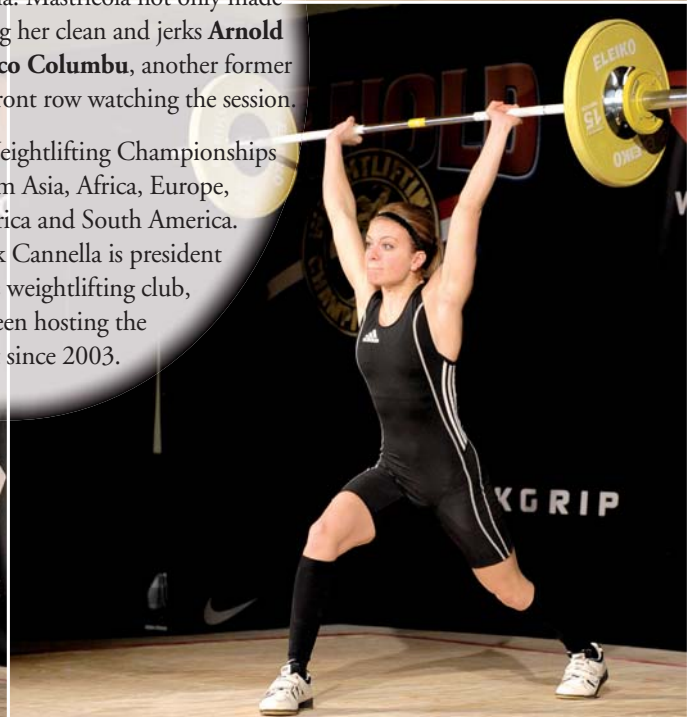
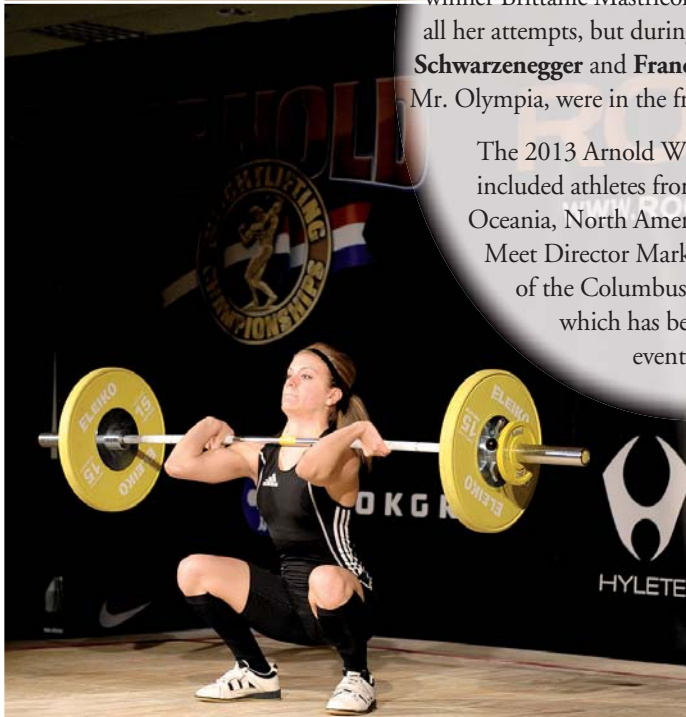


**BFS  
Goes to the Arnold**

The Arnold Weightlifting Championships were held on March 1-3, and in attendance this year were *BFS* editor Kim Goss and *BFS* scholarship winner Brittanie Masticola. Masticola not only made all her attempts, but during her clean and jerks **Arnold Schwarzenegger** and **Franco Columbu**, another former Mr. Olympia, were in the front row watching the session.

The 2013 Arnold Weightlifting Championships included athletes from Asia, Africa, Europe, Oceania, North America and South America. Meet Director Mark Cannella is president of the Columbus weightlifting club, which has been hosting the event since 2003.



Brittanie Masticola competed at the Arnold Weightlifting Championships and also met several athletes from other sports. Here she is with cheerleaders from the Teays Valley School District, competitive jump rope athletes from Jump Company USA, and gymnasts from Legacy Gymnastics.

