iriberry	181 lbs.	
220 lbs.	R. Simon	259
K. Wilson	277	
Junior (16-18)	A. Newman	
165 lbs.	DEADLIFT	
S. Ward Jr	FEMALE	
209	Open	
220 lbs.	97 lbs.	
R.I. Ford	I. Fowler	314
Junior (19-23)	148 lbs.	
275 lbs.	K. Matthews	347
C. Collins	198+ lbs.	
Open	N. L'Anson	330
148 lbs.	Master (40-49)	
Mansourian	97 lbs.	
165 lbs.	I. Fowler	314
D. Davis	148 lbs.	
198 lbs.	M. Sparango	330
R. Ridenour	198+ lbs.	
242 lbs.	N. L'Anson	330
B. Evans	Master (50-59)	
R. Garcia	123 lbs.	
275 lbs.	S. Callahan	270
S. Hoekstra!	MALE	
A. Aerts	Open	
C. LaMantia	275 lbs.	
E. Delatorre	R. Speno	611
308 lbs.	A. Aerts	485
D. Marr	Master (40-49)	
601	242 lbs.	
Master (40-49)	C. Sims!	683



"Our Lady Misfit of Muscle" Sabra Callahan, aka "She-Hulk", got a 214 bench at the USPF Venice Beach meet on Sept. 9th, in the 50 plus 123 lb. category, with 225 missed at the top. Photograph from Clay Felton of the Misfits of Muscle Lifting Club, Bend, Oregon.

S. Matthews	446	198 lbs.	114 lbs.
308 lbs.	R. Taylor	446	A. Decker
M. Perez	518	Master (70-79)	159 88 231 479
Master (50-59)	165 lbs.	Open	97 lbs.
275 lbs.	R. Hill	424	I. Fowler
A. Aerts	485	181 lbs.	187 110 314 611
C. LaMantia	275 lbs.	123 lbs.	
E. Delatorre	R. Speno	Master (60-69)	
308 lbs.	A. Aerts	R. Simon	264 159 275 700
D. Marr	485	165 lbs.	
Master (40-49)	G. Santee	343	A. Newman
242 lbs.	479	148 lbs.	292 226 330 848
242 lbs.	FEMALE	BP DL TOT	M. Sparango 325 165 347 837
C. Sims!	683	Junior (19-23)	165 lbs.



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In recognizing the need for drug-usage detection, I agree to submit to any testing procedures deemed appropriate by the USPF or its agents and shall accept the results and consequences of such tests.

If Under 18 have Parent Initial _____

Signature _____

D. Martinez	226	143	275	644
198+ lbs.				
N. L'Anson	319	226	330	876
Master (40-49)				
97 lbs.				
I. Fowler	187	110	314	611
123 lbs.				
D. Dinger	264	159	275	700
198+ lbs.				
N. L'Anson	319	226	330	876
Master (50-59)				
148 lbs.				
K. Andrews	198	99	231	529
MALE				
Junior (19-23)				
198 lbs.				
J. Mapes	413	303	413	1129
220 lbs.				
C. Waldrum!	402	385	463	1251
308+ lbs.				
N. Wright	617	—	—	—
Open				
148 lbs.				
S. Layman!	584	391	518	1493
V. Tanabe	457	132	468	1058
165 lbs.				
I. Espinoza	501	303	435	1240
J. Lipanovich	402	314	440	1157
181 lbs.				
J. Caputo	545	330	551	1427
L. Sparango	451	369	451	1273
198 lbs.				
J. Hernandez	584	358	507	1449
C. Mangano	248	226	352	826
242 lbs.				
P. Hakola!	694	518	705	1918
R. Costa	463	468	518	1449
J. Dentice	479	380	551	1410
275 lbs.				
F. Toledoano	600	413	589	1603
R. Speno	727	—	—	—
Master (40-49)				
198 lbs.				
V. Calia	562	457	617	1636
D. Robideau	385	374	418	1179
242 lbs.				
J. Dentice	479	380	551	1410
275 lbs.				
D. Hester	424	418	490	1333
Master (50-59)				
123 lbs.				
K. Meskew	242	170	325	738
198 lbs.				
E. Lewis	440	242	424	1107
220 lbs.				
K. Croxdale!	463	341	584	1388
G. Baxter	424	330	485	1240
Master (60-69)				
165 lbs.				
G. Santee	220	187	479	887
198 lbs.				
R. Taylor	336	181	446	964
Master (70-79)				
181 lbs.				
R. Simon	275	259	314	848
!=Best lifters. Spotter Loaders: Barrett Marum, Phoenix House volunteers, and the Venice Beach Staff. Referees: Bill Ennis, International, Steve Denison, National, Victor Elliott, National, Jim Merlino, National, Gordon Santee, International, Ken Wheeler, National, Lisa Wheeler, National, Chuck LaMantia, National, and Announcer, Kevin Meskew, National, Jack Hughes, International. (Thanks to Meet Director, Steve Denison, for the results)				

Vermont State Open 29 JUL 06 - S. Burlington, VT

BENCH	Grandmaster (50-60)
FEMALE	P. Williamson 400
Open	E. Johnson 365
K. Palmozano	145
Teen	B. Miller 315
L. Bergeron	60
MALE	K. Smith 300
Teen	Grandmaster (61+)
M. Mora	330
C. Reiner	50
A. Carrillo	290
C. Fay	320
G. Graves	300
E. Valerio	200
A. Pyper	125
J. Gorham	155
M. Hernader	250
G. Longo	285
D. Mitchel	360
D. Benoit	295
S. Keller	275
M. Berby	365
J. Aikey	325
G. Longo	285

S. Carson	250	J. Miller	325
198 lbs.		242 lbs.	
C. Stone	435	D. Gregory	450
D. Mitchl	360	J. Shanks	435
T. Gilbert	350	P. Thomsen	405
S. Bergeron	315	P. Brown	385
220 lbs.		275 lbs.	
F. Perry	370	P. Murray	405
E. Johnson	365		

Best Lifter: Corey Stone. Overall Team Winner: Lyndonville Vikings Power Team, for the second year in a row. And, the North Bergen PAL Crushers, from New Jersey, were a close second, and a good teenage class. The sculptor trophies were well liked by all competitors. Thanks to Powerlifting USA for posting the results. Special thanks to all the competitors from promoter Richard Poston. Call for more info. on further contests at 802-865-3068 or 802-999-7845, or email us at: allamericanfitnessvt@yahoo.com.

Summer '06 Push Pull	
18 JUN 06 - Elkhart, IN	
BENCH	181 lbs.
FEMALE	J. Whiteman 325
165 lbs.	242 lbs.
L. Boshoven	260 D. Curry 425
MALE	275 lbs.
Teen	C. Mow 435
165 lbs.	SHW
C. Patterson	D. Sappelson —
Novice	Open
181 lbs.	198 lbs.
H. Thornhill	275 K. Warstler 500*
242 lbs.	DEADLIFT
J. Horn	380 FEMALE
Master	165 lbs.
220 lbs.	L. Boshoven 490
A. Reed	MALE
Master (45+)	Teen
220 lbs.	165 lbs.
J. Johnson	C. Patterson 450
Master (50+)	Novice
220 lbs.	181 lbs.
T. Sheehan	H. Thornhill 365
Master (55+)	242 lbs.
198 lbs.	J. Horn 460
R. Cuny	Master (50+)
275 lbs.	220 lbs.
T. Striveerson	505 T. Sheehan 545
Master (65+)	Natural
220 lbs.	165 lbs.
T. Andrews	D. Craig 400
Raw	181 lbs.
198 lbs.	J. Whiteman 440
R. Salvagni	275 lbs.
242 lbs.	C. Mow 610
L. Bontrager	Open
275 lbs.	242 lbs.
P. Adams	L. Bontrager 650
Natural	

*=Central Bench Press League Records.
Best Lifter Bench Press: Kory Warstler.
Best Lifter Deadlift: Leon Bontrager. Special thanks to: Ron Cuny, Jon G. Smoker, Brendan Yoder, Al and Rob Reed, Carol Smoker, Stephanie Gordon, and Mike Wider. Some guys go out in a big way and the Summer '06 Push/Pull Meet had 2 of those who go for broke. Even when they come up empty, leave their peers and the spectators mightily impressed. Al Reed has been that kind of guy for some time, as anything short of a pr is not good enough

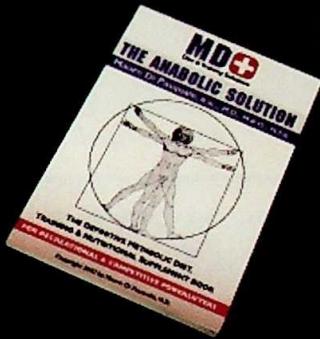


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for him. Today was no exception. On his opening attempt he went for the huge

weight of 590 at 220, a Central Bench Press League record as well as pro, and even though he couldn't quite get it together, he nor anyone watching felt they had been short changed. The same could also be said for Dain Sappelson who also went out spectacularly, even though he couldn't quite navigate 665 at SHW, the fact that he handled the weight brought a huge response from the crowd. The departure of those two splendid strength athletes left the door wide open for best lifter, and Kory Warstler walked right on through with two CBPL records, 480 and a ground breaking 500 at 198. I remember back in 1992 when Dave Harless broke the 500 barrier at 220 in a CBPL meet and everyone thought it was mind boggling. But, now it's been done in a weight class lower. Such is the march of time and progress. This was a meet filled with other highlights too. Paul Adams also cracked the 1/4 ton barrier, without a shirt no less, at 275. The crowd pleasing, phenomenal Ted Striverson got 505 in the 55 and over at 275. Dave Curry made a great comeback with 425 on his third after

missing it on his 2nd attempt at 242. Leon Bontrager got a pr raw 360 in the same weight class. At 198, Rich Salvagni got a raw pr 470; Lynne Boshoven made a great, high ranking 260 at 165. Deadlift specialist Chris Mow proved he could also bench press, getting a solid 435 at 275 on a 3 for 3 day; and an electrolyte depleted Jeff Whiteman got a pr 325 after starving himself down to the 181 lb. class again. The meet also had a sad note, the final appearance of Ron Cuny at a meet in this area, as he's moving south. Always a classy guy, willing to help out, he went out with a nice 300 at 198 in the 55 and over. There was also some great deadlifting, although Leon Bontrager made it no contest for best lifter with a 650 at 242, making him the only one to crack the top 100. Cody Patterson got a great 450 in the 165 teen division. Jeff Whiteman had enough gas left to also get a pr at 181 with 440. And soul mates, Lynne Boshoven and Tim Sheehan, also had a great day, getting 490 at 165 and 545 at 220 for the 50 and over, respectively. (Thanks to Jon Smoker for providing these results)

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**WABDL House-of-Pain Nationals
5 AUG 06 - Dallas, TX**

