

What's Happening

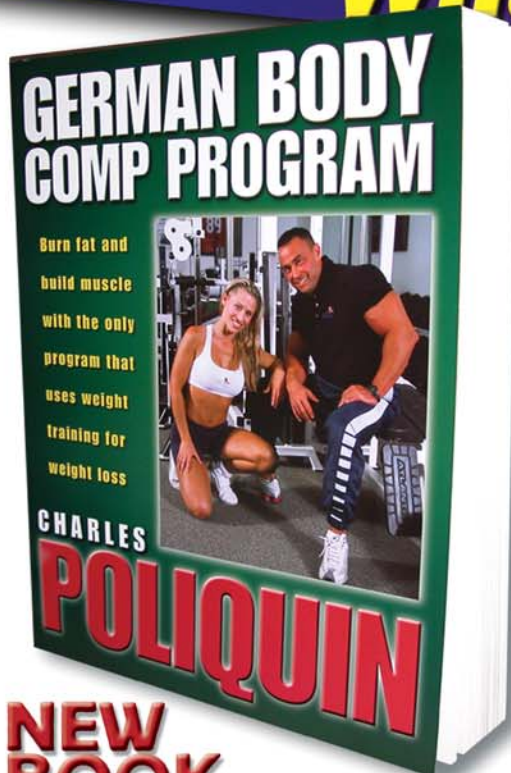


Weightlifter Casey Burgener was first featured in the Summer 1999 issue of BFS as one of America's upcoming stars in Olympic-style weightlifting. At the Olympic Trials this July he put himself in the record books by snatching an American record of 377 pounds (171 kilos) in the 231-pound bodyweight class. The record and the celebration are captured with these great photos by Bruce Klemens.



Dr. G. Craig Merhoff, who, although in his 60s, still lifts three times a week and participates in numerous outdoor activities such as hunting, backpacking and skiing. Dr. Merhoff has two homes: one in Eden, Utah, and one in Klamath Falls, Washington. Both of his homes are well equipped with BFS equipment, and he uses a modified BFS program that includes power cleans and squats.

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NEW BOOK

The *German Body Comp Program* by Charles Poliquin, whose athletes have been featured many times in BFS, shows how to lose fat without aerobics and tasteless, low-fat diets. Gleaned from research Poliquin uncovered from a top German exercise scientist, the workouts use only weight training for weight loss. It is filled with practical information, sample workouts and detailed menu plans to help lower bodyfat while increasing strength and lean muscle mass. \$29.95: order through BFS.



Many athletes who have appeared in BFS competed at Athens and have been the subject of much media attention. Natalie Coughlin, shown here, made the cover of TV Guide.

40,000!

BFS Editor Kim Goss being tested on the Pharamex scanner, which is a noninvasive method of determining antioxidant levels. His score of 40,000 puts him in the 100 percent range and ensures that he'll never miss a BFS deadline due to nutrition-related illness.