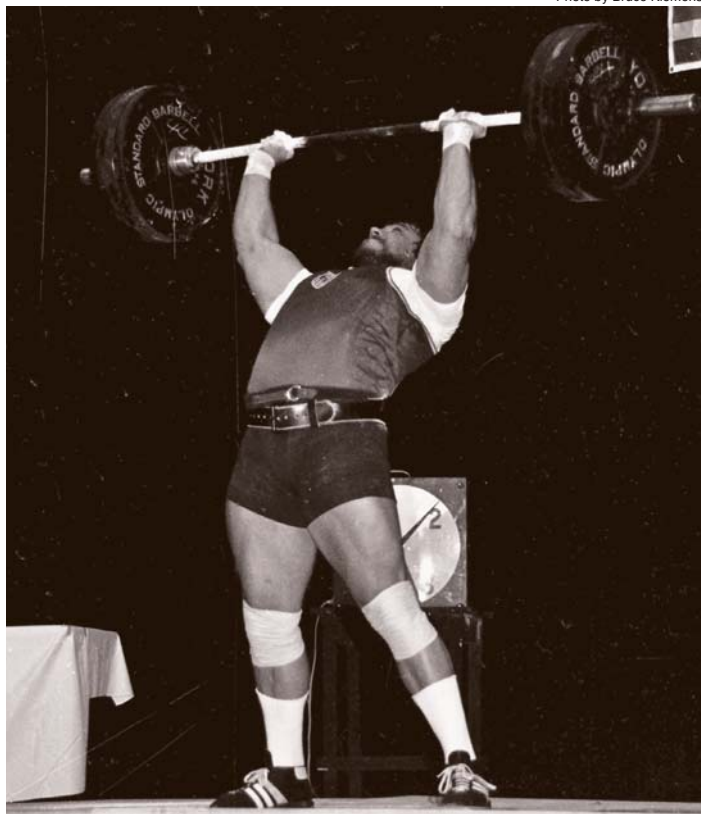
# Powerlifting Legend Jon Cole Passes On

The iron game lost one of its greatest and most versatile athletes when Jon Cole passed away on January 12 at the age of 71. BFS founder Dr. Greg Shepard says the training methods of Cole were part of the inspiration for the BFS program. Shepard said that coaches from the Soviet Union would come to the US to learn what athletes such as Cole were doing to be so successful in the throwing events and the weightroom. Here are some of Cole's accomplishments:

Cole threw the discus 231 feet and the javelin 241 feet, and put the shot 71' 4". He ran the 100-yard dash weighing 258 pounds in 9.9 at a sanctioned AAU event, threw a baseball 435 feet and kicked a football 68 yards.

In powerlifting, without the supportive gear used today, Cole was the first man to total over 2,300 pounds. His best official lifts, performed in 1972 with only elastic bandages for his knees and a weightlifting belt, include the following: squat 905, deadlift 885, bench press 580; total 2,370. In Olympic lifting he made the following bests: Olympic press 430, snatch 340, clean and jerk 430; total 1,200.

Photo by Bruce Klemens



## 2013 Power Clean Championships Set for Vegas

The 10th Annual National High School Power Clean Championships will be held on June 1, 2013, at Chaparral High School in Las Vegas, Nevada. Men's and women's divisions will be contested. Bill Froman is the meet director; for more information contact him at [whfroman@interact.ccsd.net](mailto:whfroman@interact.ccsd.net).

One athlete who is expected to break records at this event is Jordan Price. At the 2012 championships, Price cleaned 240 pounds for the silver medal in the 136.5-pound bodyweight class. Price's lift helped Chaparral win its first team title. Price is a two-year varsity football player, and at the Las Vegas city championships Price cleaned 290 pounds, which is 15 pounds above the national record in the 152-pound bodyweight division.



BOOK REVIEW:

# The Poliquin Principles, 2nd Edition

In every writer's life there is one work that defines them: *The Hunger Games* defined Suzanne Collins, and *Outliers* defined Malcolm Gladwell. For strength coach Charles Poliquin, that book was the *Poliquin Principles*, edited by *BFS* editor Kim Goss and published in 1997. This year the second edition has arrived.

