

★★★ PREMIER ISSUE ★★★

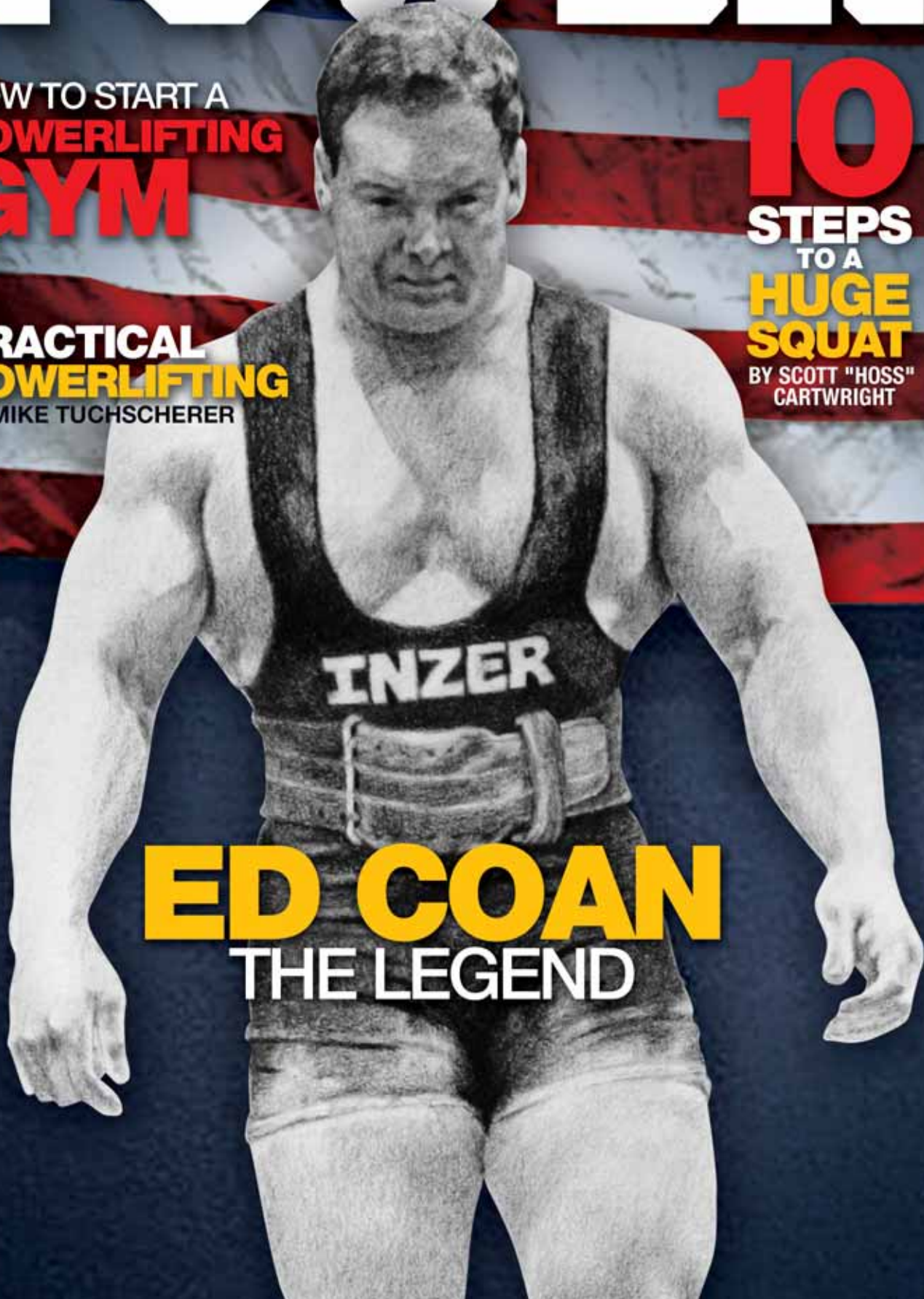
POWER

HOW TO START A
POWERLIFTING
GYM

PRACTICAL
POWERLIFTING
BY MIKE TUCHSCHERER

10

STEPS
TO A
HUGE
SQUAT
BY SCOTT "HOSS"
CARTWRIGHT



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FIRST WORD



Mark and his big brother Mike "Maddog" Bell

I've never read a book cover to cover, not even in school. To this day, if something is too wordy or messes with my head too much, I won't keep looking at it. I've never been accused of being the sharpest knife in the drawer, yet here I am, Editor-at-Xtra-Large of Power Magazine. How did I get here?

BACKSTORY

On Dec. 13, 2008, I jumped into my first single ply meet. It was a great day of lifting for me and I broke the 308-lb. United States Powerlifting Federation (USPF) record. I was feeling good, because any all-time USPF record is pretty damn tough to beat.

The next day I got a phone call from my dad. "Michael is dead!" he shouted. "I am so sorry. Michael is dead." The news hit me like a bomb. My oldest brother, my hero, was dead. Mike got me into weight lifting, football and pro wrestling, and gave me the nickname Smelly. Some brothers don't get along, but growing up it was always the three of us — me, Chris and Mike — and we were always close.

There are rumors and theories about how Mike died. The reality is that he was bipolar and addicted to drugs. Over 15 years, I watched him rot before my eyes. It broke my heart, and I worried about him every day. I love you and miss you, big brother.

FAST FORWARD

Ever since my brother's death, my mind races. I think more clearly — or maybe I'm finally thinking period. It's like a side of my brain has awakened. I started thinking of new business ideas for my gym, Super Training; my website; even designing my own line of Super Training equipment. And, in this flurry of brainpower, I created Power.

POWER

Power is dedicated to raising the profile of the strongest athletes in the world. Powerlifting is made of up of the strongest men and women on the planet, and we want to give them an international platform to show the world what they can do. Bodybuilding has become popular through print magazines; the same can be done in powerlifting. I'd like to become the Joe Wieder of powerlifting, minus the big 'stache.

POWER LINEUP

Power's outstanding lineup of powerful writers will give people the kick in the ass they need. Here is a quick snapshot of a few members of our advisory board:

Scott "Hoss" Cartwright is one of the greatest squatters in the world right now, with a 1,025-lb. single ply and a 1,160-lb. multi-ply squat to his credit. After seeing him train every day, these massive numbers are no surprise. Hoss is a throwback lifter. No frills. No gimmicks. He fixes problems with hard work, aggression and maybe some duct tape, if needed. His days of shoveling shit and digging trenches on a milk farm helped mold him into a great powerlifter.

Gene Rychlak is the only man to ever squat and bench press a grand. He was also the first lifter to break the 1,000-lb. bench barrier. Big Gene is the International Powerlifting Association chairman and is getting ready for a return to the platform. Gene provides readers with a rant they won't soon forget.

Rob "Belly Bencher" Luyando has smashed world records at a frantic pace from 220 all the way up to 308 lbs. Rob's mental toughness and full-bore training style made him one of the best benchers ever.

These contributors, as well as many others, will help us make POWER the best powerlifting magazine out there. As you will see with this premier issue and the others to follow, this is not your average strength magazine.

As my brother Mike once stated, "I'd rather be dead than average."

Thanks for reading,

MARK BELL

Editor-At-Xtra-Large

POWER MAGAZINE

ISSUE 1, VOLUME 1 • NOVEMBER 2009

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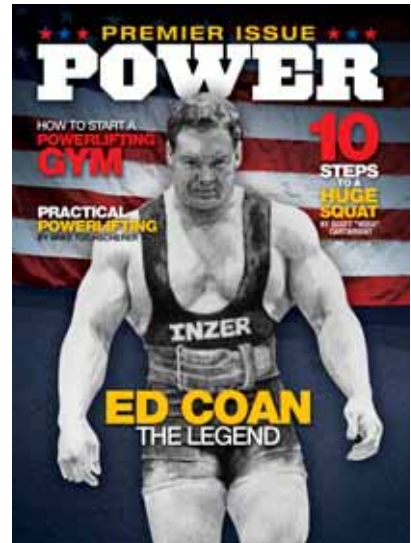
SUBSCRIPTION RATES:

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International Addresses \$65.00/1 year
International Addresses \$115.00/2 years

SUBSCRIPTIONS AVAILABLE AT
www.SuperTrainingGym.com or
www.Amazon.com

POWER Magazine (ISSN 2150-5411) is published bi-monthly by Power Media. POSTMASTER: please send address changes to *POWER Magazine*, 609 Crystal Springs Dr. Woodland, CA 95776

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Cover Illustration by Sheri Greves-Neilson, Source Material by Marty Gallagher

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ANCHORS AWEIGH

I joined the United States Navy and left for boot camp December 10th, 2002. There I ran miles and miles a day, and did more physical training than I'd ever done before. From there I went on to Advanced School in Texas (where my "before" picture was taken). That's when I decided to start training seriously.

In 2005, I was deployed to Iraq, where I worked out harder than ever, and set my personal bench record of 405 lbs. The gyms were small, hot, and crowded. I was seriously into lifting by that time, but I was missing an important piece of the puzzle—a proper diet.

In 2007 I was deployed to Sigonella, Italy. That's when I discovered BodySpace. The information and support I found there taught me and motivated me to practice a strict diet year-round. The encouragement of the close friends I've gained and the unlimited amount of info have taken my training to a level that I wasn't able to reach before. As "SuperMaine" BodySpace gives me the chance to share what I've learned with other people, to help them achieve what I've achieved!

I've realized that with proper diet and technique (and the fitness experts at Bodybuilding.com) my future holds even more progress and success!