BENCH FEMALE	Open	M. Mauldin 485	Teen (14-15)
Master (61-67)	132 lbs.	Master (61-67)	220 lbs.
114 lbs.	148 lbs.	T. Lancaster 551	J. Triplett 501*
B. Lafferty 154	402*	Open	Teen (16-19)
4th-159!*	D. Smith 402*	220 lbs.	165 lbs.
Open	D. Vo 248	259 lbs.	K. Battey 501*
198 lbs.	181 lbs.	308 lbs.	A. Womack 363
K. Hagen 270	T. Jewett 573*	J. Hudson 650	198 lbs.
Teen (914-15)	J. Ojeda 380	Special Olympian	R. Byrd 562
114 lbs.	C. Washburn —	198 lbs.	D. Calvo 578
A. Harris 143!	—	M. Barman 214	
199+ lbs.	I. Ramsey —	4th-231*	
K. Sons 236*	242 lbs.		
Teen (16-19)	C. Matthews 611		
148 lbs.	259 lbs.		
S. Ange 93*	B. Bell —		
181 lbs.	J. Laskowski 700*		
C. Gathright 236!	E. Wright 644		
MALE	308 lbs.		
Class I	F. Alexander 501		
181 lbs.	Special Olympian		
J. Ojeda 380	M. Barman 132*		
C. Rayner 407*	Submaster (33-39)		
G. Tedder 352			
198 lbs.			
K. Sawyer 374	D. Smith 402*		
220 lbs.	308 lbs.		
T. Emelander 402	T. Meeker —		
D. Kroesch 469*	J. Sayre —		
275 lbs.	Teen (14-15)		
K. Scroggins 479	97 lbs.		
4th-490*	J. Linden 148*		
Elite Open	220 lbs.		
308 lbs.	J. Triplett 303*		
T. Meeker —			
M. Womack 848			
Junior (20-25)	132 lbs.		
181 lbs.	M. DeLaCruz 271*		
T. Jewett 573!	165 lbs.		
K. Batey 264			
220 lbs.	H. Torres 303		
T. Emelander 402	A. Womack 225		
259 lbs.	181 lbs.		
C. Dunkel 440*	C. Rayner 407*		
308 lbs.	220 lbs.		
J. Nindorf 551	D. Calvo 418		
J. Quickle —	DEADLIFT		
Junior (20-25)	FEMALE		
308 lbs.	Junior		
M. Womack 848	132 lbs.		
Law/Fire	S. Womack 132		
Open	Master (61-67)		
198 lbs.	114 lbs.		
D. Bickerstaff 391	B. Lafferty 192		
220 lbs.	4th-203!*		
B. Stone 391	Teen (14-15)		
Master (40-46)	114 lbs.		
181 lbs.	A. Harris 250!*		
Radmilovich 275	199+ lbs.		
220 lbs.	K. Sons 319*		
D. Kroesch 469	Teen (16-19)		
I. Ramsey —	148 lbs.		
242 lbs.	S. Ange 187		
E. Wilkinson —	MALE		
259 lbs.	Class I		
G. Gulseth 523*	198 lbs.		
J. Laskowski 700!	D. Bickerstaff 551		
P. Parnell 622*	242 lbs.		
T. Putnam 225	A. Hodge 628*		
275 lbs.	259 lbs.		
E. Doublin 573	J. Dunn 617		
308 lbs.	275 lbs.		
D. Cartsinger 385	K. Scroggins 666		
S. Mata 501	4th-677*		
309+ lbs.	Junior (20-25)		
M. Hamby —	132 lbs.		
Master (47-53)	165 lbs.		
165 lbs.	J. Scruggs 518*		
M. Detlman 286	L. McMasters 551*		
M. Mosley 275	259 lbs.		
220 lbs.	C. Dunkel 551*		
T. Leach 275	Law/Fire		
T. Luce 385	Open		
B. Welker 309+	198 lbs.		
P. Lattanzi —	D. Bickerstaff 551		
Master (54-60)	Law/Fire		
148 lbs.	Submaster		
K. Cook 148*	220 lbs.		
181 lbs.	B. Stone 512		
R. Jones 303	Master (40-46)		
Master (61-67)	148 lbs.		
220 lbs.	T. Eggers 545*		
T. Lancaster 402	308 lbs.		
275 lbs.	J. Hudson 650*		
J. Duckett 380*	Master (47-53)		
Master (68-74)	165 lbs.		
220 lbs.	M. Mosley 424		
B. Bassman 380	Master (54-60)		
	181 lbs.		

M. Mauldin 485
Master (61-67)
220 lbs.
T. Lancaster 551
Open
259 lbs.
T. Putman 639*
308 lbs.
J. Hudson 650
Special Olympian
198 lbs.
M. Barman 214
4th-231*
*=State Records. !=World Records. This was a showdown between Tiny Meeker and Michael Womack, and Michael Womack won \$48 to a bomb! Tiny opened with 909 and was close the first time. He had trouble touching, so to get a longer than anticipated pause because the bar was grazing the bench shirt and not really touching. I wasn't the head judge, but I was right off the head judge's shoulder. Michael Womack opened more sensibly with 799, and then jumped to 848, which was picture perfect. Then we went to 881 and was 2/3 of the way up. The amazing thing about Womack is that he drove to



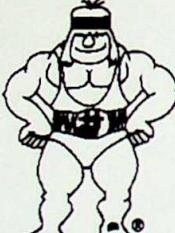
Amanda Harris pulling in Dallas



Betty Lafferty BPed 159 @ 61-67

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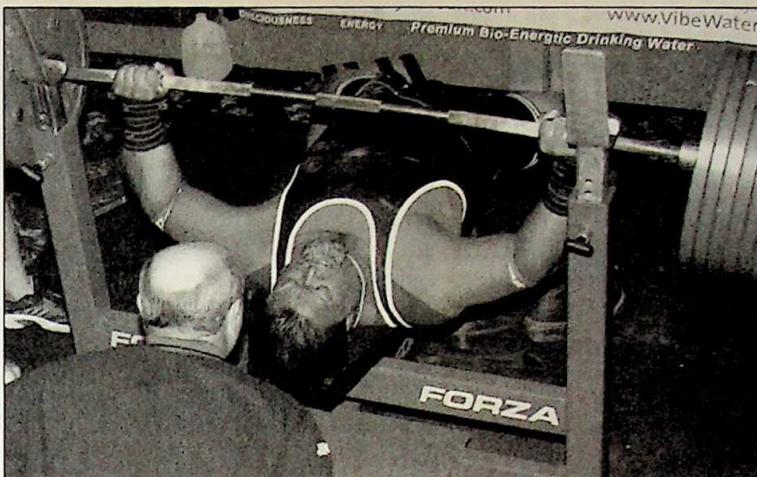
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Mesa, Arizona, on May 19. He left Modesto, California, at 3:30PM and arrived in Mesa at 5:00AM on May 20th, which was meet day. He woke up at 10:30AM and benched a 832 Junior world record at 11:30AM. On July 8, in Sacramento, he benched 855 at 308. On July 4th, he drove to Portland from Modesto, about 720 miles and benched 871.6 at super, and on July 15 he drove to Dallas from Modesto and benches 148. Two world records were set at this meet, which were notable. Trey Jewett, age 20, opened with 551 in Elite Open/181 and absolutely smoked it. The Elite Open world record was 532.5 by Tolan Furusho, and it was not broken, but destroyed. Then, Trey Jewett went to



Jason Laskowski BPed 700.8 @ 40-46/259. (All photos by CSS Photo Design)

573 and put that up with ease and then he tried 600.7 at 181 and was more than half way up. One of the best benching performances I ever witnessed. Then he passed the drug test. The other record was set by Jason Laskowski, who smoked 700.8 for world records in the Master 40-46 and Open 259 lbs., and came very close with 722. Other world records set in the bench press were set by Betty Lafferty in Master 61-67/114, who pushed 159.7. Betty was displaced from her home in Gulf Shores, Alabama, twice due to hurricanes in 2005 and still kept training and went to the world's and won a world championship. James Linden of Pennsylvania, set a world record bench 148.7 in Teen 14-15/97. Amanda Harris, who weighed 111.8, set a world record bench in Teen 14-15/114, with 143.2, and Courtney Gathright set a world record bench in Teen 16-19/181 with 236.7. notable Texas state records in the bench were set by Dan Kroesch, Class I/220 with 469.3, Patrick Parnell, Master 40-46/259, David R. Smith slammed a Texas record 402 at 148 and submaster 148 lbs. Matt De La Cruz put up 271.1 in Teen 16-19/132 and Katie Jons was quite impressive with 236.7 in Teen 14-15/198+. Ken Scroggins set an Arkansas record in Class I/275 with 490.5.. Oklahoma records were set by Jesse Triplett in Teen 14-15/220 with 303, Chris Raynor set two records in Class I and Teen 16-19/181 with 407.7. The venerable Jimmy Duckett continued to defy father time with 380.2 in Master 61-67/275. Gary Gulseth benched 523.5 for a Wisconsin record in Master 40-46/259. World records in the deadlift were set by Betty Lafferty in Master 61-67/114 with a haul of 203.7, Jessie Triplett of Oklahoma pulled an incredible 501.5 in Teen 14-15/220, and Amanda Harris pulled 250.2 in Teen 14-15/114, weighing 111.8. Notable state records were set by Todd Eggers, who set a Kansas record 545.5 in Master 40-46/148, which was only six pounds shy of JD Carr's world record. Ken Scroggins set an Arkansas record 677.7 in Class I/275, and Jeremy Scruggs was incredible with 518 in Junior 132. John Hudson, the PhD candidate from the U of Illinois, set an Illinois record 650.2 in Master 40-46/308. Kevin Battey pulled a very credible 5010.5 in Texas Teen 16-19/165, and Terry Putnam ripped up an Oklahoma record 639.2 in Open 259. I want to thank Brian and Denise Welker for helping with trophies and setting tickets. Jamie Mauldin did an excellent job of score keeping and presenting trophies. The judges were Steve Hoffer, Ken Anderson, Jason Jackson, and Brian Welk. The warm-up weights were provided by MAC Barbell and Keith Allen, as well as warm-up benches. Tiny Meeker and his crew helped load equipment back into my truck. And, I want to thank the House of Pain crew for bringing the Ivanko kilo set to meets in Arkansas, Oklahoma, and Texas, and for storing the kilo set. (report courtesy Gus Rethwisch)

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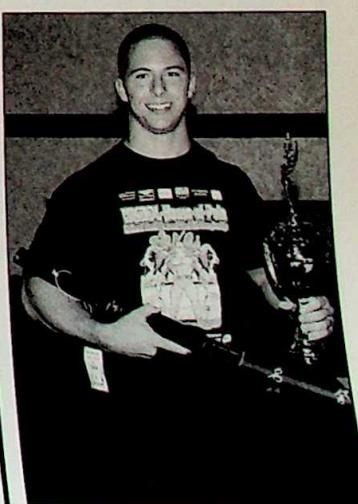
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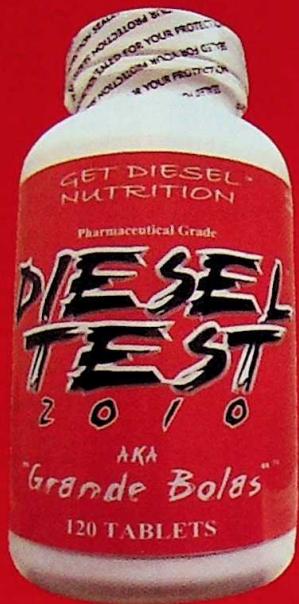
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Trey Jewett a 573 BP at 181/20!

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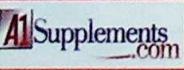
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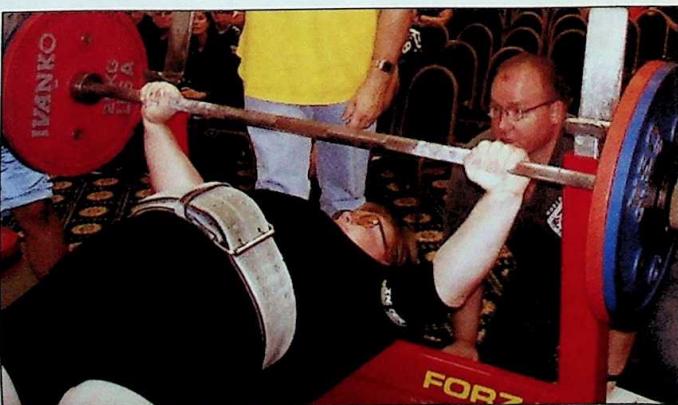
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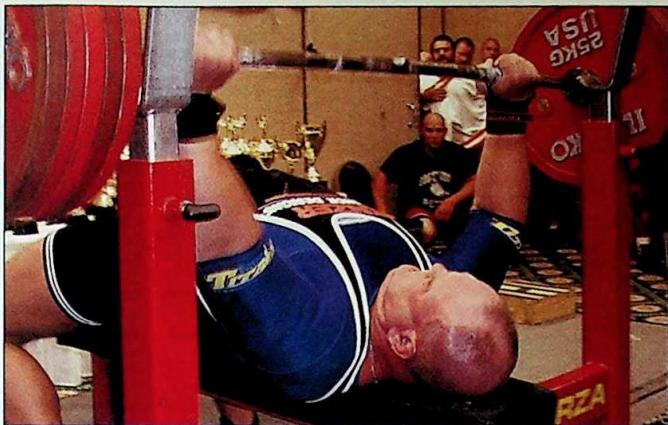
**WABDL Great Lakes Regional
22 JUL 06 - Lansing, MI**