Coach Poliquin has a reputation as one of the most accomplished strength coaches in the world, producing Olympians in nearly every major sport. In fact, 78 of the 118 members of the 1992 Canadian Olympic team were trained by Poliquin! Pro athletes also learned of Poliquin's talents, and soon he was training athletes in the NBA, NFL, NHL, MLB and UK Premier League. A feature on Poliquin appeared in the January/February 2010 issue of *BFS*.

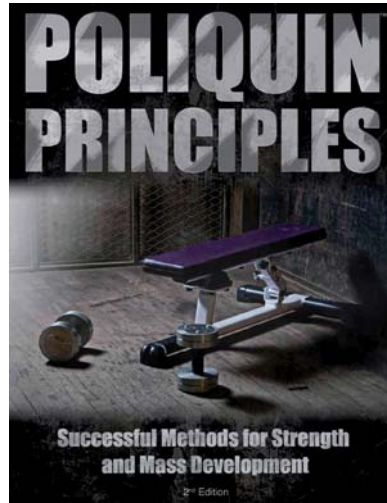
*The Poliquin Principles* shows how the careful manipulation of loading parameters (reps, sets, rest, tempo, exercise selection, and frequency) is key to achieving physical superiority. The first edition wasn't intended to be specifically about training athletes; it was written for anyone

wanting to more about the fastest and most effective ways to lose fat and gain muscle.

Since 1997 much has happened in the field of strength coaching, especially in the area of sports nutrition. As a result, Poliquin teamed up with Goss once again to write this second edition. It's completely revised and expanded – in fact, this edition is four times the length of the first edition.

This new version is divided into two major sections. The first section, "Defining the Poliquin Principles," presents the basic principles of strength training, specifically how to manipulate loading parameters. It also includes a much more extensive chapter on nutrition. The second section, "Applying the Poliquin Principles," focuses on using the information presented in Section 1 to develop workouts for all the major body parts.

For those who want insight into the science of body transformation by one of the greatest strength coaches in the world, pick up a copy of the second edition of *The Poliquin Principles* [order at [www.charlespoliquin.com](http://www.charlespoliquin.com)]. It was worth the wait.



The Science of Reps

When it comes to lifting weights, the first question individuals ask is "How many?" The second question, which influences the first, is "How many?" The actual number of reps is a function of many factors, but the most important is the goal. Lifting a little above the program's load means you're not getting the most out of the lift. Lifting a little below the program's load means you're not getting the most out of the lift.

NUMBER OF REPS	PERCENT OF MAXIMUM	TRAINING EFFECT
1	95.0	Relative strength through enhanced neural drive
2	94.2	
3	93.4	
4	92.6	
6	91.3	Optimal compromise of maximal strength and hypertrophy gains
7	90.7	
8	90.1	
9	89.5	Head hypertrophy gains leading to maximal strength gains
10	88.9	
12	87.8	
15	86.7	
17	85.6	Strength endurance gains and lower hypertrophy gains
18	85.0	
19	84.4	
20	83.8	



to be 10 minutes or more in every individual in the world. It is the only way to build a strong, healthy, and long-lived body. The only way to build a strong, healthy, and long-lived body is to lift weights. The only way to build a strong, healthy, and long-lived body is to lift weights.

Follow the Neural-Muscular Continuum

The amount of weight you lift is relative to your own genetic potential. The amount of weight you lift is relative to your own genetic potential. The amount of weight you lift is relative to your own genetic potential.