Elijah Maine
(SuperMaine)

Age: 24
Churchville, NY
United States Navy
Petty Officer Second Class

Gym:
NAS Sigonella II Gym
Trains 6 days a week

Favorite Supplements:
Assault
by Muscle Pharm
100% Whey Isolate
by Kaizen

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To read more about Elijah and keep up with his progress, visit his profile at bodyspace.bodybuilding.com/1jz300

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CONTENTS

ISSUE #1, NO. 1 • NOVEMBER 2009



28



Features

- 14** 10 Steps to a Huge Squat BY SCOTT "HOSS" CARTWRIGHT
- 20** Big Iron Gym dominates at the SPF Powerstation Pro-AM BY MICHELE COGGER
- 28** One on One with Ed Coan BY MARK BELL
- 32** Practical Powerlifting BY 2009 WORLD GAMES GOLD MEDALIST MIKE TUCHSCHERER
- 36** Lose Weight, Not Strength BY STAN EFFERDING, IFBB PROFESSIONAL BODYBUILDER AND NO.1-RANKED RAW POWERLIFTER IN AMERICA
- 40** Starting a New Powerlifting Gym BY WILD IRON GYM OWNER MARCUS WILD

Columns

- 10** One to Watch: Jannet Loveall
- 45** Training Tip: Boards: Use 'Em or Lose 'Em?
- 46** Rant of the Month BY GENE RYCHLAK
- 50** Get to Know... Stan Efferding

Departments

- 4** Editor's Note BY EDITOR-AT-XTRA-LARGE MARK BELL
- 11** Out and About PHOTOS FROM THE SPF POWERSTATION PRO-AM, 2009 MR. OLYMPIA AND MORE
- 48** New Products
- 49** Ad Index



14

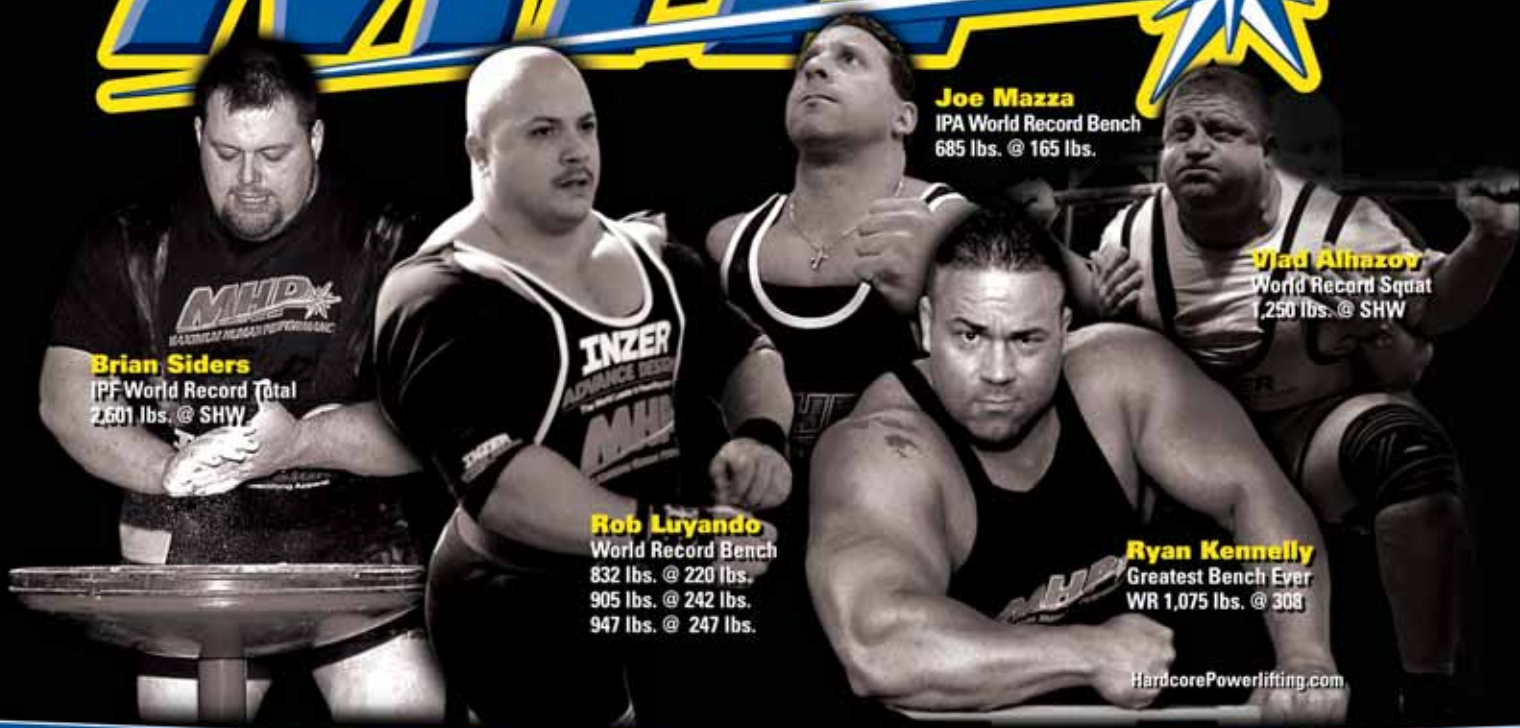


20



32

MHP



Brian Siders

IPF World Record Total
2,601 lbs. @ SHW

Joe Mazza

IPA World Record Bench
685 lbs. @ 165 lbs.

Vlad Alhazov

World Record Squat
1,250 lbs. @ SHW

Rob Luyando

World Record Bench
832 lbs. @ 220 lbs.
905 lbs. @ 242 lbs.
947 lbs. @ 247 lbs.

Ryan Kennelly

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WR 1,075 lbs. @ 308

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Dennis Cieri

IPF World Record Bench
634 lbs. @ 198 lbs.



Jeremy Hoornstra

World Record "Raw" Bench
615 lbs. @ 242 lbs.



Brian Schwab

World Record Total
2,045 lbs. @ 165 lbs.



Shawn Frankl

World Record Total
2,630 lbs. @ 198 lbs.



Joe Ceklovsky

World Record Bench
600 lbs. @ 147.6 lbs.

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Meet *POWER* Magazine's Advisory Board

POWER Magazine is proud to be working with these accomplished lifters and strength coaches. Articles from our advisory board will appear in every issue of *POWER magazine*.

If you have any questions for our board, please email them to powermagazine@ymail.com. Please include the name of the board member that the question is for in the subject line.



SCOTT "HOSS" CARTWRIGHT

Scott "Hoss" Cartwright has been a powerlifter for more than 15 years. His best lifts in the SPF at SHW are a 1,160-lb. squat, 710-lb. bench and 755-lb. deadlift for 2,625 lbs. total. Cartwright trains at Super Training Gym in Sacramento, Calif. He and his wife, Alice, have three children: Jonah, 9; Jack, 7; and Carly, 6.



ROB LUYANDO

Rob Luyando has been in the game for more than 17 years and has held all-time world records in 220-, 242-, 275-lb. weight classes in the bench press. His best lift to date is a 948-lb. bench press. Rob is sponsored by MHP (www.GetMHP.com), Overkill Strength Equipment and Super Training Gym. Luyando is also available for online consulting at www.supertraininggym.com/consulting/benchconsultingwithrob.html.



ZACH EVEN-ESH

Zach Even-Esh is a performance coach for athletes and the owner of The Underground Strength Gym in Edison, N.J. You can find his articles in magazines such as TapOut, Men's Fitness and Muscle & Fitness. Zach's gym is quickly becoming the hub for strength coaches around the world who want to learn how to turn their passion for strength into a full-time profession. For more information visit www.ZachEven-Esh.com.



MIKE TUCHSCHERER

Mike Tuchscherer is an accomplished powerlifter with 12 years' experience training and researching the best training methods in the world. He has competed in raw and single ply competitions. He represented the USA and won the gold medal at the 2009 World Games. Tuchscherer's best lifts in IPF competition are a 903-lb. squat, a 644-lb. bench press, an 826-lb. deadlift and a 2,342-lb. total in the 275-lb. weight class.





LAURA PHELPS

Laura Phelps represents Westside Barbell in Columbus, Ohio, and is coached by her husband, Shane, and legendary strength training coach Louie Simmons. She has broken all-time world records 20 times in her four-year career. She holds all-time world records in the squat at 165 lbs. (740-lb. squat) and at 181 lbs. (770-lb. squat). Phelps also holds the all-time world record in the bench press at 165 lbs. (465-lb. bench press) and at 181 lbs. (500-lb. bench press). She holds the all-time world record in the total at 165 lbs. (1,720-lb. total) and at 181 lbs. (1,770-lb. total). Phelps holds the highest pound-for-pound total in history, as well as the highest total of all-time by formula, making her the strongest female powerlifter in history.



GENE RYCHLAK (RICH-LACK), JR.

Gene Rychlak Jr. is the first man to bench press 900 and 1,000 lbs., first to lift over 1,000 lbs. in two different disciplines (squat and bench), and the first active competitor to be inducted into the Powerlifting Hall of Fame at York Barbell, York, Pa. He has more than 27 years of lifting experience, 12 years in meet promotion, has been sponsored by Inzer Advance Designs for the past seven years, and is the IPA (International Powerlifting Association) vice president. Rychlak trains at Southside Iron, 1901 S. 12th Street, Allentown, PA 18103. For more information on Rychlak, upcoming meets and Southside Iron visit www.RychlakPowerSystems.com. For more on the IPA go to www.IPApower.com.



JESSE BURDICK

Jesse Burdick has spent the last decade working as an NSCS Certified Personal Trainer and Certified Strength and Conditioning Specialist. He is a licensed massage therapist, as well as an Active Release Techniques Level II specialist, making him one of the most sought after rehab/prehab consultants in strength sports. Jesse was an NCAA Division I baseball player and has competed at the semi-pro level in Canada, Upstate New York, and California. Currently Jesse competes as an Elite level powerlifter in two weight classes, is an amateur strongman, and also runs the Prevail Power Team out of ReActive Gym in Pleasanton, CA. His best lifts are: 903 lb Squat, 585 lb Bench and 711 lb Deadlift. Check out www.reactivegym.com and www.prevailfitness.com for more info on Jesse!



CHRIS CARLISLE

Chris Carlisle is in his ninth year as the University of Southern California's (USC) head strength and conditioning coach. He joined the Trojan program in February 2001. He was named the 2006 National Collegiate Strength and Conditioning Coach of the Year by the Professional Football Strength and Conditioning Coaches Society. He came to USC from Tennessee, where he was the associate head strength and conditioning coach for three years (1998-2000). The Volunteers football team won the 1998 national title and Southeastern Conference championship. Carlisle, 46, began his career as the head football coach and strength coach at Dodge High School, Neb., in 1985. He then spent six seasons (1986-91) as an offensive line coach and strength coach at Blytheville High School, Ark. He was a strength and conditioning graduate assistant coach at Arkansas for two years (1992-93) before becoming the head football coach and strength coach at Subiaco Academy, Ark., for four seasons (1993-96). He spent 1997 as an offensive line coach and strength coach at Trinity Valley Community College in Athens, Texas, for its NJCAA national championship season. After playing offensive line at North Iowa Area Community College in Mason City, Ia., in 1980, he was a three-year (1981-83) starting offensive lineman at Chadron State College, Neb., earning All-Area honors. He earned his bachelor's degree in education from Chadron State in 1985 and, later, a master's degree. He was born Aug. 7, 1962. He and his wife, Louon, have a son, Alex, 7.





One To Watch:

Janet Loveall

Team Super Training's Janet Loveall may be the most interesting character in women's powerlifting today. A former pro wrestler and amateur bodybuilder who found her true calling on the platform, Janet is a grandma with a 500-pound squat. Growing up in a large traditional Cuban family, admitted tomboy Loveall roughhoused and played football with her brothers. But she also trained in ballet, which she credits for her core strength and amazing legs.

A late bloomer, Janet didn't start powerlifting until age 33. Teammate Scott Cartwright spotted her training for bodybuilding at a local gym and suggested she give powerlifting a try. At about this same time, Janet was diagnosed with Essential Tremor Disorder, a condition related to Parkinson's Disease. She was forced to undergo brain surgery to install a shunt, which helps regulate the nerve impulses from her brain to her muscles. Six weeks later and against doctor's orders, she was on the platform at her first powerlifting meet. She lifted raw as a superheavyweight and totaled around 700 pounds.