BENCH	220 lbs.	T. Munoz	380	165 lbs.
FEMALE	S. Swingle	J. Pfeiffer	303	Montgomery 468
Master (40-46)	242 lbs.	Junior (20-25)	D. Johnson	181 lbs.
UL	McLaughlin	198 lbs.	573*	573*
C. Muessman	231	M. Carlin	512*	Master (68-74)
4th-236*	259 lbs.	S. McShane	551	132 lbs.
Master (47-53)	R. L'Huillier	S. Smith	512*	S. Smith 225
148 lbs.	409*	J. Lickfelt	501	4th-231*
K. Waugh	192	259 lbs.	Open	
4th-198*	A. Bates	R. Chmura	589*	181 lbs.
Master (54-60)	242 lbs.	Master 940-46	D. Johnson	573*
UL	G. Fay	181 lbs.	J. Mumaw	523
4th-325*	314	J. Mumaw	523*	220 lbs.
C. Regan	264*	C. Herrick	677	
Open	Master (61-67)	J. Pfeiffer	303	M. Woody 705*
UL	242 lbs.	220 lbs.	275 lbs.	
C. Muessman	231	W. Bidinotto	402	J. Robinson 728*
4th-236*	132 lbs.	Class I	308 lbs.	
Teen (14-15)	S. Smith	C. Venturella	363	T. Crampton 418*
123 lbs.	159*	L. Musinski	363	Master 947-53
S. O'Brien	275 lbs.	W. Stirling	330	Submaster (33-39)
111*	R. Soffredine	220 lbs.	165 lbs.	
UL	446*	200 lbs.	220 lbs.	
S. Baty	165*	Open	259 lbs.	
MALE	148 lbs.	S. Goss	451	J. Swirle 540*
Class I	C. Venturella	259 lbs.	M. Woody	705
198 lbs.	165 lbs.	G. Rapp	429*	308 lbs.
W. Stirling	165	Disabled	Master (54-60)	D. Forstner 705
220 lbs.	L. Musinski	259 lbs.	165 lbs.	
C. Herrick	363	M. Keyser	—	Teen (12-13)
259 lbs.	M. Travis	259 lbs.	G. Kleyn	165 lbs.
J. Pfeiffer	402	R. Chmura	523	Master (61-67)
292	259 lbs.	D. Ewen	380*	D. Pfeiffer 187
259 lbs.	R. Chmura	M. Zingaro	606*	4th-200*
Disabled	523	Disabled	275 lbs.	
165 lbs.	T. Gibson	165 lbs.	165 lbs.	
S. Baker	667*	S. Baker	115	
Junior (20-25)	M. Newman	115	165 lbs.	
148 lbs.	308 lbs.	D. Forstner	540	
D. Santarone	181 lbs.	D. Forstner	540	
347*	181 lbs.	Submaster	347*	
198 lbs.	181 lbs.	Law/Fire	347*	
M. Carlin	396*	J. Brydon	391	
396*	220 lbs.	T. Russo	385*	
S. McShane	220 lbs.	R. Chmura	—	
380	220 lbs.	M. Keyser	—	
259 lbs.	220 lbs.	P. Morris	402	
R. Chmura	—	J. Swirle	453	
Law/Fire	—	181 lbs.	4th-462*	
Submaster	—	M. Ryan	391	
259 lbs.	—	4th-402*	402	
M. Zingaro	181 lbs.	J. Brydon	391	
606*	181 lbs.	T. Gibson	667*	
Master (40-46)	165 lbs.	D. Forstner	540*	
148 lbs.	165 lbs.	Submaster	347*	
C. Venturella	165 lbs.	Law/Fire	347*	
181 lbs.	148 lbs.	M. Zingaro	606*	
J. Mumaw	281	C. Cooper	200*	
F. Stokes	319	T. Gibson	667*	
J. Woods	374	D. Pfeiffer	71*	
198 lbs.	308 lbs.	C. Venturella	Teen (16-19)	
D. Horn	352	148 lbs.	148 lbs.	
A. Jones	501	FEMALE	148 lbs.	
220 lbs.	148 lbs.	A. Jones	501	
J. Pfeiffer	292	Master (47-53)	501	
242 lbs.	292	Master (40-46)	501	
D. Foor	479*	Master (54-60)	501	
275 lbs.	165 lbs.	D. Foor	479*	
J. Robinson	374	V. Evans	176*	
308 lbs.	148 lbs.	Open	374	
T. Crampton	270*	S. Sanaghan	270*	
Master (47-53)	165 lbs.	Master (47-53)	270*	
181 lbs.	V. Evans	165 lbs.	165 lbs.	
N. Santarone	451	Class I	176*	
198 lbs.	Class I	W. Stirling	330!	
W. Stirling	165 lbs.	165 lbs.	165 lbs.	

*=State Records. !=World Records. In its first year, four years ago, 45 lifters competed. This year 65 lifters competed. The venue is easy on and easy off highways. The restaurant is first class, and the hotel staff is friendly and competent. In the deadlift, world records were set by Dennis Johnson of Jamesville, Wisconsin. Dennis hadn't competed for three years due to injuries. In Fargo, North Dakota, in 2002 he pulled 622 at 198, and at this meet he pulled 573 at 175.4 lbs., at age 63. That's amazing. The old world record was 530 that stood for seven years. Moving on, Stan Goss, of Ontario, Canada, pulled a very animated 451.7 in Master 47-53/165. Ron L'Huillier pulled a Michigan record 551 in Master 47-53/259. Mike Woody, an attorney from Indianapolis, pulled an Indiana state record 705 at 220 Submaster, conventional style. In Open women, Susan Sanaghan pulled an Indiana record 270 in Open and Master 47-53/148. Victoria Evans pulled an 176.2 Indiana record in Open and Master 54-60/165. Both women were ably coached by George Blue, who has pulled 507, weighing 224 at age 75! One other note about Victoria Evans is that she is a very beautiful blonde and on Friday evening in the restaurant she was wearing a stunning blue evening gown that would have overshadowed any actress on the red carpet at the Academy Awards, and Victoria is in the 54-60 age group! In Open 275, Ryan Klein ripped up Michigan state record 728.6 and came close with 744. In Open 220, Mike Woody beat Chad Herrick 705 to 677. In Junior 198 deadlift, Steven McShane beat Matt Carlin 551 to 512.5. Will McShane's 551 was a Michigan record and Carlin's 512.5 was a Pennsylvania record. Ryan Chmura set a Pennsylvania state record at 589.3 in Junior 259. Dave Forstner pulled 705 in Open 308. Four lifters in this meet pulled 700 and



Cindy Regan of New York got a WABDL State Record 270 on a 4th.



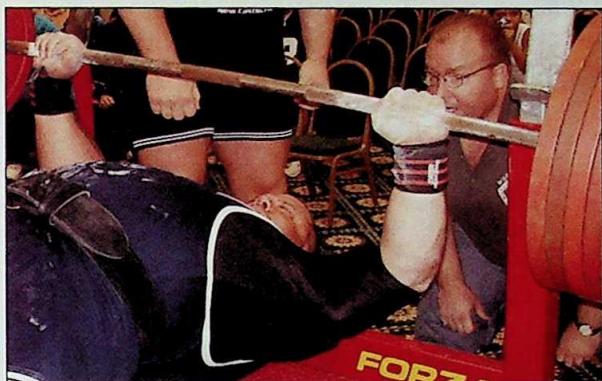
Terry Gibson of Pennsylvania with his State Record 667 @ 275 lbs.

another Chad Herrick was close with 716. In the bench press in Class I/220, Chad Herrick set a Michigan record 396.7. At 259/Class I, Dave Ewen set an Indiana record 380.2. In Junior men's bench, Dan Santarone set a New York record 347 at 148, at 198, Matt Carlin set a Pennsylvania record 396.7, and Dave Ewen set an Indiana record 380. In Law/Fire Master 40-47, Dan Foor set a Michigan record 479.5 at 242, and also set the Michigan standard in Master 40-46/242 with 479.5, and he put those lifts up raw. In Law/Fire Open 181 lbs., Mike Ryan set a Michigan record 402.2, and in Law/Fire 259 lbs., Marc Zingaro set a Pennsylvania record and World Record 606.2. In Master men 4-46/308, Thomas Crampton set a Michigan record 270. In Master 47-53, William Stirling of Canada set a Canadian National record of 330.5 at 198 lbs. At 220, Steve Swingle set a Pennsylvania record 429.7. At 242, Frank McLaughlin, who is

very rugged looking, got a Pennsylvania record 529 at age 50, and at 259, Ron L'Huillier set a Michigan record 409.9. In Master 54-60/242, Greg Fay got a South Carolina record 325. Greg just recently moved from Michigan to the South Carolina coast. In Master 61-67 men's bench, Bill Bidinotto set a Ohio record 402.2 at 242. Bill's lovely wife is from Russia and she also was taking pictures for Chuck Venturella, who was the meet photographer, but was busy doing some lifting of his own. In Master 68-74 bench, 73 year old Steve Smith set a Florida state record 159.7, weighing only 130.8. At 275, Ralph Soffredine, age 70, benched a world record 446.2 in the 275s. That's an incredible lift, and Ralph does 400 lbs. raw! In women's Master 40-46/198+ bench, Carolyn Muessman set a Michigan record 236.7. In Master 47-53/148, Kathy Waugh set a Michigan record 198.2. Kathy only weighed 135.6. In Master 54-60/198+,

Cyndi Regan of New York, who has been a world class bENCHER for many years, set a world record 270. In Open men's bench, Marc Zingaro of Pennsylvania set a Pennsylvania record 606.2 at 259, and Terry Gibson, also of Pennsylvania, set a Pennsylvania record 667.8 at 275 Open. Michael Newman of Michigan was second at Open 275 with a Michigan record 485. In Submaster men's bench, TR Russo, set a Pennsylvania record 385.7 at 181 lbs. John Swirple of Michigan set a state record on a fourth attempt with 462.7 at 220. At 275, Terry Gibson set a world record 667.8, beating John Stewart's old record of 666.7 in Submaster 275. In Submaster 308, Dave Forstner set a Michigan record 540. In Teen men 12-13/165, Dustin Pfeiffer set an Ohio record 71.5. In Teen 16-19/148, Chad Cooper set a Michigan record 200.4, and in Teen 16-19/242, David Baly set a Michigan record 259. In Teen 14-15/123 women, Shelby O'Brien set an Illinois record 111.1, and in Teen 14-15/198+ women, Samantha Baly set a Michigan record 165.2. I want to thank Ted Feight, who made this all possible. His wife Kathy

was the scorekeeper. The judges were Brian Welker, Ted Feight, and John Hudson. John was the head judge and did a great job. Gus REthwisch was the MC, Powerhouse Gym and Jim Waters of DeWitt provided all the warm up weights. Fred Stokes provided a bench from the Southside YMCA. The sponsors were Chris and Diane Winters with AquaVIBE, Jim Waters with Powerhouse Gym of DeWitt, Michigan, Shawn Madere of GLC Direct, the makers of the best joint formula on the planet, Rick Brewer and House of Pain, Dave Tate and Jim Wendler of Elite Fitness, the makers of the Metal Gear, Neal Spruce, Odd Haugen and Jim Starr of Apex Fitness, Pete Alaniz and Ken Anderson of Titan Support Systems, Gus Samuelson and Mike Rockoff of Universal Nutrition, Giorgio Usai Jr., of Forza Strength Systems, Mike Lambert of Powerlifting USA magazine, Keith Lemm of CSS Photos, Chuck Venturella and Karl Tyler of Karl Tyler Chevrolet, Brent Mikesell of Iron Gladiators, and Chet Groskreutz of Ivanko Barbell. (Thanks to Gus Rethwisch for providing the results)



Mark Zingaro with his Pennsylvania State Record 606. (Venturella photos)



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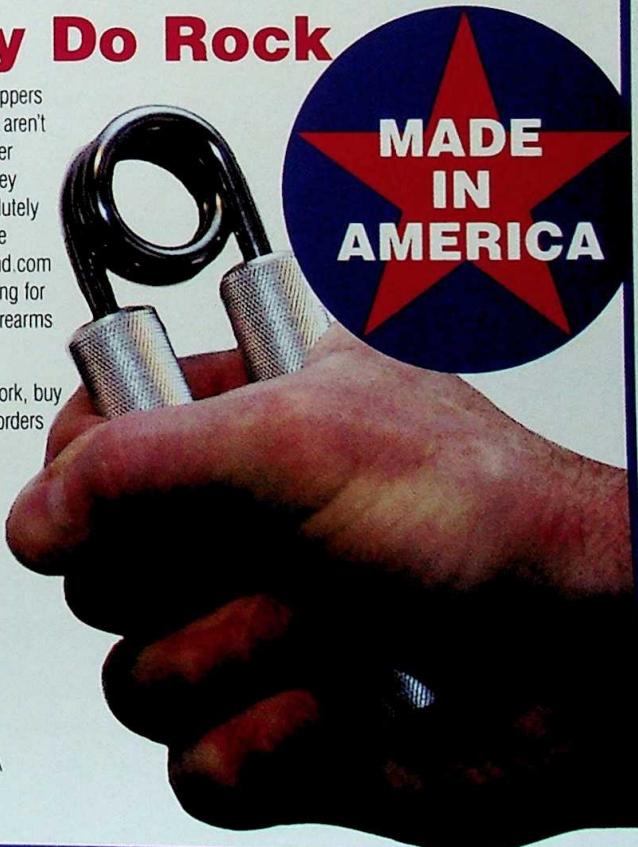
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Ironman				242 lbs.	
148 bls.				Open	
Novice				Reichin	410 520 930
Roscoe	90	180	270	WOMEN	SQ BP DL TOT
Novice Raw				Novice-Single Ply	
165 lbs.				Roscoe	180* 90 180 450
Caleb	125*	250*	375	(50-54) Raw	
Police/Fire Raw				Spano	215* 135* 350* 700*
Caleb	125*	250*	375	MEN	
MEN				114 lbs.	
(11-12)				Lifetime-Single Ply	
Litowsky	125	205	330	Ullman	250* 180* 300* 730*
181 lbs.				(11-12)-Single Ply	
Subs Raw				Litowsky	180* 125* 205* 535
Bowers!	325	500	825	148 lbs.	
Open				(20-23) Raw	
Archello	335	—	—	Ferreira	325 280* 365 970*
Lifetime				165 lbs.	
Archello	335	—	—	Rooney	350 265 425 1040
220 lbs.				Open Raw	
Lifetime Raw				Rooney	350 265 425 1040
Caffrey	315	500	815	(40-44) Raw	