REP	PERCENTAGE	PERCENTAGE	PERCENTAGE	PERCENTAGE	PERCENTAGE	PERCENTAGE	PERCENTAGE
1	95.0	95.0	95.0	95.0	95.0	95.0	95.0
2	94.2	94.2	94.2	94.2	94.2	94.2	94.2
3	93.4	93.4	93.4	93.4	93.4	93.4	93.4
4	92.6	92.6	92.6	92.6	92.6	92.6	92.6
6	91.3	91.3	91.3	91.3	91.3	91.3	91.3
7	90.7	90.7	90.7	90.7	90.7	90.7	90.7
8	90.1	90.1	90.1	90.1	90.1	90.1	90.1
9	89.5	89.5	89.5	89.5	89.5	89.5	89.5
10	88.9	88.9	88.9	88.9	88.9	88.9	88.9
12	87.8	87.8	87.8	87.8	87.8	87.8	87.8
15	86.7	86.7	86.7	86.7	86.7	86.7	86.7
17	85.6	85.6	85.6	85.6	85.6	85.6	85.6
18	85.0	85.0	85.0	85.0	85.0	85.0	85.0
19	84.4	84.4	84.4	84.4	84.4	84.4	84.4
20	83.8	83.8	83.8	83.8	83.8	83.8	83.8



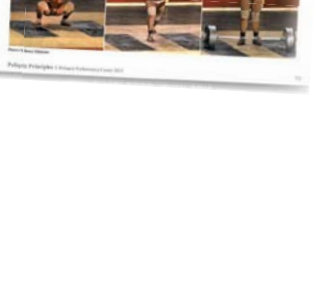
Let the Reps Dictate the Weight

Maximal voluntary contraction occurs when you attempt to recruit as many motor units as possible to develop force. In fact, you must periodically force your CNS to recruit voluntary contraction to

REP	PERCENTAGE	PERCENTAGE	PERCENTAGE	PERCENTAGE	PERCENTAGE	PERCENTAGE	PERCENTAGE
1	95.0	95.0	95.0	95.0	95.0	95.0	95.0
2	94.2	94.2	94.2	94.2	94.2	94.2	94.2
3	93.4	93.4	93.4	93.4	93.4	93.4	93.4
4	92.6	92.6	92.6	92.6	92.6	92.6	92.6
6	91.3	91.3	91.3	91.3	91.3	91.3	91.3
7	90.7	90.7	90.7	90.7	90.7	90.7	90.7
8	90.1	90.1	90.1	90.1	90.1	90.1	90.1
9	89.5	89.5	89.5	89.5	89.5	89.5	89.5
10	88.9	88.9	88.9	88.9	88.9	88.9	88.9
12	87.8	87.8	87.8	87.8	87.8	87.8	87.8
15	86.7	86.7	86.7	86.7	86.7	86.7	86.7

My interest in strength training began in the early 1970s when I was a high school athlete. I was a bodybuilder and a weightlifter. I was a bodybuilder and a weightlifter. I was a bodybuilder and a weightlifter.

When I first started strength training, I was a high school athlete. I was a bodybuilder and a weightlifter. I was a bodybuilder and a weightlifter. I was a bodybuilder and a weightlifter.



## PRODUCT SPOTLIGHT

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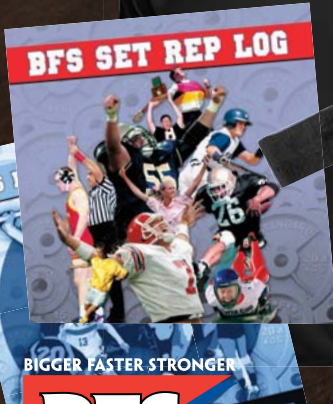
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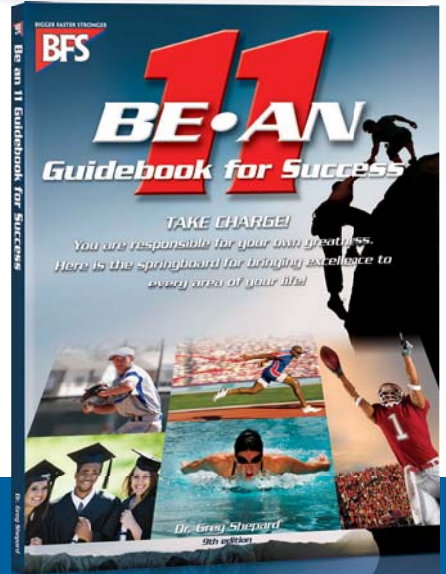
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- Coach T. Cox



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- Coach Fox



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