From that day forward, it has been full speed ahead for Loveall. Now, seven years later and lifting as a single-ply 198 pounder, Janet has best lifts of 501 in the squat, 347 in the bench and 479 in the deadlift. She dominated at this year's United States Powerlifting Federation Nationals, winning her class and taking Best Lifter honors.

Loveall attributes her recent lifting success to two things: the encouragement and support of her Super Training teammates and the excellent handling of her husband, Steve. Anyone who has seen Janet on the platform can't help but be impressed by and even a little jealous of Steve's outstanding handling. He is a huge support both on and off the platform, making sure Janet stays positive, eats right and gets to the gym no matter what. Steve is a talented raw lifter as well as a gifted coach. When asked how he has gotten Janet to success on the platform, Steve talks about knowing how to read where his wife's head is and keeping her focused through each attempt. For years Steve selected her numbers without Janet ever knowing the

weights. With his skillful handling, Janet has been able to add 250 pounds to her total in less than two years.

Both Steve and Janet admit that it was a long and difficult road to get to this level of partnership and understanding. Although married for 16 years, Steve began acting as Janet's handler just three years ago. Where Janet can be fiery, Steve is thoughtful, observant and patient. Janet describes him as a quiet but powerful presence, and notes how frequently other lifters whom he has never met are drawn to him for help. For Janet, there is a special communication between them on the platform that is invaluable.



Loveall's immediate goals are to represent the United States well at the W.P.F. Worlds in November. She is excited about meeting and competing with lifters from other countries. She is already hard at work on new PRs, setting a meet goal of a 525 squat, 347 bench and 500 pull.

She doesn't place a lot of importance in setting records, but instead is driven by personal achievement. When Loveall sets a goal, she will work tirelessly until she attains it. One of these goals is to encourage more women to take up the sport of powerlifting. Loveall wants to ensure that women know they can compete and have muscle while still remaining attractive. She is concerned that there is very little exposure for women lifters and too many stereotypes. Very few women are able to find sponsors. On a more global scale, she hopes to see young people encouraged to be involved in lifting. By exposing teens to powerlifting in school and creating schol-

arship programs, federations can ensure the future of the sport. With the level of violence in schools and rampant childhood obesity, Loveall believes weights can literally save children's lives.

As for the future, Loveall is already excited about being able to teach her three-year-old grandson, Trevor, how to lift big, like grandma. **PM**

A TIP FROM JANET: *To increase the deadlift, periodically pull off the floor while standing on one or two foam pads.*

DO YOU KNOW SOMEONE WHO IS "ONE TO WATCH"? NOMINATE THEM!

Using 500 words or less, tell us who should be next month's "One to Watch".

Don't forget to include a photo!

Send the email to: powermagazine@gmail.com with "One to Watch" in the subject line.



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Shawn Frankl and Michael Cartinian



Treston Shull relaxing after his big lifts

SUPER TRAINING RAW MEET



Dan Harrison looking sexy in his very short singlet

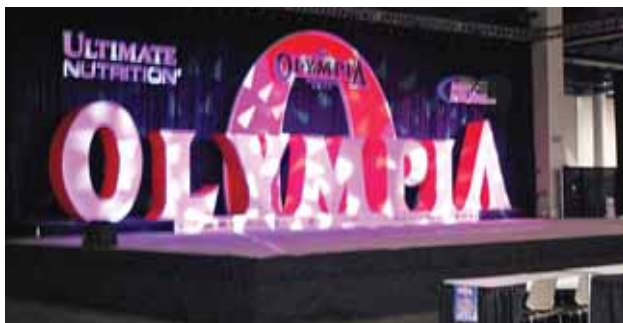


Flex Wheeler interviews Stan Efferding with his PL coach, Mark Bell



Wheeler and his daughter

2009 MR. OLYMPIA



Super Lifting main stage



POWER publisher Andee Bell and Ed Coan



Keith Williams, Ed Coan, Mark Bell and Stan Efferding



Strongman John Connor and Mark Bell



Kent Gillingham, Mark Phillipi, Ed Coan, Brad Gillingham, Mark Bell and Wade Gillingham



Mike Bridges, Ed Coan and Mark Bell



Former UFC champ Forrest Griffith and Mark Bell



Mike O'Hearn and Ed Coan



Mark Bell, Stone Cold Steve Austin and Bigger, Faster, Stronger director Chris Bell



Stan Efferding calling out Ben White and Johnnie Jackson during "Worlds Strongest Bodybuilder" contest



Jon Anderson and Mark Bell



Ben White warming up backstage



Johnnie Jackson warming up backstage



Mark Bell and Tiny Meeker



Coan and Mark Bell-what a cute couple!

10 Steps to a Huge Squat

BY SCOTT "HOSS" CARTWRIGHT
PHOTOS COURTESY OF SAM McDONALD AND JUAN LAJIA

MY NAME IS SCOTT "HOSS" CARTWRIGHT. MY BEST SQUAT IS 1,160 LBS. (APF) IN MULTI-PLY AND 1,025 LBS. IN SINGLE PLY (USPF). LISTED BELOW ARE THE TOP 10 MOST IMPORTANT KEYS TO A HUGE SQUAT, AS I SEE THEM. YOU MAY NOT AGREE WITH ME, BUT FOR ME THESE ARE THE IMPORTANT KEYS TO MY SQUAT SUCCESS.



“Huge squats require fearlessness. The squat is such a mental movement that to be successful, I need to put fear aside”

1

CULTIVATE FEARLESSNESS. Plenty of people say they need to feel the weight on their backs before a meet so they are conditioned to it. Well, I have found that it doesn't matter how conditioned I am; the squat is always heavy. This means that when the weight is on your back in a meet or training, you must understand that it's heavy.

Huge squats require fearlessness. The squat is such a mental movement that to be successful, I need to put fear aside. We have all seen videos of the damage that can happen when a squat goes bad. These images are in our minds and can, on occasion, create some fear. But there is no room for fear in the squat, and that's why when I am under the bar I need a no-fear attitude to go big!

2

TRAIN AGGRESSIVELY. Most people develop some sort of training plan 10 to 12 weeks out from a meet. But if I am going to put into a motion a squat training plan, then I also plan to adjust to

that plan if squat training is getting easy. You may need to adjust your training, as well.

It usually takes an act of god to get me to back off my squat training. For my training partner, Mark “Jackass” Bell, and I, backing off training is a sign of mental and physical weakness. It happens, but the reasons need to be huge. I need to be aggressive when training, and this sometimes requires some pain.

3

BREATHE PROPERLY. Taking a breath at the right time and not letting it out can gain plenty in the squat. I went through a phase of having tremendous shakes when doing any heavy squats. After 10 minutes of talking to Louie Simmons, I realized I had been taking a breath while unracking and not breathing again until racking the weight. Now, my preferred method is to take huge breath while unracking and take another breath when I get the squat command. This method has stabilized my squat and allows me the stability to go big.



“It usually takes an act of god to get me to back off my squat training.”

This two-breath method is also the same in single ply. I take one big breath when I walk out the squat and another big one when I get the squat command. Too often people let their air out when they walk out a squat and that puts the lifter in a bad position when they set up.

4

FIGHT PAIN. Squats can hurt, and unless I deal with it I'm not going to go very big in the squat. If I can walk away from nine- or 10-week squat training cycle without a little pain here and there, I'm not training hard enough!

My body is cracking and popping toward the end of training cycle, but aches and pains are nothing. Fight the pain and you'll squat big.

5

CORRECT FOOT PLACEMENT. Get your feet in the right position before squatting. This is difficult when it comes to single ply squats. The reality is, most of the time my feet will not get to the spot they need to be. I have often stopped moving my

feet around in a meet and waited for the squat command. I get to the point where I think it doesn't really matter where I am on the platform. All this moving around takes too much energy, so I stop and just squat where I am. It is true that a solid walkout can be repeated and your feet can get to the right spot, but when you're at PR weights it's not likely to happen. The monolift helps with getting in the perfect foot position, but I make sure my feet are always in the right spot. Make it a habit in the monolift to setup exactly right and you'll go huge in the squat.

6

DEVELOP CORE STRENGTH. Developing strong abs will develop a huge stable squat. I was stuck in the mid 800s for a while, and when I started doing weighted ab work my squat went up 100 lbs. This ab development helped me become more stable with the weight on my back.

Also, with strong abs I can better stay in an arched position as I squat. Heavy ab work is just that: heavy. This is not about doing crunches for the beach, but rather heavy weighted ab work. This means sit-ups in the rack with 100 lbs. and dumbbell on the chest.

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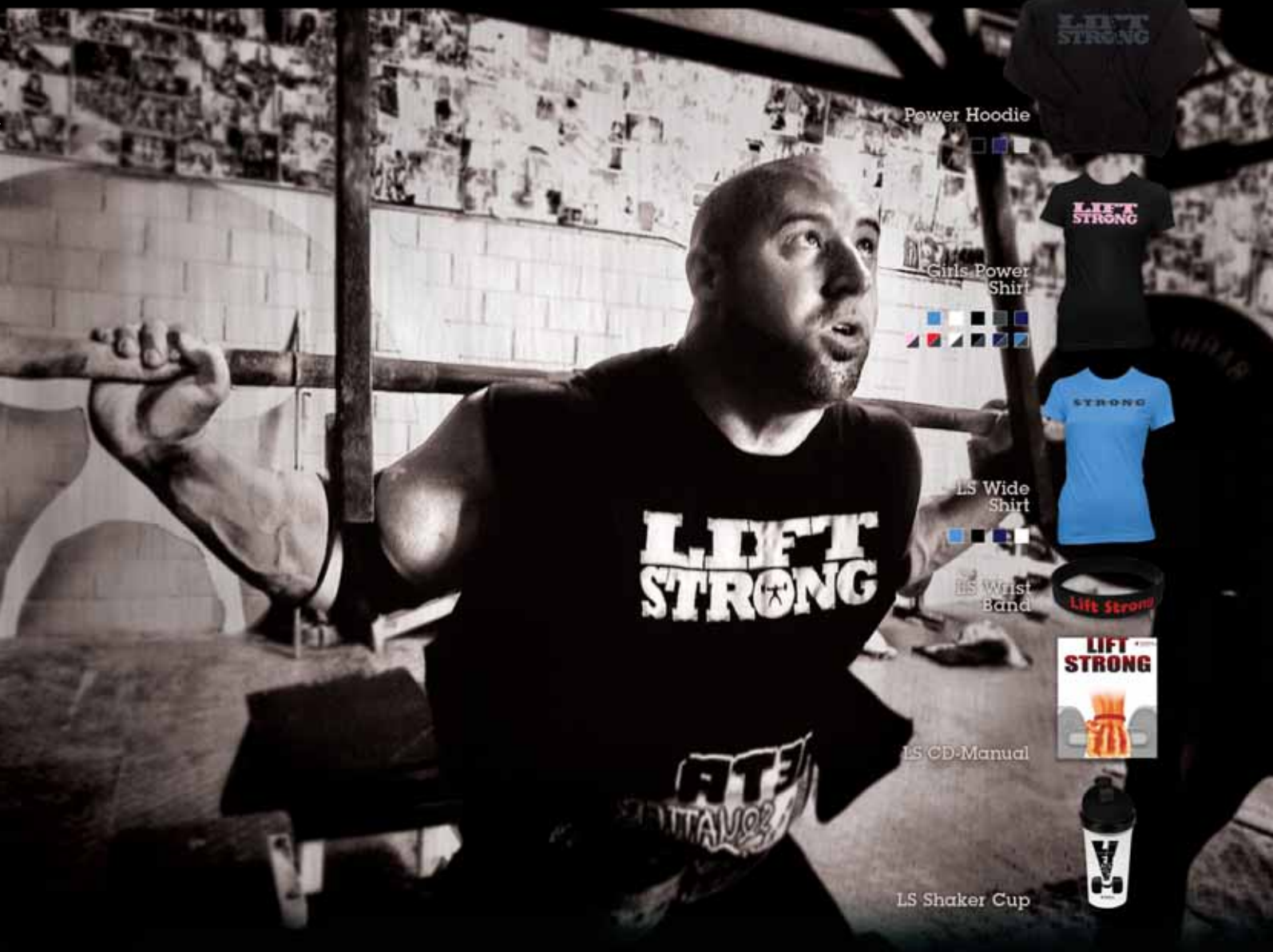
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“Develop core strength. Developing strong abs will develop a huge stable squat.”