Rich Sadiv got 1st place and Best Lifter with his PR 680 deadlift at 198, and Joe Alongi (right) got 1st place with his 400 BP at the WNPF competition in Bordentown, NJ on July 15th. (Nanci Sadiv photo)

242 lbs.	Deigan!	610 400 640 1650
Open		275 lbs.
Reichin	410	520 930
WOMEN	SQ BP DL TOT	
148 lbs.		Open-Single Ply
Novice-Single Ply		Adzima
Roscoe	180*	90 180 450
(50-54) Raw		Subs-Single Ply
Spano	215*	135* 350* 700*
Open Raw		Adzima
Caleb	125*	250*
Police/Fire Raw		(45-49)
Caleb	125*	250*
MEN		Gisondi
114 lbs.		515 385 655 1555
(11-12)		BENCH
Litowsky	125	205 330
181 lbs.		Open-Single Ply
Subs Raw		Lehrer!
Bowers!	325	500 825
Open		80 lbs.
Archello	335	—
Lifetime		Subs-Single Ply
Archello	335	—
220 lbs.		Knapp
Lifetime Raw		70* Lehrer!
Caffrey	315	500 815
Open Raw		123 lbs.
Roscoe	180*	125* 205* 535
(20-23) Raw		(40-44)-Single Ply
Ferreira	325	280* 365 970*
165 lbs.		(20-23) Raw
Zimmerman	345	365 420 1130
Open Raw		Haley
Phillips	360	270 — —
(55-59) Raw		McDowell
Cinelli	230	210 300 740
(17-19) Raw		160 Lifetime-Single Ply
Cooper	325	275 430 1030
198 lbs.		Haley
(13-16) Raw		148 lbs.
Piompino	350	305* 365 1020
(17-19) Raw		(40-44) Raw
Lang	525*	265 500 1290
(17-19)		Knapp
Gaglione	375	225 465 1065
Open-Single Ply		100* 300 lbs.
Rock	405*	405* 1215*
(40-44) Raw		Open Raw
Ellinger	475	335 500 1310
(50-54)-Single Ply		Lifetime Raw
Williams	480*	345* 510* 1335*
Subs-Single Ply		Burns!
Perez	450*	340* 475* 1255*
Subs		355 Ramos
Seunarine!	560	335 550 1445
220 lbs.		4 Open-Single Ply
Lifetime Raw		Alongi
Caffrey	430	315 500 1245
(55-59)		400* 50
Harris	285	325 325 935
(45-49)		Subs-Single Ply
Znaczkow	360*	45* 360* 765*
242 lbs.		Livolsi
(20-23) Raw		325* POWERCURL
Lobue	600*	350 540 1490*
Lifetime Raw		123 lbs.
		Kampo
		405 Open
		Caliguri
		400 165 lbs.
		(65-69) Raw
		Freed
		310* Lehrer!
		198 lbs.
		170 (60-69)
		(20-23) Raw
		Robinson
		110 Snouffer
		325 198 lbs.
		McDowell
		275 Open
		365 Carr
		170 Hashemiyoon
		Subs
		405 Carr
		140 McDowell
		300 Harris
		120 Novice Raw
		(40-49)
		Jenkins
		315 Ingresa
		155 242 lbs.
		220 lbs.
		Rolls
		310 Caffrey
		120 (50-59)
		450 Carr
		175 Harris
		120 Novice Raw
		(40-49)
		Jenkins
		315 Ingresa
		155 242 lbs.
		220 lbs.
		Klazas
		490* Wylie
		175* (50-59)
		242 lbs.
		275 lbs.
		Lifetime Raw
		Open
		Maltezos
		405 Adzima
		110 DEADLIFT
		405 WOMEN

148 lbs.	Open Raw	350*	(45-49)
Spano			Lopez Police/Fire
80 lbs.			Lopez 635*
(9-10)	Raw		242 lbs.
Bowers		75	(60-64)
(11-12)	Raw		Dusenbury 510
Knapp		95	SQUAT
148 lbs.			148 lbs.
(20-23)	Raw		(20-23) Raw
Ferreira		365	Ferreira 325*
165 lbs.			198 lbs.
(11-12)	Raw		Subs
Knapp		215*	Seunarine 560
Open			220 lbs.
Badurek		485	Subs Raw
Subs			Johnson 450
Badurek		485	242 lbs.
181 lbs.			Lifetime Raw
(55-59)	Raw		Maltezos! 600*
Wacker		310	Open Raw
198 lbs.			275 lbs.
Subs			Subs
Seunarine		550	Lifetime
Novice Raw			Kiefer
Crespo		495	BWT. REPS
Hashemiyoon		475	165 lbs.
Freeman		405	(60-64)
(40-44)			Robinson 16
Sadiv!		680	Open
220 lbs.			Junior Raw
Burke		635*	198 lbs.
Subs Raw			McCoy
Johnson		530	27
(40-44)			Hasemiyoon 19
Slaybaugh		625	Lifetime
			Ellinger 28
			*=WNPF National Records. !=Best Lifters.
			Team Champs: Iron Raiders (Bench). This was another good meet in the great state of New Jersey. We ended up with 72 lifters from seven states. Several lifters came down from the Connecticut scheduled event to compete here, and we thank all of these guys for making the trip. We had intentions on having the meet in CT, and we had enough lifters to put on the event. But, we had a major problem with the hotel at the last minutes, and we had to cancel the event. Several new records were broken, established, etc. There were many new faces on the platform, and it seemed that almost everyone had a good time. The only problem was the heat in the room. Before the event, the AC was blowing full blast. Then, 72 lifters and 148 spectators later, all the AC was sucked out of the room. We're sorry for this mishap, and the hotel promises this won't happen again. We will be back in September and December for two more events, so stay tuned. Thanks to the following staff members for helping us out once again. Herman Hensen, Wayne Kiefer, Jim Poinsett, Julie Dolci, Bob DeRisi, Annette Schneidmill, Lester Fields, Moms, Steve, big joe Niclosi, Chris Loomis, Al Green, Lou Tortorelli, ad Perry Thomas. (results courtesy Troy Ford)
			SPF Southeast Championship
			12 AUG 06 - Birmingham, AL
	BENCH		R. Maddox 250
	Raw		Submaster SHW
	MALE		Teen R. McCants 585
			148 lbs. C. Coaker 560
			C. Williams 195 Master (45-49)
			242 lbs. D. Perry 255 B. Tindall 520
			Open Master (55-59)
			181 lbs. R. Maddox 250 R. Maddox 320 DEADLIFT
			Master (45-49)
			181 lbs. B. Williams 290 MALE
			Teen 148 lbs.
			C. Williams 310 Master (40-44)
			220 lbs. C. Hately 425 Master (55-59)
			220 lbs. T. Butler 550 BP DL TOT
			Push Pull
			Raw FEMALE
			Teen
			114 lbs. B. Downen
			85 150 235

Open	4th-DL-175
148 lbs.	
D. Childers	130 300 430 4th-BP-135
181 lbs.	
D. DeGrazia	185 300 485
Submaster	
148 lbs.	
D. Childers	130 300 430 4th-BP-135
181 lbs.	
D. Degrazia	185 300 485
MALE	
Teen	
T. Hawkins Jr.	190 300 490 4th-315
165 lbs.	
D. Young	255 415 670
220 lbs.	
A. Holmes	240 435 675 4th-DL-445
275 lbs.	
T. Raines	345 575 920

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USAPL Seattle Summer Classic 8 JUL 06 - Seattle, WA						P. Cappetto	355	265	475	1095	Master I
	FEMALE	SQ	BP	DL	TOT	S. Clark	570	370	560	1500	220 lbs.
Open						E. Zender	440	330	480	1250	242 lbs.
181 lbs.						K. Gack	600	475	625	1700	G. Nucci
M. Petras	245	380	625			M. Riedy	590	—	—	—	D. Black
220 lbs.						C. Kittrell	450	410	500	1360	Master II
J. Mallett	500	625	1125			Teen I	198 lbs.				198 lbs.
Junior						J. Garbush	350	250	440	1040	J. Berrios
SHW						Teen II	132 lbs.				Kirschenmann
W. Duffy	435	585	100			J. Collins	285	70	—	—	315
Submaster						G. Storer	—	150	—	—	—
220 lbs.						D. Kohls	270	160	410	840	Master V
D. Dover	425	580	1005			Teen III	165 lbs.				198 lbs.
Master (40-44)						K. Powers	345	240	430	1015	R. Goncalves
T. McCormack	330	530	860			Junior	181 lbs.				260
Best Lifter Push Pull: Jason Mallett. Team						181 lbs.	198 lbs.				315
Push Pull: 1st-Phoenix, 2nd-Samson. Thanks						198 lbs.					785
goes to Jim Pickett, Head Judge, Rick											1100
Lewis, Right Judge, Brent Pickett, Left											(Thanks to USAPL for providing
Judge, Todd Well, Announcer, Eric											POWERLIFTING USA with these results)
Whitfield, Right Spotter, and Niky Pep-											
pers, Left Spotter. And as always, a spe-											
cial thanks goes to Victoria Rodgers, for											
doing a great job at the Records Table.											
(Thanks to Jesse Rodgers for these results)											

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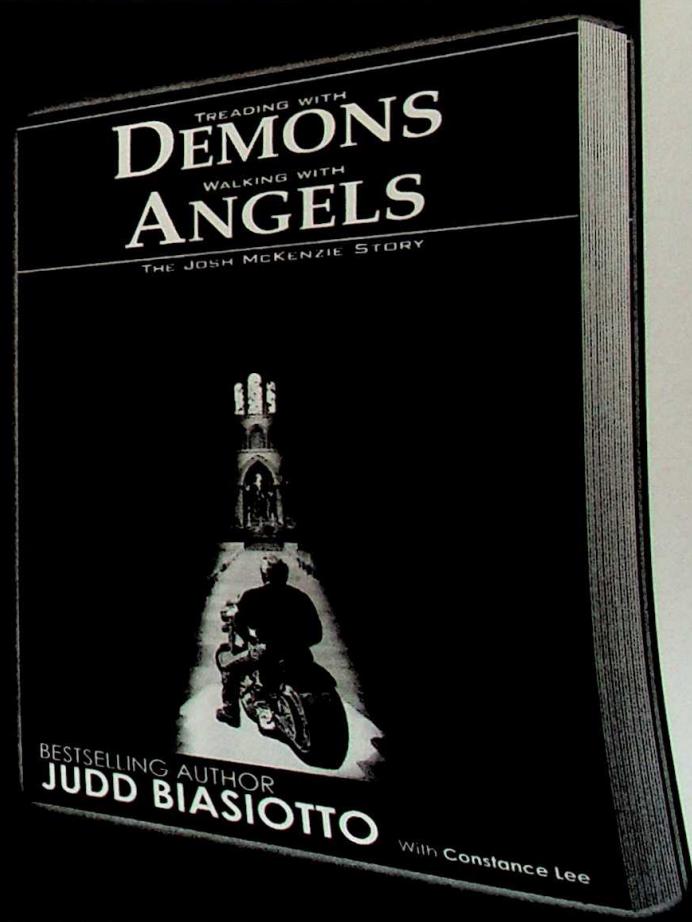
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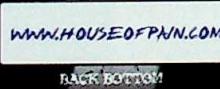
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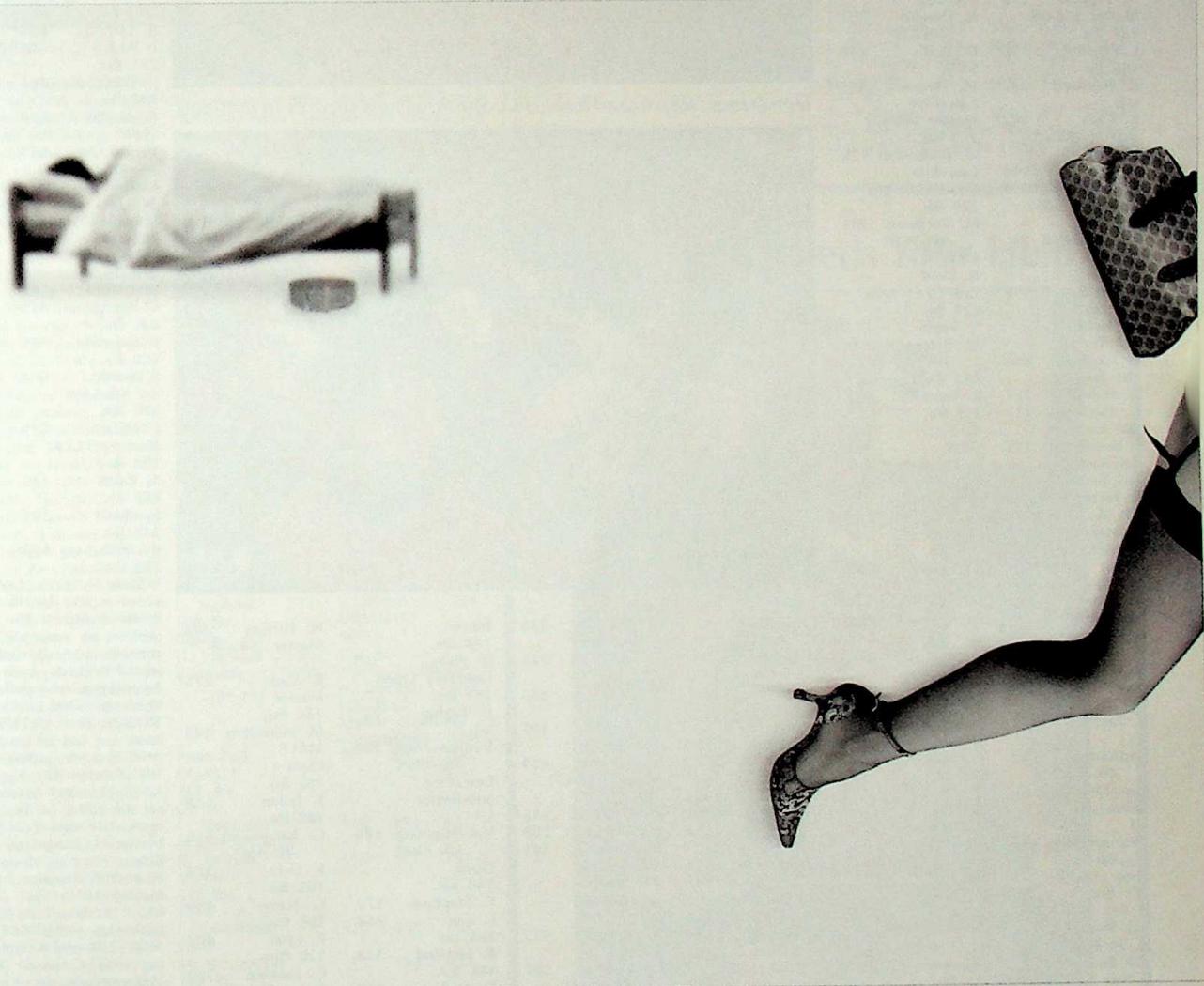