7

KEEP HEAD, ELBOWS AND CHEST UP. Keeping my upper body arched and stable is paramount to a huge squat. This idea of keeping my head, elbows and chest up is most important when I get to weights that require maximum effort.

I go through a mental checklist before I squat to make sure my head, elbows and chest are up. Very often you see people put their head down, which causes a snowball effect to their chest and elbows. This caving in shifts the lifter forward. When lifters go forward, they rarely finish the squat. The great Steve Goggins was likely the only lifter who could ever lift like that.

8

USE THE RIGHT GEAR. Having the right gear for my squat helps keep my technique solid. Narrower stance squatters may need a heeled shoe instead of flat shoe. If you descend quickly in the squat, maybe canvas isn't for you.

Do plenty of experimenting to find the right gear setup. This experimentation should be an ongoing process. You will likely never find the absolute best setup with regards to equipment, but

keep trying. I would argue that many of us settle for what works and don't try enough new combinations. Work through multiple combinations to find what best fits you.

9

TRAIN AT DIFFERENT DEPTHS. The squat can be trained the same way the bench can be trained. This means hitting an extra-deep squat and a high box squat are all acceptable training methods. Doing extra-low squats will help your squat and also contribute to your pull.

Say your parallel box height is 14 inches. There is nothing wrong with going to a higher box at, say, 15.5 inches on occasion. The concept can be similar to that of using boards to bench. It's also a huge confidence builder. I generally do my working sets on dynamic day and then work up to a heavy single on a higher box then parallel. Don't do all your work on a high box, but work in a higher box for a few sets to help you go big in the squat.



“Get the bar right and lift it out of the rack right, and you’ll go big in the squat.”

10

CRAFT A SOLID UNRACK. I’ve often heard people say, “I missed it at the unrack.” In my opinion, if you can’t unrack the weight and handle it, you shouldn’t squat it. It is, however, very important to unrack the weight properly. A proper unrack will ensure proper bar placement and help with the initial descent and how the weight feels on your back. Get the bar right and lift it out of the rack right, and you’ll go big in the squat.

There are hundreds of other ways and reasons that squats go big. These are just a few that have worked for me. I hope some of these tips are helpful, and stay strong! **PM**

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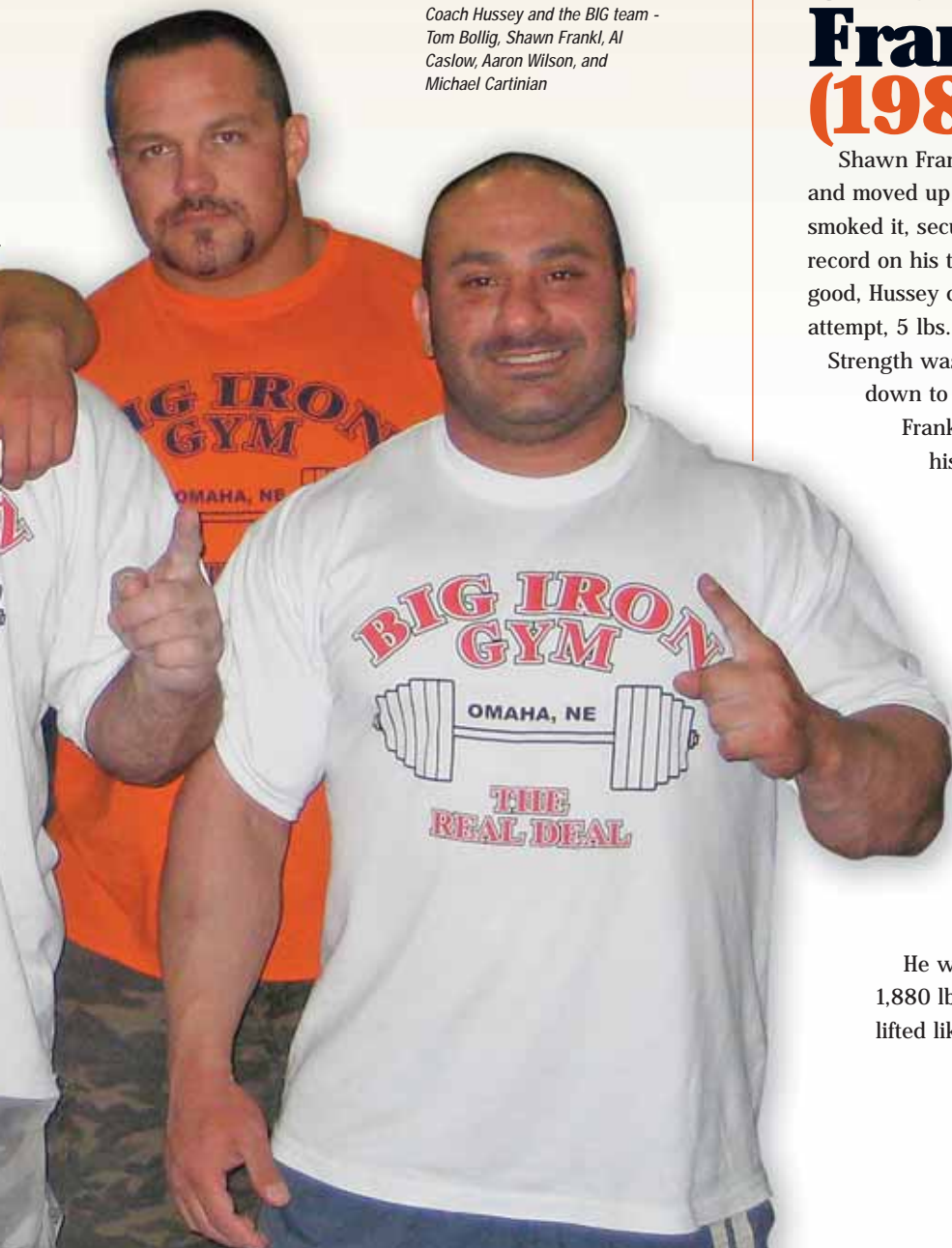
Big Iron DOMINATES

at the
SPF PowerStation Pro-Am



BY MICHELE COGGER





*Coach Hussey and the BIG team -
Tom Bollig, Shawn Frankl, Al
Caslow, Aaron Wilson, and
Michael Cartinian*

Rick Hussey and the Big Iron lifters showed up in Ohio with plans to break records and win titles, and this time they did not disappoint. After nearly all of the big lifters bombed at the Columbus Lexen Xtreme Pro-Am in January 2009, they went back to the gym to work. The game plan doesn't always work out at meets, but rather than backing down they came back with a vengeance. At the Sharonville Powerstation Pro-Am Aug. 22-23 they did exactly what they had trained to do, and at the end of the weekend the Big Iron team came home with five world records and \$10,000.

Shawn Frankl (198)

Shawn Frankl opened with an easy 960-lb. squat and moved up to 1,010 lbs. on his second attempt. He smoked it, securing a 2-lb. PR before attempting the record on his third. Because the weights were feeling good, Hussey called for 1,055 lbs. on Frankl's third attempt, 5 lbs. over Sam Byrd's record of 1,050.

Strength wasn't an issue at that point — it all came down to hitting the right form on each attempt.

Frankl made 1,055 look solid and strong on his third attempt, getting three white lights and a new world record.

Frankl's bench opener was 800 lbs. and it was an easy press. He jumped to

825 on his second attempt but missed the lift when he got out of his groove. For his third attempt, he took 825 again and it was a good lift. The plan was to jump to 855 on his third attempt to go after the bench record, but Frankl was conservative because the bigger goal was the total record.

He went into the deadlift with a subtotal of 1,880 lbs. He opened with 700 lbs., which he lifted like it was just a warm-up. This lift gave



Frankl collecting his paycheck for a hard day's work

**HUSSY TOLD
CARTINIAN TO
"GO AHEAD
AND BREAK
PARALLEL ON
THIS ONE."**

him a total of 2,580 lbs., breaking his previous record at 198 of 2,470, and also breaking his personal best at 220. His second attempt of 725 went up just as fast, breaking his record a second time and also breaking the 2,600-lb. mark. He took 750 on his third attempt, a number he has never pulled at 198, and smoked it.

Frankl clearly left quite a bit of weight on the platform, as he could have easily pulled more, but said he would rather have undershot it then gone too high and missed. He finished the meet with a total of 2,630 lbs., two world records and a pile of cash. He won \$2,500 for best light-weight, \$1,000 for best squat and \$1,000 for best bench, and took home the \$4,000 pot as Champion of Champions.



**Michael
Cartinian
(181)**

Michael Cartinian got red-lighted on his first squat of 870 lbs. because he cut it high, but that was just to see what Phil Harrington had in the tank and to save his strength for the battle ahead. After seeing Harrington miss his opener, they "unleashed the beast," said Hussey. He told Cartinian to "go ahead and break parallel on this one" for his second and third attempts. Cartinian squatted 910 on his second and 930, a new all-time world record, on his third.

Hussey had Cartinian open with 685 lbs. on his bench. It was a strong press, so he took 705 on his second attempt. Cartinian's 705 was slow, but he got the lift and set a new world record. He didn't take a third attempt to save strength for the deadlift.

With a subtotal of 1,635 lbs., Cartinian was set to beat his total record with his opening deadlift. He pulled 625 easily and moved up to 650 on his second attempt. Although he has pulled 650 before, he wasn't able to stand up with the weight after a full day of squatting and benching. He took 650 again and missed on his

third attempt.

At the end of the day, Cartinian finished with 2,260 lbs. and three world records for his squat, bench and total. He placed second behind Frankl in the lightweight division and took home \$1,500.

Aaron Wilson (242)

Aaron "Kid Power" Wilson is a former bencher who recently began squatting and deadlifting. He had only 20 weeks of training for full power under his belt, and had been battling bicep tendonitis and a partial fascia tear in his lower back throughout the training cycle. He clearly didn't let it stop him and, as Hussey said, "Big Iron lifters are trained to ignore pain, just like Rambo."

Wilson opened on the squat with 870 lbs. On his second attempt he went up to 900, which looked easier than his opener. He squatted a

solid 930 on his third.

With the pain he was still fighting in his arms, Wilson was cautious on his bench. He opened with 680 and it was a good lift. Hussey gave him 700 on his second attempt. It went up slowly, but he locked it out. Wilson didn't take a third attempt.

On the deadlift platform, Wilson pulled his opener of 680 lbs. easily. On his second attempt he went up to 700, another easy pull. He went up to 720 on his third deadlift, which was the number he needed to beat Jo Jordan in their

"BIG IRON LIFTERS ARE TRAINED TO IGNORE PAIN, JUST LIKE RAMBO."



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Three of powerlifting's greatest: Hussey, Frankl, and Simmons

THAT'S WHAT WE CALL MANNING UP WHEN THE GOING GETS TOUGH!

battle for first place of the 242s. They were at the same total at that point, but because Wilson weighed in lighter, he would win if he got the 720. It was a slower lift than his first two attempts, but he was determined to pull his third attempt all the way to lock out, earning three white lights. That's what we call manning up when the going gets tough!

Wilson finished the meet with a 2,350-lb. total and won first place in the 242-lb. weight class.

Al Caslow (181)

Al Caslow was planning on competing at 165, but since he is already so lean he had a very difficult time cutting weight. He weighed in at 167, which meant he would be competing against Cartinian at 181. He wasn't feeling himself and had trouble putting weight back on after weighing in. When Hussey saw Caslow on Friday night, he said could tell when he saw that Caslow's face hadn't filled out that he wasn't going to have a good meet.

Caslow opened with 825. He brought the weight down okay but he just didn't have his usual power. His second and third attempts went the same way. Caslow's training had been up and down over the training cycle, but the strength was there throughout. He had squatted 880 a few weeks prior, yet with all of the stress of the meet this was not his day to shine.



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One on One with

Ed Coan

BY MARK BELL

PHOTOS COURTESY OF CSS PHOTO DESIGN





Ed Coan entered his first powerlifting competition at 16 years old, he went on to become one of the best (if not THE best) powerlifters in the world. Here is my candid conversation with The Legend, Ed Coan

POWER: How did you get into powerlifting?

ED: I saw Kaz [Bill Kazmier] on TV. That was the beginning. I was in awe.

POWER: What did you lift in your first meet, and at what bodyweight?

ED: I weighed 150 lbs. I did a 485-lb. squat, a 295-lb. bench and a 495-lb. deadlift.

POWER: What were your best lifts as a teen?

Ed: At Senior Nationals in 1983, I went 699-429-727. I missed weight by a pound and had to weigh in later with the 181-pounders. Unfortunately, Mike Bridges was lifting, but I took second. I was 19.

POWER: Your first 2,400-lb. total was done with a raw deadlift, a raw bench and a single-ply squat suit.

ED: It was at the 1991 Nationals in Texas. I weighed in at 218 lbs. with two-hour weigh-ins. That's just the way it was done back then. You didn't give it a second thought.

POWER: What was the breakdown for that 2,400-lb. total?

Ed: A 959-lb. squat (I missed 986), a 545-lb. bench, a 898-lb. deadlift (weighed out to 901). I missed 920-plus.

POWER: Tell us what it's like to break the all-time total record weighing only 242 lbs. Who held the record previous and who broke yours?

ED: It was great. I had something to go after. I didn't care if it was done in a heavier weight class. The great Dave Passanella had the record at the time, and Gary Frank broke mine with a string of big meets.

POWER: Who are the top three lifters you have ever seen lift?

ED: 1, Hideaki Inaba; 2, Gene Bell; 3, Kirk Karwoski. There are many, many more great lifters I have seen lift. I was very fortunate to see Rickie Crain, Mike Bridges (but only a squat), Doug Furnas, Fred Hatfield, Wade Hooper and Brian Siders. For the multi-ply guys, I have seen Shawn Frankl, Al Caslow, Andy Bolton and a few others.

POWER: In your mind, who is the greatest lifter ever?

ED: The greatest (in my time) was Inaba, from Japan. He had a lot of world titles and longevity. The greatest ever is a toss-up. People have quite different views on this.

POWER: Who do you think are the best lifting now?

ED: Stan Efferding, raw; Siders, Balaevy and Milanochev, single-ply; Frankl, Greg, Panora, multi-ply. I like Jeremy Frey and I can't leave out Bolton.

POWER: I'm not an old timer, but I've been in this sport since around 1991. It is my understanding that you broke the all-time total record without being able to use your signature "sumo" deadlift.

ED: I tore an adductor and a hamstring on different legs and didn't want to risk going sumo. I did conventional deadlifts in the offseason and even up to a few weeks before the competition, so it wasn't a big deal.

POWER: Let's talk shop. How did you build such explosive power that you were able to deadlift raw "sumo" so well? A 901-lb. pull at 220, 859 at 198 — the list goes on and on. What kind of training were you doing to build such strength and precise form?

ED: Raw? I had a belt on! I found a deadlift style that fit me and I worked the shit out of it. I used to try to make myself tight by grabbing the bar, taking all the slack out of it and pulling myself into the bar until I couldn't get any tighter. I did that for the squat, as well. I also did a lot of sets of five reps, experimented with what assistance work helped the most and killed it.

POWER: Give us three quick tips we can all use, regardless of what federation we prefer.

ED: 1, technique; 2, don't over-train; 3, create small goals for each training cycle. It cracks me up when a guy does a big lift and everyone says he's good for a hundred more pounds within six months.





POWER: What was the worst lifting injury you ever had?

ED: I blew out my knee at the 2002 Mountaineer Cup. The first person to contact me after that was Louie Simmons. He sent me a free sled to help me rehabilitate.

POWER: What's your take on raw training?

ED: To each his own. I like it. I do it practically all the time, anyway. Whatever makes your ass get in the gym and do some powerlifting.

POWER: Did you ever tally up an unbeaten streak?

ED: No. I only wanted to be able to lift what I thought I was capable of on that day.

POWER: Roll out a four-week bench squat dead program. Let's say it's the first four weeks of a 12-week program.

ED: The program would depend on whether you're peaking for a meet or in the off-season. What are your strengths and weaknesses? Is your form off? I usually do more reps and conditioning at the beginning. You have to solidify your form all the time.

POWER: Did you ever crap your pants in the middle of a set of squats? If yes, what did you do afterward?

ED: Yes! I did a set of fove with 900 lbs., straps down, and on the second rep ... oops. It was like an old Playdough machine. I

finished the set, took 15 minutes to clean up and finished the workout.

POWER: Who was your greatest competition?

ED: Gravity.

POWER: When will you return to the platform? We all know you can't stay away.

ED: It is hard to stay away. I will return only when I am healthy. Pain tends to keep me away very easily. I'm getting better.

POWER: s it true there is a book that documents your outstanding career? Tell us a little bit about is, because you bet your ass it will be a www.supertraininggym.com product.

ED: Coan: The Man, The Myth, The Method takes you through a lot of competitions and some training. It documents my training exactly as I did it. No big frills, just basic hard work.

POWER: I can't thank you enough for your time, setting the bar so high and being such a bad ass. Hopefully at some point I'll do something cool in this sport and I'll have some idea of how you felt all the time.

ED: Thank you, too. You're already doing cool stuff by having a great gym and team, and starting Power! **PM**

Practical Powerlifting

BY MIKE TUCHSCHERER

For a powerlifter, I write a lot (sometimes too much). I post a lot on my website and write articles, too. Much of what I write is centered around the principles of strength training. And that's a good thing, in my opinion. Principles help guide your programming and the rest of your training system, as well. But sometimes it can be very difficult to apply principles to your training. Here's a short list of practical things you can start doing now that will help you in powerlifting.

KEEP A TRAINING LOG

Many powerlifters already do this, but some do not. Keeping a training log is a very good way to learn from your training mistakes.

There are all manners of ways to keep a training log. Many people write down their workouts in a notebook. Even something this simple can be very useful when re-attacking problem spots. The more detailed the log, the more helpful it is likely to be. At Reactive Training Systems, we help clients keep the Cadillac of training logs. This log compiles all relevant training numbers in terms of volume and intensity, and gives clients an



indication of the stress caused by the workout. They can then use that information to refine their training over time. The idea is that clients will develop the best, custom-built training possible.

USE MENTAL CUES WHEN LIFTING


This isn't groundbreaking, but it's important enough to repeat. Refine your technique at all times, and once you find your mechanically sound way of performing the movement, find a mental cue to help keep you on track. It doesn't have to be special – just something you say to yourself that reminds you what to do. I had (and still have) problems keeping my knees out when squatting, so repeat certain things to myself that help keep me on track. It takes a lot of effort to do that on every set – being diligent enough to remember the cues every time. But the payoff is big. Improved mechanical efficiency that leads to bigger lifts.

DON'T FORGET YOUR HEART

Powerlifters, by tradition, hate cardio. But remember, the heart is a muscle. What happens if you neglect a muscle? It gets weaker. What would happen if we



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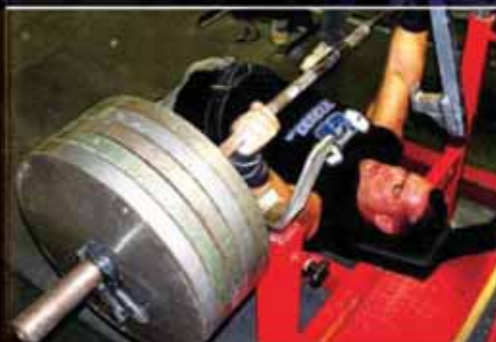
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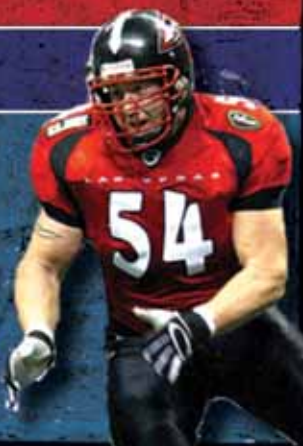


Pro Powerlifter Mike Schwanke of Tampa Barbell
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If you neglect training your heart for too long, your progress will stagnate. And when I say “progress,” I mean progress on everything.

neglected, say, triceps? Our bench would stagnate at some point. The same is true with the heart. If you neglect training your heart for too long, your progress will stagnate. And when I say “progress,” I mean progress on everything.

On the other hand, improved cardiac function will result in a multitude of health benefits, the most interesting being better sleep and improved recovery. This means you'll be able to train heavier and more often with better gains. Yes, good cardiovascular fitness can help you get stronger in your sport.