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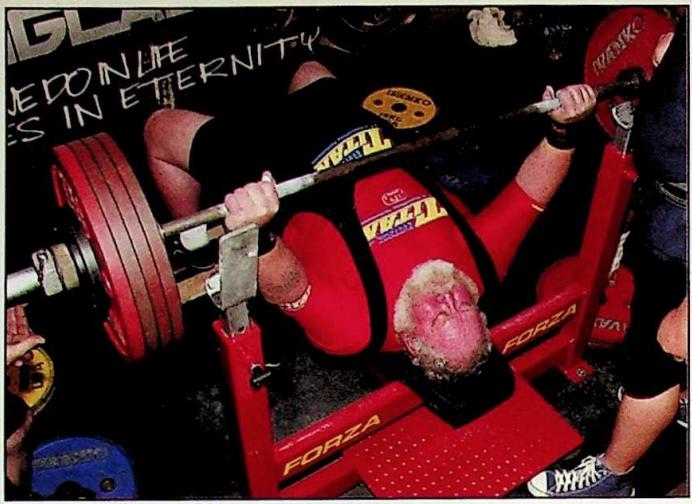
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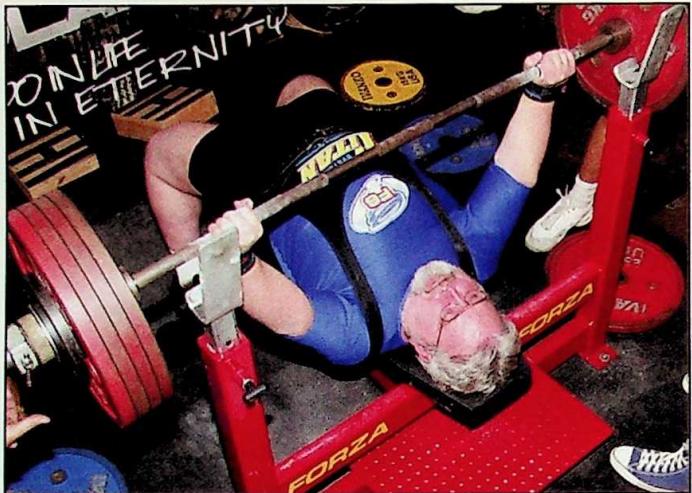


WABDL AquaVIBE World Cup
15 JUL 06 - Portland, OR

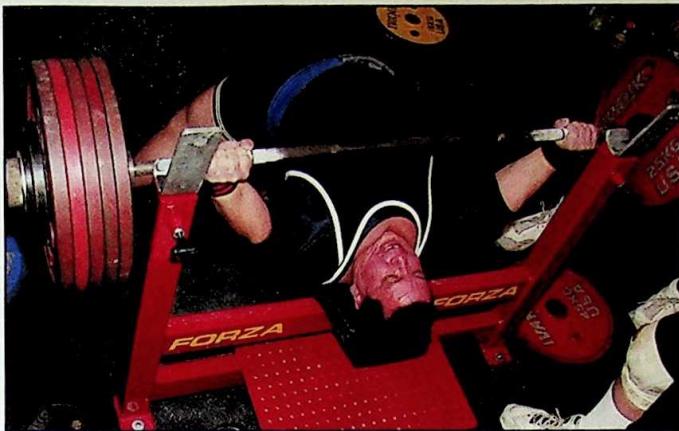
BENCH	B. Gilman	308
FEMALE	259 lbs.	
Master (40-46)	G. Loss	396
165 lbs.	308 lbs.	
D. Damminga 209*	F. Sua	501
E. Harwood 154	Elite Open	
Master (47-53)	181 lbs.	
114 lbs.	R. Harris	473*
R. Nelson 100*	198 lbs.	
123 lbs.	Warrington	634
D. Ruff 188	4th-681!*	
4th-204*	M. Womack	871!*
148 lbs.	Junior (20-25)	
N. Huxley 192	165 lbs.	
165 lbs.	Crossen III	402
N. Carpenter 187	181 lbs.	
P. Michaels 198	S. Judah	515!*
4th-201*	198 lbs.	
UL	A. Georgeon	352
M. Huston 210*	220 lbs.	
Master (54-60)	K. Dinolfo	501
123 lbs.	4th-530*	
I. Pantilat 198!*	D. Barth	440
165 lbs.	SHW	
B. Heriford 245!*	M. Womack	871!*
UL	Law/Fire	
K. Cash 192*	Master (40-47)	
Master (61-67)	259 lbs.	
181 lbs.	D. Bodenstab	529*
P. Robey 209	Law/Fire	
4th-226!*	Master (48-55)	
Master (75-79)	220 lbs.	
132 lbs.	M. Berdeaux	485
M. Whinston 71	4th-501!*	
Open	SHW	
123 lbs.	A. Bond	—
I. Pantilat 198	Law/Fire Open	
132 lbs.	220 lbs.	
M. Hobbs —	S. Boyle	551*
148 lbs.	M. Berteaux	501
E. Stephens 154	4th-530*	
181 lbs.	242 lbs.	
K. Mahoney 253	R. Niemitz	540
C. McEwen 231	259 lbs.	
198 lbs.	A. Porter	567*
J. Brooks 253	SHW	
Submaster	T. Heddie	407*
165 lbs.	Law/Fire	
T. Jacobs 222*	Submaster	
181 lbs.	242 lbs.	
K. Mahoney 253	R. Niemitz	540
C. McEwen 231	308 lbs.	
Junior	J. Taylor	540
132 lbs.	Open	
C. Platek 178	148 lbs.	
198 lbs.	Ebangelista	402
K. Bond 187	165 lbs.	
4th-209!*	Crossen III	402
Law/Fire	181 lbs.	
Open	D. Fisher	—
181 lbs.	198 lbs.	
L. Taylor 198!*	T. Tebbats	380
UL	220 lbs.	
VanAmerong 292	S. Boyle	551*
4th-303!*	K. Dinofo	501
Law/Fire	4th-530	
Submaster	259 lbs.	
UL	T. Osborne	576
VanAmerong 292	4th-600*	
4th-303!*	T. Chun	551
Teen (14-15)	308 lbs.	
123 lbs.	V. Aleaga	—
P. Fao 88	F. Hofer	—
132 lbs.	Christensen	529
N. McEwen 115	E. Macauley	518
198 lbs.	B. Hafner	385
K. Sub 187*	Submaster (33-39)	
MALE	259 lbs.	
Class I	S. Moore	281
132 lbs.	T. Chun	551*
T. Belen 297*	275 lbs.	
148 lbs.	P. Martin	479
G. Langmead 314	308 lbs.	
S. Cole 264	V. Aleaga	—
181 lbs.	F. Sua	402
S. Switzer 314	C. Grizzle	45
198 lbs.	J. Ditty	130
T. Tebbeta 380	A. Evangelista	
D. Switzer 341	41-134!*	
M. Olson 319	402	
R. Heriford 309	242 lbs.	
220 lbs.	T. Sybouts	451
J. Sandia 385	259 lbs.	
J. Frazier 363	CROSSEN JR.	556
242 lbs.	308 lbs.	
T. Sybouts 451	148 lbs.	
J. Finck 396	148 lbs.	
B. Hafner 385	132 lbs.	
T. McCormick 352	181 lbs.	
198 lbs.	SHW	
D. Cole 88	4th-231*	
Teen (14-15)	R. Mahoney	225
148 lbs.	D. Better	391
R. Mahoney 225	132 lbs.	
4th-231*	A. Wass	309!*
181 lbs.	P. Fao	209
J. Mugleston 242	132 lbs.	
B. Hafner 385	K. Sandoval	374
220 lbs.	N. McEwen	281*
B. Henry 170	Teen (16-19)	
198 lbs.	UL	
B. Henry 170	K. Taeli	468
198 lbs.	Master (54-60)	
B. Henry 170	181 lbs.	



Don James (above) and Robert O. Smith set new records in Portland.



Law/Fire	M. Fryar	523
Master (48-55)	308 lbs.	
SHW	D. Stevens	533
A. Bond	589	
Law/Fire Open	Master (75-79)	
SHW	165 lbs.	
T. Haggle	473*	
Law/Fire	W. Church	187
Submaster	4th-80-84	
UL	148 lbs.	
VanAmerong	A. Whinston	—
380	Open	
4th-396*	148 lbs.	
220 lbs.	G. Langmead	480
Submaster (33-39)	4th-486	
220 lbs.	A. Russell	468
S. Moore	A. Evangelista	
446	462	
Master (40-46)	181 lbs.	
165 lbs.	L. Woodley	650
Cunningham	D. Fisher	534
529	R. Cole	501
181 lbs.	242 lbs.	
198 lbs.	J. Capello	755
B. Beartlein	259 lbs.	
259 lbs.	C. Field-Eaton	716
B. Flening	T. Osborne	661
639*	J. Pugh	600*
275 lbs.	2757 lbs.	
J. Fernandez	J. Fernandez	705
705	308 lbs.	
308 lbs.	A. Madak	650
A. Medak	Teen (12-13)	
650	97 lbs.	
SHW	V. Eldridge	655
4th-685*	L. Swillinger	187!*
148 lbs.	C. Grizzle	132
Master (47-53)	105 lbs.	
148 lbs.	Diaz de Leon	181
A. Evangelista	4th-204!*	
482	181 lbs.	
181 lbs.	L. Woodley	650
220 lbs.	D. Cole	225*
B. Collins	148 lbs.	
582	C. Mudge	451
242 lbs.	J. Everett	231
J. Capello	148 lbs.	
755	Teen (14-15)	
259 lbs.	165 lbs.	
S. Smith	D. Bailey	330
634	220 lbs.	
4th-644*	B. Henry	209
275 lbs.	J. Tallent	529
529	Teen (16-19)	
Master (54-60)	132 lbs.	
198 lbs.	T. Belen	380
R. Kalub	J. Curtis	220
429	148 lbs.	
220 lbs.	R. Wass	501
148 lbs.	A. Russell	468*
242 lbs.	S. Cole	374
181 lbs.	B. Anderberg	600*
559 lbs.	C. Hogan	501
State Records.	World Records.	
This event is one fourth of a mile from the Portland airport. The hotel just spent five million on renovations, and 152 lifters showed up to do battle. In the deadlift, world records were set by Krista Van Amerongen, who pulled 396.7 in Law/Fire Open unlimited, Levi Swillinger who popped 187.2 in Teen 12-13/97, Nicholas Diaz de Leon, the son of Joaquin, who has totaled 2100 at super, pulled 204.8 in Teen 12-13/105, Timmy Ditty, ripped up 253.5 in Teen 12-13/123, and Amanda Wass set a world record 309.6 in 14-15/132. Notable Oregon state record in the deadlift were set by Garette Longmeal 486.1 in Class I/148, Beemer Leming destroyed 639 in Master 40-46/259, Jennifer Taylor pulled 365.7 in Master 40-46/198, James Taylor pulled 617.2 in Law/Fire Submaster 308, Don Bodenstab pulled 584 in Law/Fire Master 40-47/259, and Anthony Russell was amazing with a 468 in Teen 16-19/148. CJ McEwen was super with 385.7 in Open women 181. Notable Washington state records in the deadlift were set by Vince Eldridge in super, who pulled 686.5 in Master 40-46/SHW, Steve Smith who pulled 644.7 in Master 47-53/259, and Dylan Cole who pulled 225.7 in Teen 12-13/132. World records in the bench press needs to be started by talking about Michael Womack 871.8, weighing 310 in a single ply bench shirt, and he passed the drug test for the second time in two weeks. He got 900.4 abut half way up, Ryan Kennedy witnessed the 871.8 and said it was the best looking big bench he's seen. Other world records in the bench were set by Gustavo Warrington, who did a picture perfect 661 at 198, and passed the drug test. Guy is only 5'2" with a short stroke, but never the less, he's one of the all time best. In Junior 181, Stephen Judah, who is stationed in the Air Force at Mountain Home, Idaho, set a world record 515.8 in Junior 181. Other world records in the bench press were set		