Now, I'm not telling you to go out and run a 5k. Start out with just a little more than you currently do. If you don't do anything, start with one or two sessions a week where you elevate your heart rate into the 120-130 beats per minute range and keep it there for 20 minutes. I promise, you won't burn muscle and you'll actually get stronger.

DO EVERY SET THE SAME

From the time you set up to the time you rack the weight, every rep should look the same. This goes from your first warm-up set to your last work set. The only exception is in the beginning of the workout, when it's good to do some movement with greater range of motion to get warmed up. But you should still do some identical practice reps with each weight. This is to help ingrain the movement pattern in your brain so when the weight gets heavy, you keep your form and finish the lift.

OBEY THE LAW

You should obey most of the laws of the land, but the one I'm referring to is the Law of Individual Differences. By now, most people know about the Law

Everyone will respond to training with subtle differences. This is to say that even people who are very similar will respond somewhat differently when they do the same training program.

of Individual Differences, but in case you don't, here it is in a nutshell: Everyone will respond to training with subtle differences. This is to say that even people who are very similar will respond somewhat differently when they do the same training program. Just to be clear, I don't mean vast differences — a squat program won't make one person a good squatter and another person a marathon runner. I mean the same program may be optimal for one person, but not optimal for another. Because of this law, we have to pay attention to these individual differences and address them in training. By all means, obey the principles of good training. These are universal. But keep in mind that these principles will almost certainly require "tweak-ing" to make them work for your body. It can be a long process, but who said powerlifting was easy? You can

act on these five practical points now, whether you're planning training, executing training, competing or reflecting on your training program. **PM**

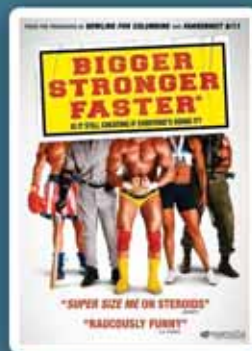
Mike Tuchscherer is the owner of Reactive Training Systems, a company dedicated to individualized physical training. The goal of RTS is to help you become a dominant force in your sport! Learn more by visiting www.reactivetrainingsystems.com. Mike is an accomplished powerlifter with 12 years' experience training and researching the best training methods in the world. Mike has competed in raw and single ply competitions. He representing the USA and won the gold medal at the 2009 World Games. His best lifts in IPF competition are a 903 squat, a 644 bench press, an 826 deadlift and a 2,342 total in the 275-pound weight class.



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LOSE WEIGHT, NOT STRENGTH

BY STAN "RHINO" EFFERDING PHOTO CREDIT SAM MCDONALD

*IFBB professional bodybuilder
No.1-ranked raw powerlifter in the World*



All too often, powerlifters trying to make weight will sacrifice strength by dieting away hard-earned muscle along with body fat. It's no wonder, considering all the fad diets and cardio programs that somehow make their way into a weight-loss program that was never intended for elite athletes who depend on strength and power.

My first experience with this phenomenon was back in the early 1990s, when I was training offensive and defensive linemen for the University of Oregon football team, as well as professional heavyweight boxer Joe Hipp. Like many athletes, they have a nasty habit of packing on unwanted pounds in the off-season that slow them down on the field or in the ring. Invariably, their coach tells them to drop weight — and fast — or stay home. And that's where the problem begins. Not

knowing much about nutrition, these athletes typically adopt some drastic, calorie-cutting diet they overheard from a pencil-neck personal trainer at the local fitness club. Next thing you know, they cut back to somebody's idea of a bodybuilding diet, eat only two or three meals a day consisting of a can of tuna and some rice cakes, and start up a long-distance, muscle-

EASY "HEALTHY" ASIAN BEEF SKEWERS

Ingredients:

1 pkg Bamboo skewers

1lb top sirloin*

1 bottle Soy Vay Hoisin Garlic Asian Glaze & Marinade (this stuff is amazing, if you can't find it at the grocery store you can sub in your favorite asian marinade)

Optional - cut up mushrooms, onion, pineapple, bell pepper

To begin soak the skewers in water for at least 30 minutes, this way they don't burn up on your grill. Cut the sirloin into large bite size chunks, about 1 1/2 inch by 1 1/2 inch. Put the sirloin into a ziplock and dump enough marinade to coat. Put the ziplock in the fridge for at least 2 hours and flip the bag about every 30 minutes to make sure all of the beef marinates evenly. If you are using veggies cut them up now and set aside. Skew up the meat and alternate with veggies if using. Grill and serve.

Why top sirloin? At the grocery store you have numerous options when you are choosing beef. For this skewer recipe you want beef that is lean, soaks the marinade well and is not chewy and tough. Additionally, top sirloin is moderately priced so you get more bang for your buck.



burning cardio routine. Then they get so weak and tired that they get knocked around all over the place.

That's where I come in, to fix the damage and quick!

LEARN TO COUNT CALORIES

The first question athletes ask me is, "How many calories do I eat?" The answer is different for every individual since we all come in different shapes and sizes, and have different basal metabolic rates and workloads. But the frequency and types of foods are the same for feeding muscles. Once the basics are implemented then we can adjust the quantities to achieve the desired, gradual fat loss without burning up valuable muscle.

In order to properly feed the muscles, you need to eat frequently throughout the day. Ideally the diet begins with six daily meals spaced about three hours apart.

The muscles also need high-quality protein the body won't burn through in 30 minutes, leaving them wanting. This is why I always include lean red meat in each meal, such as top sirloin with the fat cut off. In addition to being an excellent protein source, red meat has creatine and is high in iron and B Vitamins. It also digests slowly, which provides your muscles with a constant source of protein — unlike eggs, milk and protein powders, which are good quality proteins but burn up too quickly.

SHOULD YOU CUT FAT OR CARBS?

The next question I'm asked is, "Should I cut out fats or carbs to drop fat?" The answer to this is neither! Strength and power athletes need nutrients from all the sources to maximize performance. I never cut out carbs or fats, nor do I drastically reduce them.

Besides, an honest assessment of the foods being consumed in comparison to the diet I suggest most often demonstrates that fats in a powerlifter's diet are well over 50 percent of total calories consumed. And, carbohydrates are usually from undesirable, simple sources such as sugars, sodas or white flour products like pancakes, which affect insulin levels and lead to excessive fat storage.

I initially shoot for 40/30/30 distribution of proteins,

fats and carbs, then make adjustments based on body type, workload and results. Here's a general guideline to help get you started. I would start a 250-pound athlete on 5,000 calories a day. Let's start with 2 grams of protein per pound of bodyweight. A 250-pound person would take in 500 grams of protein, about 2,000 calories, and would make up 40 percent of your total caloric intake in a 40/30/30 split. Fats would make up 30 percent of the diet, or 1,500 calories (which is approximately 150 grams of fats). Carbs would make up the other 30 percent of the diet, or 1,500 calories, which is 375 grams of carbs.

In this diet, proteins come mostly from lean red meats, such as top sirloin steak, but can also include chicken and fish — but not exclusively. Fats are already present in the meats so they don't need to be added. Carbohydrates consist of rice, potatoes, oatmeal and other complex carb sources.

The first thing athletes discover is that it is a lot of food to eat. The reason it's more food but fewer calories is because it consists of less fat than was being consumed on the typical powerlifter's diet, and fats have more than twice as many calories as proteins and carbs. But it's clean, high-quality food and will feed the muscles and starve the fat, allowing athletes to slowly lose body fat without losing strength.

WHAT ABOUT CARDIO?

Let's also take a minute to talk about cardio. As I mentioned earlier, many athletes assume that going for a jog will help them lose weight. While that might be true, it's mostly muscle they will lose. I never incorporate long jogs or aggressive treadmill work in a strength athlete's program; it's simply contrary to what the athlete is trying to achieve. Distance runners jog, powerlifters lift. It's that simple.

In recent years, most of the best trainers in the country have recognized that explosive strength athletes do not benefit from lengthy cardio sessions and instead incorporate HIIT (high intensity interval training) for optimal results. Football, sprinting, powerlifting and many other sports are a series of brief explosive power movements, not two-mile jogs.

I remember training two collegiate sprinters and foot-

ball players who went on to play pro football, and one even ran in the Olympics. The first thing I told them is that they would have to add muscle if they wanted to get faster. Remember, this was about 15 years ago, so imagine the feedback I got from their coaches when they heard I wanted to make their sprinters bigger! You see, speed is a by-product of strength. Now you're starting to see why this is important to powerlifting. Explosive strength, power and speed are important when implementing and completing a lift.

I told two collegiate track athletes not to jog two miles with the team for warm ups. It was making them smaller and weaker. One of their coaches actually chastised an athlete in front of the whole team, calling him selfish and accusing him of letting down the track team to focus on football. But we held firm and instead only trained with sport-specific, explosive movements and multi-joint strength exercises. The coach made a public apology when, three months later, this athlete (with 15 pounds more muscle) ran a personal best 100 meter dash and took second in the PAC-10 championships. He went on to set records for most yards and most touchdowns that fall as running back for the football team and that team went to the Rose Bowl that year.

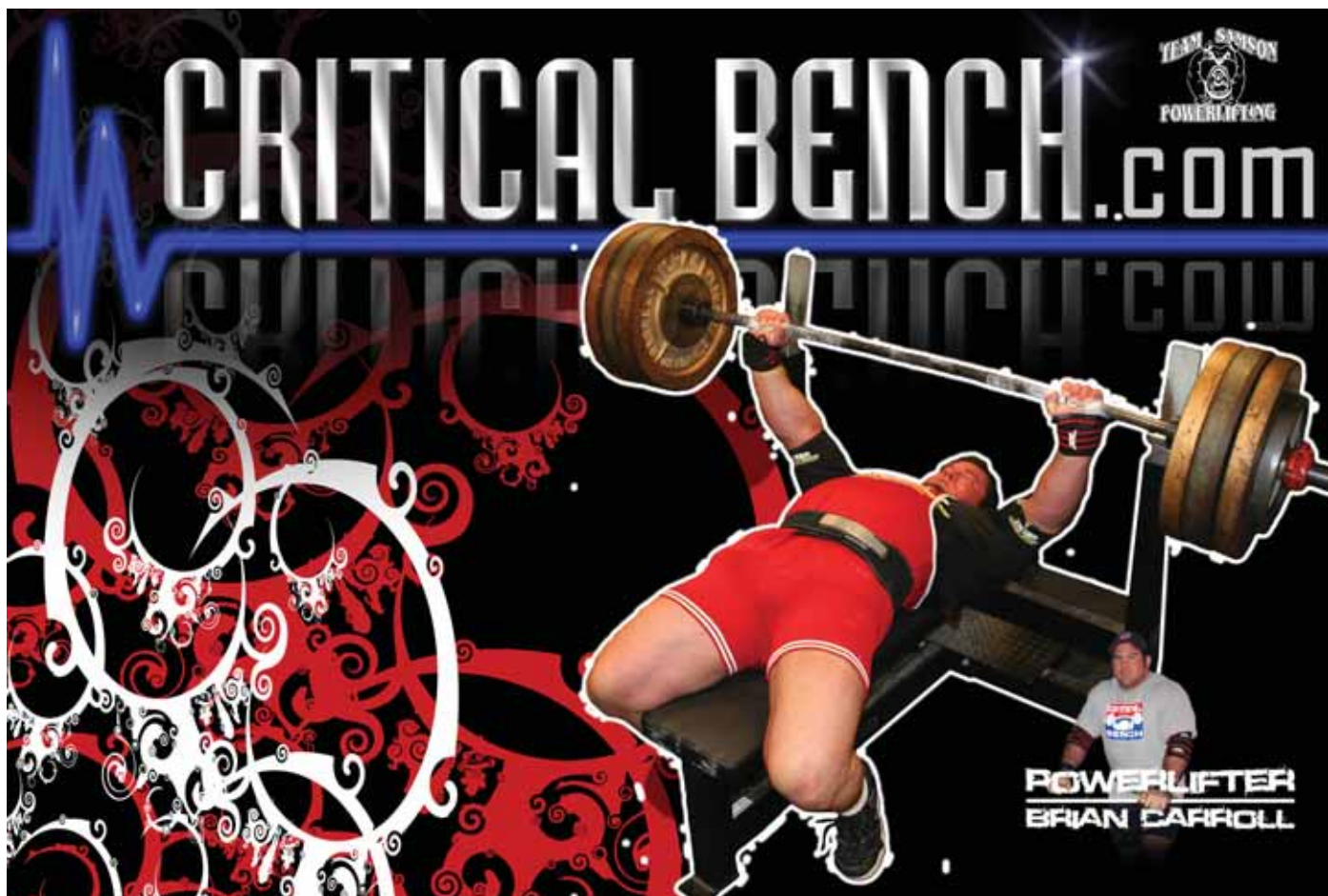
I hope I'm getting my point across. Don't let anyone start you on some lengthy cardio program. Those with significant body fat to lose can slowly walk on the tread-