Gustavo Warrington went 661 in the 198 lb. class. (CSS Photo Design)

by Karola Bond, Junior women 198, with 209.2, Mike Berdeaux of Colorado popped 510.3 in Law/Fire Master 48-55/220, Linda Taylor in Law/Fire Open 181 put up 198.2, Krista Van Amerang was very above average with a 303 in Law/Fire Open women unlimited. She is coached by Virginia Williams of Black Iron Gym in Goldendale, Washington. Still more world records in the bench press were set by James Taylor with 540 in Law/Fire Submaster 308, Robert O'Smith of Canada was very impressive with a 525.7 world record bench at age 63 in Master 61-67/SHW. Those two and George Nelson are the only three lifters in the world to bench over 500 lbs. at age 61 or better. Timmy Ditty slammed 184.4 in Teen 12-13/123. There were some impressive benching for world records by master women also. Ito Pantilot 198.2 in Master 54-60/123, Betty Heriford 245.8 in Master 54-60/165, and Pat Robey, coached by Joe Head, beat one of Donna Bellarre's record with 226.8 in Master 61-67/181. Betty Heriford, by the way, had set more world records including both deadlift and bench, than any women in WABDL. Notable Oregon record in the bench press were set by Ken Dinolfo 530.1 in Junior 220, Don Bodenstab 529 Law/Fire Master 40-47/259, Joe Beleta Master 61-67/198 put p 352.5, Dick Gibson set a world record 170.7 in Master 80-84/165, Kathy Cash hit 192.7 in Master 54-60/198+, Travis Osborne was strong with 600.7 in Open 259, Troy Chun was second best to Travis Osborne with 551, which was the Oregon state record for about 15 minutes, and finally Ryan Mahoney hit 231.2 in Teen 14-15/148. Notable Washington record in the bench press were Travis Belen 277.5 in Class I/132, Sean Boyle 551 in Law/Fire Open 220, Perry Plush 369.2 in Master 54-60/181, Debbie Dominica Master women 40-46/165, who pushed 209.2, Pamela Michaels Olson, who hit 222.4 in Submaster 165, Margie Huston, who popped 2100.3 in Master 47-53/198+, Travis Belen who slammed 297.5 in Teen 16-19/132, and Kayla Sua who put up 187.2 in teen 14-15/198. The MC was Gus Rethwisch. The scorekeeper was Gary Thomas, Elma Thomas was on the computer. The judges were Donna Dellerree, Jerry Luehrs, Jim Presley, Don James, Brian Baertlein, Don Frosland Jr., and Gus Warrington. Gary Thomas and Elma Thomas were the weigh-in room supervisors. Jim Presley, Phil Arroyo, and Eddie Aleaga set up trophies. Jim Persley was the trophy presenter. Joe Fernandez and Freddie Evangelista brought warm-up weights and benches. The competition bench was provided by Forza and the Ivanko plates were provided by Ivanko Barbell. The sponsors were Chris and Diane Lunters, and Georgia Williams of Aquavive Bottled Water, Shawn Mailere of GLC Direct, the official joint formula of WABDL, Rick Brewer of House of Pain, Mike Lambert of Powerlifting USA magazine, Brent Mikesell of Iron Gladiator, Dave Tate and Jim Wendler of Elite Fitness, the distributors of the metal gear, Chet Groskraut of Ivanko, Giorgio Usa Jr. of Apex Fitness Group, Pete Alanis and Ken Anderson of Titan Support Systems, Neal

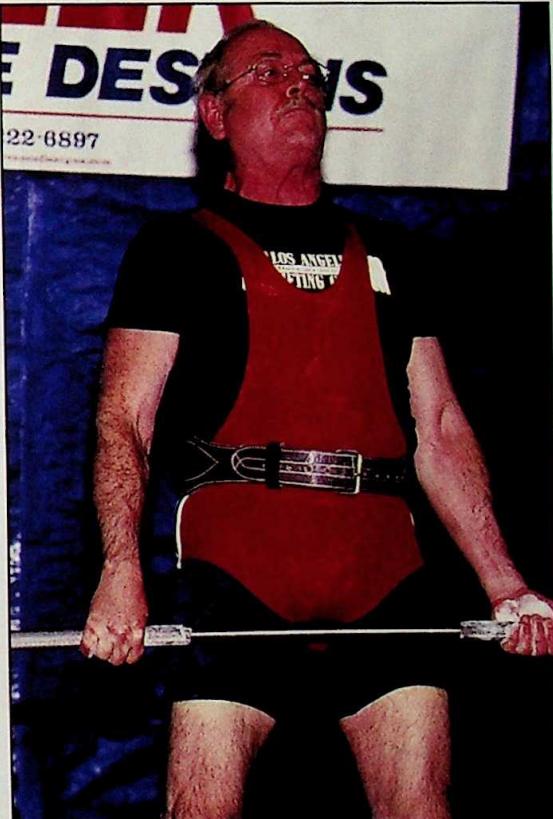
Spruce of Apex Fitness Group, Gus Samuelson and Mike Rockoff of Universal Nutrition, Keith Lemm of CSS Photo, Karl Tyler of Karl Tyler Chevrolet of Missoula, Montana, the best deal for a pick-up in the USA, Wolf Werner of Morgan Distributing and Bob Hill of Loprinzi's Gym, and Teresa Rethwisch and Peach Presley sold tickets at the door. (thanks to Gus Rethwisch for providing the results of this competition.)

USAPL/FHSPA Florida H.S. 13 MAY 06 - Ft. Lauderdale, FL

BENCH		220 lbs.		
MALE		Open		
132 lbs.		D. Peterson 429		
Varsity		Master I (40-49)		
D. Estrie 253		D. Peterson 429		
Junior Varsity		A. Decker 341		
A. Cerra 143		Master III (60-69)		
220 lbs.		A. Speech 314		
Varsity		242 lbs.		
J. Greenberg 336		Master I (40-49)		
242 lbs.		M. Merry 352		
Junior Varsity		Master III (60-69)		
M. Spinach —		J. Kluft 314		
165 lbs.		SHW		
Collegiate		Open		
L. Nguyen 352		C. Dixon 534		
181 lbs.		DEADLIFT		
Open		MALE		
D. Fiarman 325		220 lbs.		
B. Walde 270		Master I (40-49)		
		A. Decker 352		
Push Pull		275 lbs.		
FEMALE		Master I (40-49)		
165 lbs.		Silverbloom 600		
Open		BP DL TOT		
L. Jaskiewicz	110	325 435		
Master I (40-49)				
K. Shivler	110	187 297		
MALE				
148 lbs.				
Teen (18-19)				
E. Olmstead	330	429 760		
Open				
M. Romanello	253	402 655		
165 lbs.				
Teen (18-19)				
L. Bianchi	253	402 655		
Open				
E. Deleon	303	578 881		
Master I (40-49)				
A. Yezer	325	352 677		
181 lbs.				
Open				
M. Brown	—	— —		
A. Prisco	—	— —		
Master III (60-69)				
P. Currey	308	407 716		
198 lbs.				
Master I (40-49)				
L. Grant	297	523 821		
220 lbs.				
Open				
T. Conquest	270	198 468		
Master I (40-49)				
A. Decker	341	352 694		
Paralympic				
T. Conquest	270	198 468		
242 lbs.				

Open					C. Zunk 264	192	292	749
M. Szymanski	308	474	782		C. Gray —	—	—	—
C. Calvano	—	—	—		165 lbs.			
275 lbs.					C. Alderfer 314	159	396	870
Open					B. Saviego 314	—	363	—
A. Suarez	—	—	—		181 lbs.			
Master II (50-59)					N. Prisco 281	192	352	826
A. Suarez	—	—	—		R. Consboy 253	165	319	738
FEMALE	SQ	BP	DL	TOT	198 lbs.			
114 lbs.					M. Pattison 358	176	413	948
Varsity					220 lbs.			
K. Pryor	214	99	237	551	J. Connolly 264	220	418	903
123 lbs.					275 lbs.			
Junior Varsity					A. Lepri 622	286	463	1372
R. MacNamee	121	77	198	396	Varsity 148 lbs.			
Varsity					M. Derstine 529	330	562	1422
A. Talarowicz	226	93	275	595	165 lbs.			
148 lbs.					S. Smith 429	220	501	1151
Varsity					L. Bianchi 226	253	402	914
K. Dormer	214	93	248	556	181 lbs.			
Collegiate					J. Davis 413	237	440	1091
A. Welcome	259	115	314	688	220 lbs.			
MALE					J. Greenberg 440	336	435	1212
Junior Varsity					J. Roberts 463	264	485	1212
123 lbs.					H. Hodges 226	220	749	479
X. Derstine	264	148	314	727	D. Snyder 402	248	424	1074
132 lbs.					242 lbs.			
J. Laite	226	159	270	655	N. Calhoun 347	314	396	1058
148 lbs.					This meet was held at Nova Southeastern University. (Thanks to USAPL for results)			
J. Laite	286	176	380	843				

Herb Still Needs Your Help



Herb Glossbrenner's recovery from his stroke of last year has not been complete, and.. unfortunately.. it appears his Social Security benefits will cease. Herb is still at a care facility in Los Angeles, but his sister and others are trying to arrange accommodations for him in his home state of Indiana. In the meantime, any and all donations are welcome to help Herb during the planned transition. Make checks payable to Herb Glossbrenner and send them to Box 467, Camarillo, CA 93011. He is facing great challenges now, and definitely needs the support of his friends in the sport.

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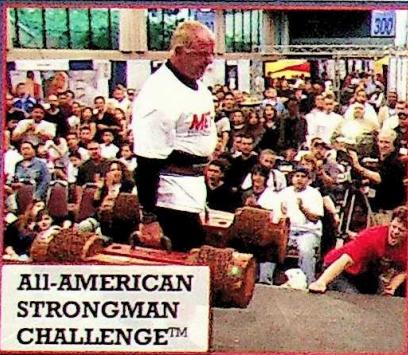
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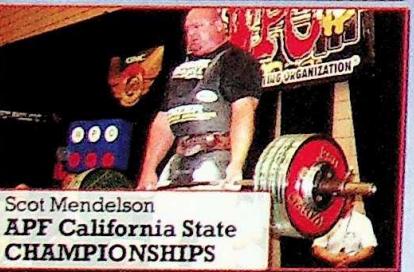
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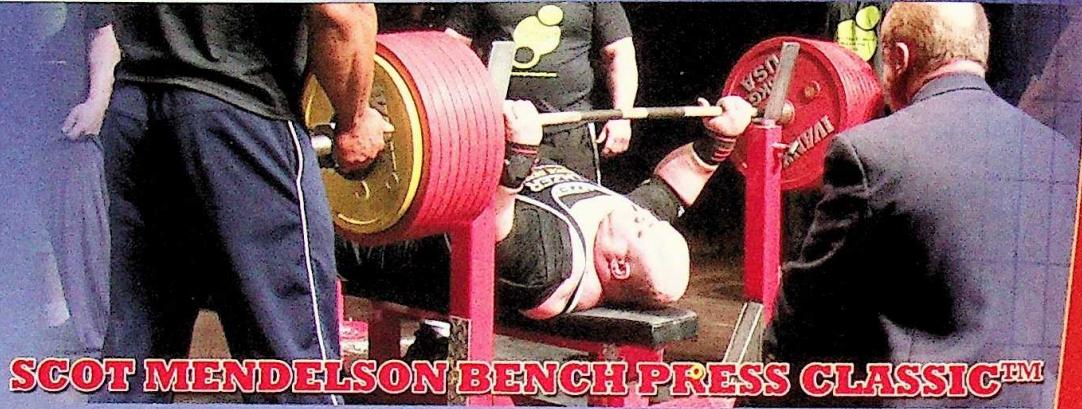