mill for thirty minutes daily, but should keep their heart rate low. It's preferable to use sport-specific training and diet to shed fat and hold on to muscle.

Now you know what to eat and how to train to lose fat weight and not muscle weight so you can make that weight class and still be able to put up big numbers. Remember to start well in advance of the competition and lose the fat slowly, so as not to get behind on your goal and find yourself excessively reducing calories or jumping on the treadmill and burning up muscle. You might as well stay in the heavier weight class and lift bigger weights than diet wrong or diet fast and lift little, teeny weights.

Stay strong! **PM**



Starting a Powerlifting Gym



*By Marcus Wild,
owner of Wild Iron Gym*

www.wildirongym.com

Unless you are fortunate enough to live in Sacramento, Omaha or Columbus with one of the nation's top powerlifting gyms nearby, then most powerlifters struggle to find training partners. The thing is, Super Training, Big Iron and Westside did not start out as the strongest gyms in the country. Those gyms were built. They are the direct result of the knowledge and dedication of their coaches: Mark Bell, Rick Hussey and Louie Simmons. The coaches are the foundation of the gym – not a power rack, a monolift or bands.



Most people probably expected this article to start with a list of must-have equipment. But starting a powerlifting gym starts long before you purchase your first piece of equipment. If you really want to start your own powerlifting gym, then you need to dedicate yourself to learning as much as possible. That means reading articles and training logs, spotting/loading at meets, judging and handling other lifters at meets, and talking to as many top lifters/coaches as possible. That knowledge is the foundation of your gym, not the equipment. Help other lifters improve and watch your gym grow!

A garage is the perfect location for a start-up powerlifting gym. The rent is free, which is the perfect price and helps lower the financial risk. The big expense will be the equipment. Search Craigslist or the local paper for used plates, weight trees and anything you can find. You can cut your costs in half this way. Do not buy gym mats for flooring. Horse stall mats are half the price and twice as thick. If you are lucky, then other lifters will purchase equipment for the gym, too. I have been very fortunate with that.

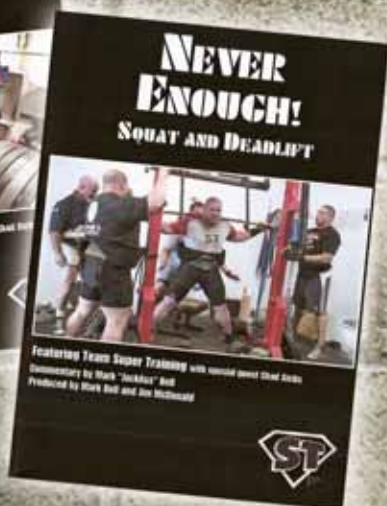


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An often overlooked step is establishing a name for your gym. This helps establish an identity and brand. Gym t-shirts will help you advertise at meets. It makes you more than just a group of people who train together. Today, we have Internet tools like YouTube, Twitter, MySpace and Facebook. They are free and let you get your information out there. Remember the part about helping other lifters improve? This is how you spread positive word-of-mouth. Once lifters see the progress of your gym members, then they will want to be a part of your gym.

Now you are to the point where people will inquire about joining your gym! Your ability to convert inquiries into memberships – and retain those members – is the key to your success. Experts say it takes three weeks to form a habit, and you want members to develop the habit of training at your gym. When a new member joins, Wild



Most powerlifting gyms are housed in industrial space because it is the cheapest to rent per square foot.

Iron Gym coaches do not make any drastic changes during their first few training session. We teach them our training template and help them select accessories that will address their weaknesses. Once the habit of training with the team is formed, then we get more serious about addressing form issues. The goal is to retain members. You do not want to make them so frustrated they leave right away.

The next big moment is when you outgrow the garage and need to rent a larger space. Most powerlifting gyms are housed in industrial space because it is the cheapest

to rent per square foot. Look for something you can afford. That way you are not stressed about the monthly bills and hoping you can find enough members to pay for it. And if you outgrow it in the future? That is always a good problem to have.

Yes, there are a variety of business entity, tax and legal concerns when it comes to starting a powerlifting gym. I definitely recommend consulting with an attorney and an accountant. The best direction for your business depends on whether your end goal is a gym in your garage or to be a full-time gym owner. **PM**

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Shawn Frankl - Team MHP
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Boards:

Use 'Em or Lose 'Em?

BY ROB LUYANDO



I am often asked about using boards and its affects, both positive and negative, for shirted competition. The truth is, they can be good and bad. Boards allow you to handle extreme weights that you are either not capable or confident enough to handle full-range. Training high boards raw to work on your lock-out strength is a must for me. High boards are the best assistance exercise I have found for strengthening lock-out power.

Training boards in a shirt can be very beneficial when targeting your weak points. And, at the same time, it can be very detrimental to your full-range groove. Using boards in a shirt also lets you do overload sets without tearing up your shoulders. The important thing to remember, especially for less experienced lifters, is that you have to master the shirt and master the full-range movement before you can rely on boards for training. You can be the strongest guy in the gym with a two-board press, but if you can't touch in a meet, what good is it doing you?

I rarely go below a single board in training. Keep in mind that I have been doing this for more than 17 years. I utilize a lot of three- and two-board work in my training to build strength in a shirt.

When approaching a meet, lose the boards and use more full-range work. I would recommend hitting a minimum of two full-range reps per training week. Get proficient with full-range and



then you can throw more boards work.

If you are still scratching your head and looking for an answer to whether or not boards are for you, try this: Less experienced lifters should rely on full-range training with shirts and use boards for raw assistance work. Experienced lifters can utilize boards more in their training, but still need to throw in some full-range work.

Giving Back?

by Gene Rychlak

Before I get started on my inaugural Rant, I would like to take the time and thank Mark and Andee Bell for giving me this forum to speak my mind on certain issues in this sport. I hope to repay their trust and provide you with some worthwhile reading.

My first topic is my No. 1 pet peeve, which those who frequent my website's message board know all too well is the selfishness of today's lifter.

For the last 10 years I've noticed a disturbing and growing trend. More and more lifters are taking and very, very few are giving back. I see a lot of lifters who will only show at a meet when they are competing. When these lifters aren't competing, they are nowhere to be found — not even when guys they train with are competing. These lifters offer excuses like, "I had to give the dog a bath," or "Gotta help the wife with grocery shopping," and many more. Yes, it's easy to point the guilty finger at the newbies, since they often don't know any better, but some the main offenders are the elite, top-level lifters. Most times they come off as if they feel it's beneath them to get their hands dirty. They should be leading by example but, unfortunately, in most cases they are not. I'm not painting the sport with a wide brush. There are top level lifters who do give back. They are at every meet they can get to, whether they have a lifter in the meet or not.

When I got into this sport 26 years ago and joined my first powerlifting-oriented gym, it was brutally hammered into me that whether or not I was competing, my ass better be at the meet helping wherever I could. If I failed to do so, I'd better not show my face in the gym for a few weeks until the heat died down. And, in turn, I'd better not expect help from the other guys in the gym at the next meet I lifted in. In an age where we have become servants to the beck and call of ring tones, the demands on our time are sometimes more than we can handle. I understand that family and work complicate things, but if a lifter legitimately wanted to be at a meet, they would find a way.

Most lifters only see one side of the picture: showing up the morning of the meet, sitting around waiting for their attempts and cruising out of the parking lot with their trophy in hand. But by assisting with set up/teardown, spotting, loading, judging, announcing, expediting or being a general gofer, you develop a different perspective of what it takes and can begin to appreciate how much effort goes into making a meet happen. Most lifters would rather piss and moan amongst themselves about how the meet is progressing, oblivious to the underlying situations that cause delays. And the ones who cry the loudest are usually the

chronic offenders. It gets old.

I strongly feel that lifters who are new to the sport should take it upon themselves to do some homework, find out where the next meet is happening, show up and offer to help. This way they are learning the nuances of why things are done certain ways. They learn about their fellow lifters by not seeing them as an adversary, but an equal. If more lifters did the right thing and volunteered at meets, then meet directors like myself wouldn't be forced to continually count on the same group of people day in and day out to ensure a meet comes off without a hitch.

Yes, times have changed — unfortunately, not for the better. I was brought up old-school and try to impart those values to the next generation. But it hasn't been received very well. I have clashed with many lifters over their lack of effort to help at meets. Now I try and encourage lifters to give back, but I don't push it. I graciously take what is offered and leave it at that. But unless things change, the sport will be in for a rude awakening. There will be fewer and fewer individuals willing to put in the time and effort to undertake such endeavors, and good meets will be few and far between. So in the long run, the lifters will lose out.

I have been running meets for 13 years, and I can count on my two hands the number of people I can count on every time I put on a meet. That number hasn't changed very much over the years, and neither have the people. Ask them why they do it and you get two answers: they love the sport and who else will help if they don't? But more help is still needed. Sometimes we get lucky, and sometimes we don't.