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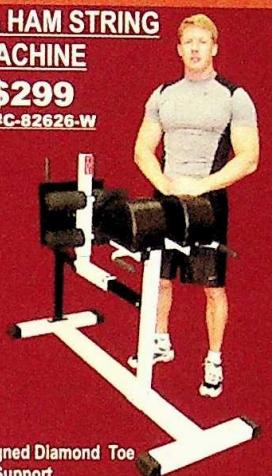


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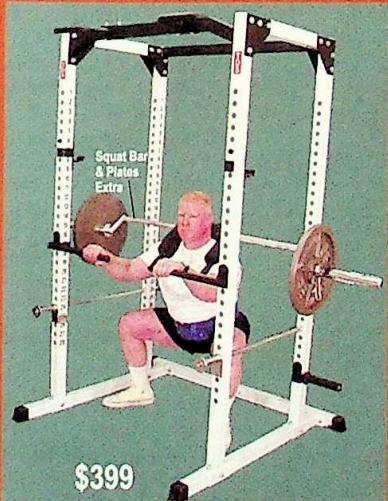
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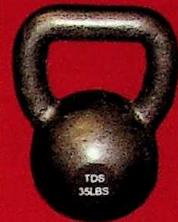
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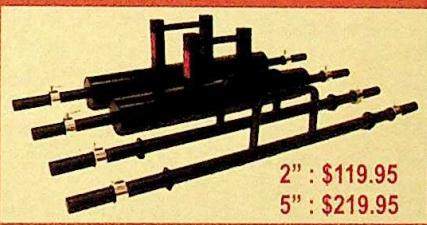


Cr. Collars Included

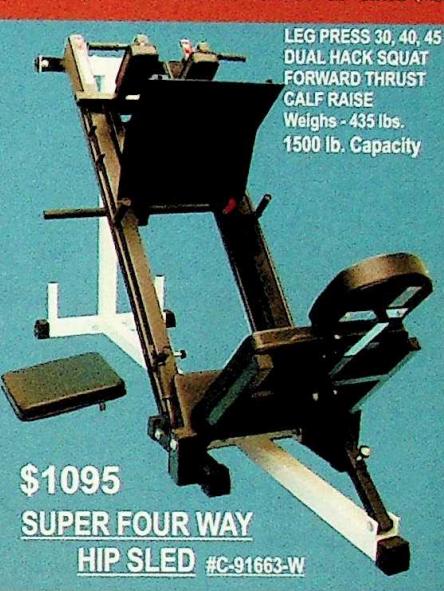
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As a condition of membership to UAPC, I understand and accept that if I am prohibited from using any substance or doping method that is banned by UAPC, it is my sole responsibility to stay current with any UAPC/AWPC banned substance or doping method, including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consume a banned substance unknowingly and test positive for that banned substance, I shall be solely responsible for the consumption of that banned substance and shall accept the results and consequences of that test.

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NEXT MONTH... TOP 148s

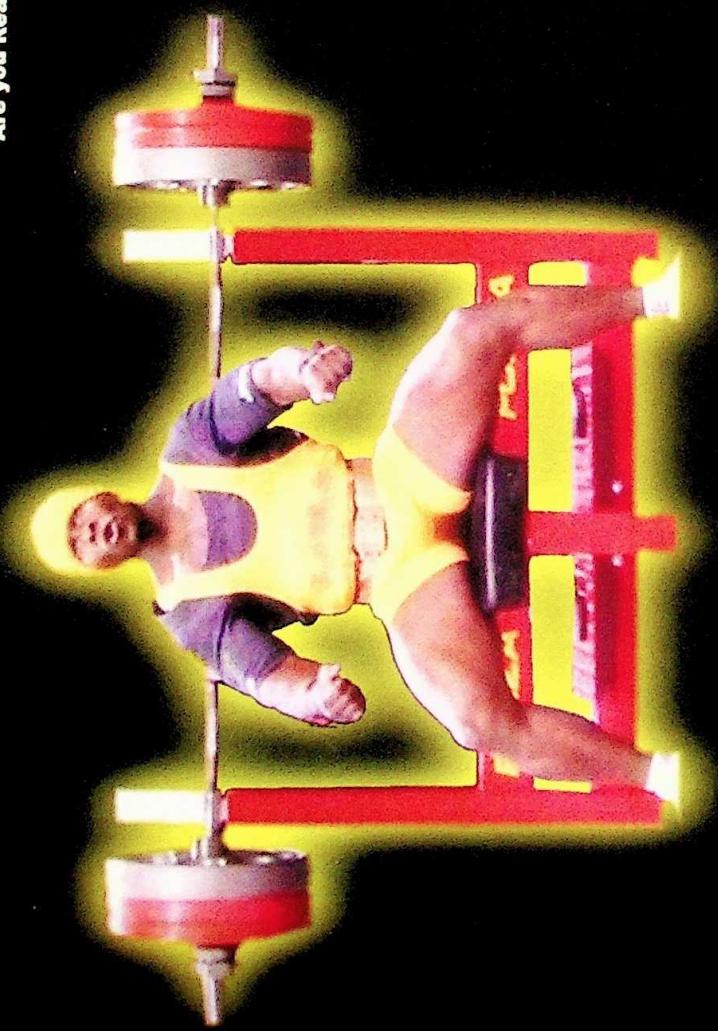
CORRECTIONS ... According to Michael Soong the totals on the TOP 100 SHW list should have read 2573 for Brian Siders, 2458 for Scott Weech, 2353 for Tex Henderson, and 2342 for Craig Gallo. Ted Butler indicates he should have been credited with lifts of 523 374 551 1449 in the results of the APF/AAPF meet on March 18th, 2006. On the TOP 100 for the 114 lb. class, Margaret Kirkland's name was misspelled on her total of 931 lbs. Marcus Coulter should have been credited with an 806 BP on the TOP 100 list for the SHW class. Brian Lanoue should have been listed for a 701 lb. deadlift on the TOP 100 ranking list for the 275 lb. class. Harry Barnett took the photos for the USAPL Bench Nationals. If you find errors in our ranking lists or the results that we publish, let us know at POWERLIFTING USA Errors Department, P.O. Box 467, Camarillo, California 93011 for a proper analysis of the situation (which can take some time, depending on the situation) and a correction.

SQUAT	BENCH	DEADLIFT	TOTAL
1 573 Washington, H..11/8/05	462 Unten, K..6/17/06	578 Kupperstein, E..12/10/05	1438 Washington..11/8/05
2 523 Kuhrs, M..3/18/06	385 Zehr, A..5/13/06	545 Washington, H..11/8/05	1322 Kupperstein, E..7/6/06
3 510 Stephen, C..3/25/06	380 Kuhrs, M..3/18/06	518 Scruggs, J..8/5/06	1311 Kuhrs, M..3/18/06
4 507 Dunn, J..4/7/06	370 Knight, E..4/15/06	505 Vaquera, M..3/25/06	1290 Stephen, C..3/25/06
5 500 Wright, A..3/25/06	352 Petrenak, S..9/17/05	501 Carr, J.D..5/5/06	1256 Bahchevanov, J..3/18/06
6 496 Kupperstein, E..7/6/06	350 Goelz, B..12/17/05	500 Stephen, C..3/25/06	1225 Wright, A..3/25/06
7 490 Boutte, N..6/17/06	347 Bareng, J..7/8/06	490 Wright, A..3/25/06	1223 Boutte, N..6/17/06
8 465 Vaquera, M..3/25/06	341 Bahchevanov, K..3/18/06	485 Brown, O..6/17/06	1218 Hafenbrack, M..6/17/06
9 462 Ladewski, J..6/2/06	330 O'Grady, S..6/24/06	481 Bahchevanov, K..3/18/06	1195 Vaquera, M..3/25/06
10 457 Hafenbrack, M..6/17/06	325 Zerbe, S..3/18/06	473 Smith, T..1/21/06	1174 Bareng, J..7/6/06
11 450 Rosas, J..3/25/06	319 Washington, H..11/8/05	473 Boutte, N..6/17/06	1162 Smith, T..5/5/06
12 450 Moran, A..3/25/06	319 McLaren, R..4/19/06	473 Hafenbrack, M..6/17/06	1160 Toney, M..3/25/06
13 445 Chudej, C..2/18/06	314 Fellows, S..9/17/05	470 Toney, M..3/25/06	1157 Carr, J.D..5/5/06
14 440 Toney, M..3/25/06	314 Ortiz, D..12/2/05	465 Rosas, J..3/25/06	1155 Rosas, J..3/25/06
15 440 Brown, O..6/17/06	305 Tepper, S..4/15/06	455 Badagliacco, J..3/10/06	1146 Brown, O..6/17/06
16 435 Nguyen, A..3/25/06	303 Wilcox, J..12/3/05	451 Foddrill, B..5/5/06	1135 Dunn, J..4/7/06
17 430 Caraway, S..11/5/05	303 Thompson, J..5/23/06	451 Bareng, J..7/6/06	1115 Prewitt, A..3/25/06
18 429 Bahchevanov, K..3/18/06	300 McCormick, R..5/21/06	451 Dement, J..7/22/06	1110 Moran, A..3/25/06
19 429 Smith, T..5/5/06	297 Bareng, C..7/8/06	446 Kavarnos, J..5/5/06	1105 Vera, R..3/25/06
20 425 Bareng, J..1/28/06	297 Belen, T..7/15/06	435 Marchio, J..12/7/05	1095 Abner, S..9/9/06
21 425 Prewitt, A..3/25/06	295 Stephen, C..2/4/06	435 Beatty, K..3/5/06	1085 Hagendorf, J..2/25/06
22 418 Kirkland, M..12/3/05	292 Hagendorf, J..2/25/06	435 Abner, S..9/9/06	1085 Foddrill, B..5/5/06
23 413 Jones, K..10/5/05	292 Hrenchir, A..4/8/06	435 Akina, K..6/17/06	1085 Dement, J..7/22/06
24 410 Limbrick, T..1/7/06	292 Collington, K..5/13/06	430 Ballard, T..11/12/05	1075 Nguyen, A..3/25/06
25 410 Piwko, A..1/14/06	287 Ramos, A..4/22/06	430 Donjuian, L..3/25/06	1069 Baines, T..6/17/06
26 410 Vera, R..3/25/06	286 DeLaCruz, M..2/18/06	430 Kang, A..4/29/06	1060 Donjuan, L..3/25/06
27 407 Burke, H..11/19/05	286 Hafenbrack, M..6/17/06	425 Bird, C..12/11/06	1058 Jones, K..11/19/05
28 405 Abner, S..9/9/06	280 Aoyagi, S..2/11/06	425 Prewitt, A..3/25/06	1058 Ladewski, J..6/2/06
29 402 Carr, J.D..5/5/06	280 Homes, S..3/9/06	424 Caputo, R..3/18/06	1055 Caraway, S..11/5/05
30 400 Stanfield, J..12/11/06	275 Perry, M..10/22/05	424 Baines, T..6/17/06	1052 Ballard, T..1/21/06
31 400 Gill, K..2/25/06	275 Vera, R..3/25/06	420 Caraway, S..11/5/05	1052 Kavarnos, J..5/5/06
32 400 Bird, C..2/25/06	275 Lenhart, N..4/1/06	420 Vera, R..3/25/06	1050 Badagliacco, J..3/10/06
33 396 Dement, J..1/28/06	275 Johnson, C..4/8/06	418 Trujillo, R..10/16/05	1047 Ferree, C..12/10/05
34 395 Barnes, C..2/11/06	275 Jackson, C..6/10/06	418 Christ, L..1/21/06	1036 Cola, R..6/24/06
35 391 Hagendorf, J..2/25/06	270 Mann, D..4/22/06	418 Nogle, C..2/11/06	1030 Limbrick, T..1/7/06
36 390 Hastings, W..2/4/06	270 Heriford, R..5/13/06	418 Rein, J..6/17/06	1020 Gill, K..2/25/06
37 385 Moran, J..1/28/06	270 Baines, T..6/17/06	418 Lenhart, N..6/17/06	1010 Bird, C..2/11/06
38 385 Beatty, K..3/5/06	270 Cola, R..6/24/06	415 Speikerman, K..11/12/05	1010 Aoyagi, S..10/1/05
39 385 Foddrill, B..5/5/06	270 McDaniel, D..6/24/06	413 Bissen, J..10/5/05	1008 Trujillo, R..5/5/06
40 385 Kavarnos, J..5/5/06	265 Prewitt, A..3/25/06	413 Ferree, C..12/10/05	
41 380 Ferree, C..12/10/05	265 Sam, J..4/23/06	413 Cola, R..6/24/06	1008 Hendrickson, N..6/17/06
42 380 Ballard, T..1/21/06	265 Warren, S..5/13/06	410 Limbrick, T..1/7/06	1005 Hastings, W..2/4/06
43 380 Donjuian, L..3/25/06	265 Epoch, J..5/13/06	410 Moran, A..3/25/06	1003 Nogle, C..2/11/06
44 375 Hales, C..1/28/06	260 Moran, J..1/28/06	410 Warren, S..5/13/06	997 Bissen, J..10/5/05
45 375 Vallapardo, M..2/4/06	260 Helms, J..3/6/06	407 Brown, J..12/5/05	997 Kirkland, M..12/3/05
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47 375 Goods, M..2/25/06	259 Boutte, N..6/17/06	405 Accardo, C..12/20/05	992 Caputo, R..3/18/06
48 375 Garvin, K..2/25/06	259 Ballard, T..6/17/06	405 Piwko, A..1/14/06	990 Moran, J..1/28/06
49 375 Medina, N..2/25/06	259 Kupperstein, E..7/6/06	405 Rivera, L..1/21/06	986 Burke, H..11/19/05
50 375 Franciscus, A..8/12/06	255 Rubio, G..9/10/05	405 Pena, V..2/2/06	980 Homes, S..3/9/06
51 374 Bissen, J..10/5/05	255 Abner, S..9/9/06	405 Sanderson, A..3/5/06	975 Speikerman, K..11/12/05
52 374 Nogle, C..2/11/06	253 Orsua, J..9/17/05	405 Nguyen, A..3/25/06	975 Rivera, L..1/21/06
53 374 Baines, T..6/17/06	253 Chicchon, L..10/23/05	402 Rey, J..10/16/05	975 Rein, J..6/17/06
54 370 Miller, C..11/12/05	253 Ferree, C..12/10/05	402 Hauser, K..11/16/05	970 Wilcox, J..4/1/06
55 369 Hendrickson, N..6/17/06	253 Dement, J..1/28/06	402 Jones, K..11/19/05	965 Warren, S..7/22/06
56 365 Reyes, R..2/18/06	253 Vincent, J..3/25/06	402 Nash, M..2/11/06	959 Brown, J..11/2/05
57 363 Knight, M..1/28/06	253 Dunn, J..4/7/06	402 Hagendorf, J..2/25/06	955 Chudej, C..2/18/06
58 363 Tom, R..2/18/06	253 Carr, J.D..5/5/06	402 Watts, J..3/18/06	955 Kang, A..4/29/06
59 360 Aoyagi, S..10/1/05	253 Jones, K..5/5/06	402 Ramos, A..4/22/06	950 Nash, M..2/11/06
60 360 Badagliacco, J..3/10/06	253 Estrine, D..5/13/06	402 Zanetti, L..5/6/06	947 Knight, M..1/21/06
61 358 Trujillo, R..5/5/06	253 Williams, V..8/5/06	400 Gill, K..2/25/06	945 Miller, S..7/0/06
62 355 Galvez, C..1/28/06	250 Pagano, C..12/12/05	400 Segura, R..3/25/06	935 Accardo, C..12/20/05
63 355 Jones, A..1/28/06	250 Toney, M..3/25/06	396 Hendrickson, N..6/17/06	935 Barnes, C..2/11/06
64 355 Hardie, R..3/10/06	250 Moran, A..3/25/06	396 Castillo, R..6/17/06	935 Reyes, R..2/18/06
65 352 Hilton, J..11/5/05	250 Donjuian, L..3/25/06	391 Aoyagi, S..11/20/05	931 Castillo, R..6/17/06
66 352 Perry, J..2/11/06	250 Hernander, M..7/29/06	390 Ly, M..1/28/06	930 Hales, C..1/28/06
67 352 Caputo, R..3/18/06	248 Creel, B..2/4/06	390 Lewis, J..5/20/06	930 Stanfield, J..2/11/06
68 352 Rezn, J..6/17/06	248 Foddrill, B..5/5/06	385 Jones, A..1/28/06	925 Miller, C..11/12/05
69 352 Castillo, R..6/17/06	245 Gutierrez, A..12/3/05	385 Hastings, W..2/4/06	925 Medina, M..2/25/06
70 352 Cola, R..6/24/06	245 Nash, M..2/11/06	385 Tamayo, J..2/25/06	925 Garvin, K..2/25/06
71 350 Connally, G..2/11/06	245 Beal, M..2/25/06	385 Miller, S..7/0/06	
72 350 Castanon, J..2/25/06	245 Oebser, A..4/1/06	385 Kersey, E..7/7/06	
73 345 Rivera, L..1/21/06	245 Brown, S..5/20/06	380 Miller, C..11/12/05	
74 345 Davis, T..2/11/06	242 Watts, J..3/18/06	380 Edwards, R..2/4/06	
75 345 Lewis, J..5/20/06	242 Rocha, D..6/10/06	380 Reyes, R..2/18/06	
76 341 Brown, J..12/2/05	242 Hendrickson, N..6/17/06	380 Belen, T..7/15/06	
77 341 Rocha, S..2/25/06	240 Rosas, J..3/25/06	375 Rodriguez, A..9/25/05	
78 341 Kersey, E..7/7/06	240 Teeter, G..6/4/06	375 Salinas, R..11/13/05	
79 340 Pena, V..2/4/06	235 Badagliacco, J..3/10/06	375 Lukaris, R..2/11/06	
80 340 Rytilahti, N..3/10/06	235 Wright, A..3/25/06	375 Calhoun, J..2/18/06	
81 336 Underwood, D..3/11/06	235 Nguyen, A..3/25/06	375 Medina, N..2/25/06	905 Lewis, J..5/20/06
82 335 Hudspeth, J..1/21/06	231 Brown, O..4/1/06	375 Garvin, K..2/25/06	903 Weaver, S..2/11/06
83 335 Stevenson, N..2/4/06	231 Signorelli, D..4/29/06	375 Goods, M..2/25/06	903 Kersey, E..7/7/06
84 330 Oliver, J..1/14/06	231 Trujillo, R..5/5/06	375 Blackshear, M..2/25/06	895 Tamayo, J..2/25/06
85 330 Gideon, G..1/21/06	231 Ladewski, J..6/2/06	375 Wilcox, J..4/1/06	892 Perry, J..2/11/06
86 330 Navarro, J..2/2/06	231 Akina, K..6/17/06	375 Burke, H..11/19/05	892 Tom, K..2/2/06
87 330 Creel, B..2/4/06	230 Vaughn, J..1/21/06	374 Schultz, M..1/21/06	890 Hardie, R..3/10/06
88 330 Gray, W..2/4/06	230 Hastings, W..2/4/06	374 Knight, M..1/28/06	887 Underwood, D..3/11/06
89 330 Nash, M..2/11/06	230 Miller, S..7/7/06	374 Spaks, M..2/18/06	885 Vaughn, J..1/21/06
90 330 Lane, N..2/11/06	225 Rivera, E..9/10/05	374 Dunn, J..4/7/06	881 Hilton, J..11/5/05
91 330 Nguyen, B..2/25/06	225 Wimberly, B..9/17/05	374 Rocha, S..2/25/06	881 Jackson, C..6/10/06
92 330 Miller, S..7/7/06	225 Gill, R..9/25/05	374 Prunedana, L..6/17/06	881 Prunedana, L..6/17/06
93 330 Storer, G..6/3/06	225 Kavarnos, J..10/5/05	370 Brunson, R..1/4/06	880 Lukaris, R..2/11/06
94 330 Prunedana, L..6/17/06	225 Rivera, L..1/21/06	370 Castanon, J..2/25/06	880 Navarro, J..2/25/06
95 325 Bowdrie, D..1/21/06	225 Stevenson, N..2/4/06	370 Kordus, E..3/10/06	875 Rytilahti, N..3/10/06
96 325 Lukaris, R..2/11/06	225 Weaver, S..2/11/06	370 Holzberger, D..3/10/06	870 Stein, E..2/11/06
97 325 Farek, J..2/11/06	225 Phillips, A..2/25/06	369 Kirkland, M..12/3/05	870 Marchio, J..6/3/06
98 325 Rey, J..2/11/06	225 Vaquera, M..3/25/06	369 Stein, E..2/11/06	865 Browne, T..2/25/06
99 325 Browne, T..2/25/06	225 Gilpin, P..4/8/06	369 Underwood, D..3/11/06	860 Castanon, J..2/25/06
100 325 Homes, S..3/9/06	225 Ferguson, C..6/17/06	369 Farkas, J..2/21/06	859 Farkas, J..2/21/06

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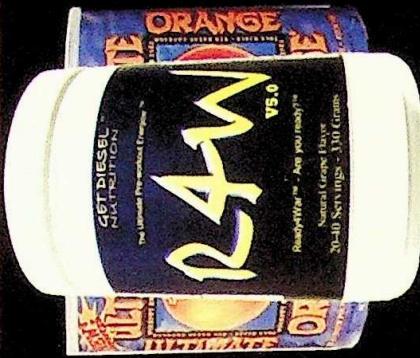
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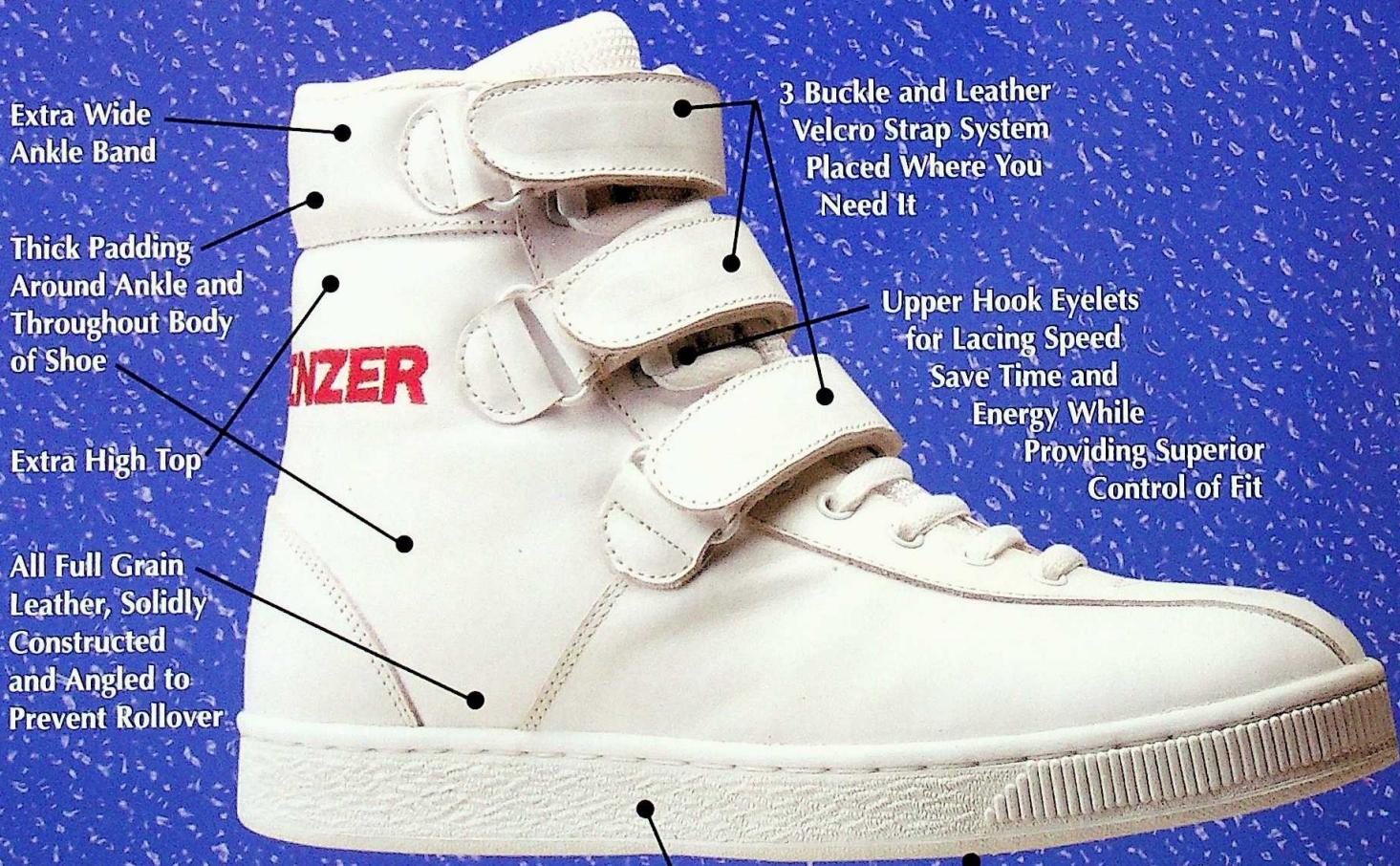
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