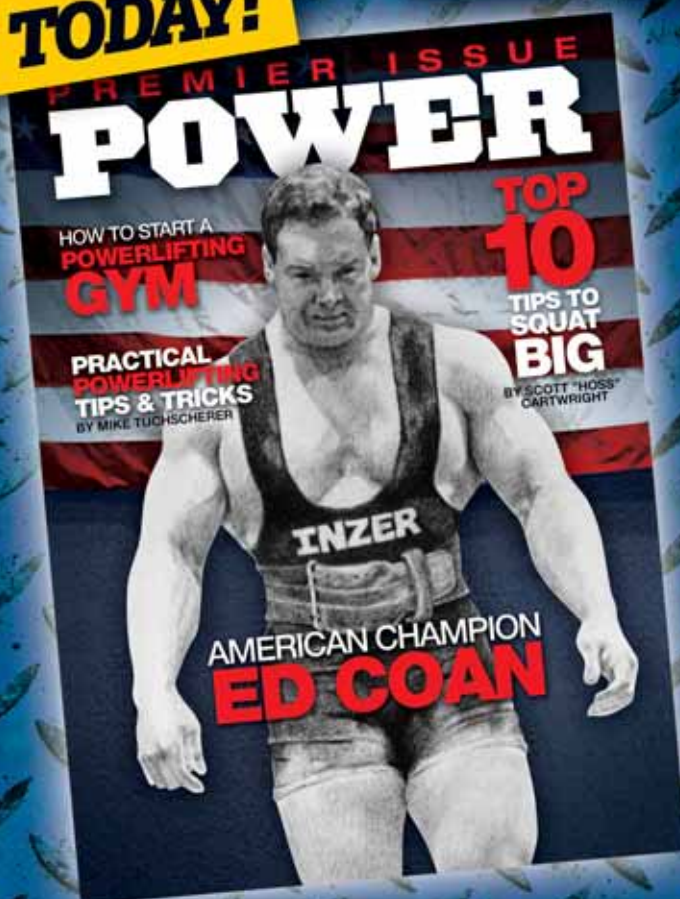
I will say loud and clear that this year has given me some surprises. At some recent meets I've run, some individuals stepped up and wanted to do whatever it took to keep the show moving. I treat them like gold and do whatever is necessary to compensate them for their effort — and I wish I could do more. But they are satisfied with our gratitude and walk away with a high head, knowing what they did was appreciated. Why does it seem there are so few of them left?

Don't look at helping at meets like you are wasting a day. Think of it as giving back to the sport you love. You might learn something you may have overlooked while competing. You might see a guy who you've had a rivalry with in a different light. You might learn things from people you've never had the opportunity to talk to while you were competing. There are too many opportunities to ignore, and by being selfish you are only limiting what kind of powerlifter you could be.

Stop making excuses, get to a meet and lend a hand.

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6030 Mono lift from Nebula

www.nebula-fitness.com

Nebula's new 6030 Mono lift is designed to be hard working, awesome looking and smooth operating. Its joints are lined with precision bronze bushings that moving on 1-inch polished stainless steel shafting. This unit is also made to tear down and pack up easily for meets. It comes standard with band training on the front feet and a wide 60-inch span for sumo squats. A new option is rear wheel-out riggers that fold up out and of the way, and pin in place to help move the unit. The 6030 Mono lift has easy T-handle adjustments to slide hooks from wide to narrow positioning, and easy counterbalance. Its 5-ton hydraulic jack moves the lifting head up or down, and quickset locks set lifters' bar height and counterbalanced swing-out action on the bar hooks. An optional meet shipping crate is available.

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Bodybuilding.com	page 5	www.bodybuilding.com
MHP	page 7, 25, 44	www.mhpstrong.com
Team Alan & Bonnie Aerts	page 11	no website listed
Elite Fitness Systems	page 17	www.elitefts.com
Powerliftingwatch.com	page 19	www.powerliftingwatch.com
House of Pain	page 23	www.houseofpain.com
INZER Advance Designs	page 26, 27	www.inzernet.com
Critical Bench	page 33, 37	www.criticalbench.com
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Titan Support Systems, INC	IBC	www.titansupport.com
Nebula Fitness Equipment	BC	www.nebula-fitness.com

Get to Know ... Stan Efferding

Stan Efferding is currently the #1 ranked RAW powerlifter in the WORLD, he also happens to have his IFBB Pro Bodybuilder card...and did I mention he is also a very successful business man?

Take a moment to get to know the "Rhino" Stan Efferding.

1. What is your idea of perfect happiness?

Lifting 2,250 lbs. RAW and qualifying for Mr. Olympia

2. What is your greatest fear?

Anything less than the above.

3. What is the trait you most deplore in yourself?

I'm weak.

4. What is the trait you most deplore in others?

When I'm dieting for a competition and they eat ice cream in front of me.

5. What is your greatest extravagance?

Strawberry shortcake at the Cheesecake Factory. Just don't share one with Mark Bell; he has no concept of what half is.

6. What is your current state of mind?

Hungry.

7. On what occasion do you lie?

Is it a lie to say your max bench is the one you did in the gym while wearing elbow wraps, with a huge bounce, your ass so high you could drive a truck under it, and a spotter to pick it off your chin — and there's no video to prove otherwise? Then when someone asks me how much I bench, I lie on every occasion.

8. What do you most dislike about your appearance?

No matter how much pizza and ice cream I eat, I just don't seem to be able to grow one of those big, round, pregnant-looking Santa Claus bellies all the guys at Super Training Gym are sporting. Those are sexy. I think that's why they get all the girls.

9. Which living person do you most despise?

No room for that in my life.

10. What do you most value in your friends?

When they have stuff I can borrow. The best friends have the most stuff.

11. What or who is the greatest love of your life?

What: I love training. Who: I have many, including my family and friends. I'm grateful for all of them.

12. When and where were you happiest?

Never been happier.

13. If you could change one thing about yourself, what would it be?

I'd relax a little, but not yet. There's so much more to do and I'm not getting any younger over here.

14. What do you consider your greatest achievement?

Reaching my goals. There are always new goals, so the greatest achievements are always ahead of me.

15. Where would you like to live?

In my house. I've been living out of hotels lately and haven't been home in months.

16. What is your most treasured possession?

My IFBB Pro Bodybuilding Belt, given to me by Flex Wheeler. I trained for 24 years for that.

17. What is your favorite occupation?

Unemployment.

18. What is your most marked characteristic?

The noises I make when I'm lifting.



19. Who are your favorite writers?

All the fans who write about my videos on the forums. Now, that's some good literature.

20. Which historical figure so you most identify with?

I don't make any comparisons; I'm just me.

21. What is it that you most dislike?

Steak and rice. Ugh!

22. What is your greatest regret?

No regrets; we learn from our mistakes.

23. What talent would you most like to have?

Remembering names. The comedians at Super Training Gym let me call people by the wrong names for a week while they goofed on me.

24. How would you like to die?

Happy.

25. What is your motto?

Die happy.

26. Which living person do you most admire?

My pops. He's always the voice of reason.

27. What is a quality you most like in a woman?

Honesty.

28. What is a quality you most like in a man?

Huh? Who wrote this question?

29. Who is your favorite hero of fiction?

Johnnie Jackson, "World's Strongest Pro Bodybuilder." Now there's some fiction.

30. Which words or phrases do you most overuse?

Nothing that makes sense, just lots of grunting.

31. If you were to die and come back as a person or thing, what do you think it would be?

A hydraulic wench. Then nobody could out-lift me.

32. Who are your heroes in real life?

My folks.

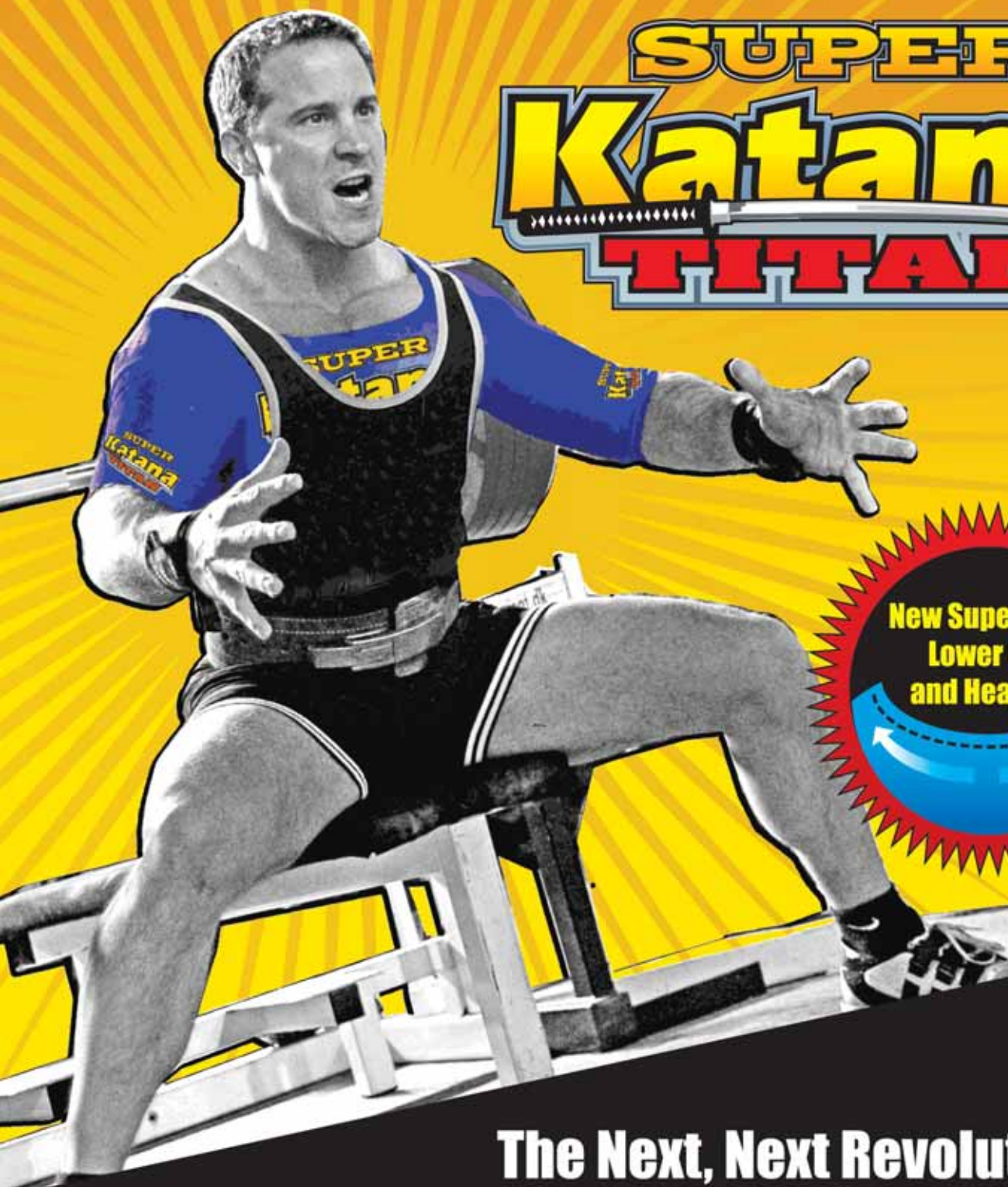
33. Favorite movie?

Bigger, Stronger, Faster.

34. Favorite lifter?

Ed Coan.

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