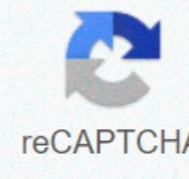




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Equip Squat Bench Deadlift Total Dots Single 344.7 220 333.3 879.9 541.64 Multi 532.9 288 378.7 1181.6 669.68 Place Fed Date Location Competition Division Age Equip Class Weight Squat Bench Deadlift Total Dots 8 XPC 2015-03-06 USA-OH Finals Heavy 49- Multi 109.5 462.6 240.4 342.4 1045.5 620.11 1 RPS 2014-10-25 USA-OH LexenXtreme Fall Classic Pro Open 49 Multi 110 107 449 226.8 340.1 1016 608 20 DQ XPC 2012-03-03 USA-OH Pro Powerlifting Pro 46 Multi 110 108 6 1 IPA 2011 07 00 USA-OH Lexen Xtreme Summer Slam & Ohio State Championships Pro Open 45- Multi 110 110 492.1 258.5 342.4 1093.1 647.44 4 SPF 2010-08-20 USA Powerstation Pro/Am Pro Open 45 Multi 125 125 532.9 276.6 362.8 1172.5 664.54 3 SPF 2009-08-21 USA-OH PRO-AM Open 44 Multi 110 110 474 498.9 517.1 65.7 272.1 294.8 317.5 362.8 371.9 954.8 565.50 1 IPA 2009-04-18 USA-OH Ironhouse Classic Pro Open 43- Multi 110 110 455.8 480.8 503.4 267.6 290.3 290.3 771.1 456.70 DQ IPA 2008-01-19 USA-OH Columbus Pro-Am Pro Open 42 Multi 125 122.6 503.4 530.7 276.6 1 IPA 2007-08-18 USA-OH Powerstation Pro/Am Pro Open 41- Multi 125 125 498.9 285.7 378.7 1163.4 659.40 G IPA 2007-03-31 USA-OH Iron House Classic Pro Open 41- Multi 125 125 521.6 288 371.9 1181.6 669.68 1 WPC 2006-03-04 USA-OH WPO Finals Open 40 Multi 125 121.5 507.5 287.5 367.5 1162.5 664.90 3 WPC 2005-10-29 USA-IL WPO Semifinals Open 40 Multi 125 116.8 487.5 272.5 350 1110 643.35 DQ WPC 2005-03-04 USA-OH WPO Super Open Championships Open 39 Multi 100 99 452.5 452.5 452.5 2 WPC 2004-10-08 USA-OH WPO Finals Open 39 Multi 100 100 451 227.5 365 1043.5 642.29 1 WPC 2004-03-05 USA-OH WPO Super Open Championships Open 38 Multi 100 100 450 450 467.5 165 255 260 320 347.5 370 985 606.28 2 WPC 2003-11-07 USA-GA WPO Finals Open 38 Multi 100 100 442.5 462.5 245 255 262.5 347.5 365 372.5 1052.5 647.83 DQ IPA 2003-07-26 USA-OH Iron House Push/Pull for Cash Open 37- Multi 110 110 244.9 254 263 1 IPA 2003-07-26 USA-OH Iron House Push/Pull for Cash Masters 37- Multi 110 110 344.7 365.1 365.1 216.26 1 IPA 2003-05-18 USA-OH Gritter Nationals Open 37- Multi 110 110 362.8 362.8 214.92 2 WPC 2003-02-28 USA-OH WPO Finals Open 37 Multi 100 100 440 460 460 237.5 245 250 345 365 372.5 1022.5 629.36 1 WPC 2002-11-08 USA-LA WPO Semi-Finals Open 37 Multi 100 100 438.5 242.5 337.5 1018.5 626.90 1 IPA 2002-03-30 USA-WV Mountaineer Championships Pro Open 36- Multi 100 100 464.9 238.1 342.4 1045.5 643.54 DQ WPC 2002-02-23 USA-OH WPO Finals Open 36 Multi 100 100 1 IPA 2001-11-15 USA-OH Nationals Pro Open 36 Multi 100 100 410.5 430.9 453.5 219.9 229 240.4 335.6 360.6 360.6 1043.2 642.14 4 WPC 2001-08-12 USA-FL WPO Semi Finals Open 35- Multi 100 99.4 385 205 327.5 917.5 566.22 DQ IPA 2000-02-20 USA-OH Westside Invitational Pro Open 34 Multi 90 90 344.7 183.7 317.5 326.5 2 APF 1997-06-21 USA-AL Seniorzry Open 31- Multi 100 100 367.5 395 230 242.5 250 345 365 365 962.5 592.43 1 APF 1996-05-31 USA-GA Senior Nationals Open 30- Multi 100 100 365 390 397.5 227.5 237.5 337.5 365 365 955 587.82 1 WPC 1995-10-26 USA-OH World Championships O 30 Multi 100 100 362.5 375 382.5 227.5 235 242.5 322.5 350 350 967.5 595.51 1 APF 1995-07-15 USA-TX Senior Nationals Open 29- Multi 100 100 340 362.5 372.5 210 227.5 232.5 327.5 337.5 345 945 581.66 2 WPC 1994-11-03 USA-OH World Championships O 29 Multi 110 110 390 247.5 327.5 965 571.54 2 APF 1994-07-01 USA-IL Senior Nationals Open 28- Multi 110 110 352.5 377.5 382.5 227.5 245 250 327.5 360 380 987.5 584.86 1 APF 1994-04-16 USA-IL Junior Nationals Open 28- Multi 110 110 375 242.5 355 972.5 575.98 1 APF 1994-03-26 USA-OH Central Ohio Bench Press Open 28- Multi 125 125 233.6 233.6 132.39 1 APF 1993-10-20 USA-OH Ohio State Senior 28 Multi 110 110 349.2 222.2 335.6 907.1 537.30 2 APF 1993-03-13 USA-OH Central Ohio Open BP Open 27- Single 100 100 208.6 208.6 128.43 1 USPF 1992-12-12 USA-OH Canton Open 27 Single 100 100 320 215 317.5 852.5 524.73 1 PoliceAL 1992-09-19 USA-OH Columbus Bench Press Open 27 Single 100 100 210.9 210.9 129.82 3 APF 1992-07-11 USA-OH OCI vs Westside Barbell BP Open 26- Multi 90 90 199.5 199.5 129.05 1 USPF 1990-12-08 USA-OH Canton Open 25 Single 100 100 322.5 220 320 862.5 530.88 1 USPF 1990-03-17 USA-WV St. Patrick's Day BP/DL Open 24- Single 100 100 333.3 333.3 205.21 1 USPF 1989-12-02 USA-OH YMCA Nationals Open 24 Single 100 100 317.5 332.5 345 195 210 212.5 317.5 330 335 875 538.58 DQ APF 1989-07-22 USA-OH Senior Nationals Open 23- Single 100 100 317.5 335 335 195 205 215 317.5 332.5 337.5 1 USPF 1989-05-07 USA-OH Total Power Columbus Open Open 23- Single 100 100 344.7 204.1 331.1 879.9 541.64 4 USPF 1988-12-03 USA-OH YMCA Nationals Open 23 Single 100 100 310 332.5 332.5 187.5 195 202.5 300 317.5 5 5330 842.5 518.57 1 APF 1988-06-11 USA-OH Ohio Classic Championship Open 22- Single 100 100 326.5 190.5 310.7 827.0 8 509.53 1 APF 1987-10-31 USA-WV Mountaineer Open 22 Single 100 100 305 200 305 810 498.57 4 USPF 1987-1987-1987-1987-1987-1987 1987-198707-25 USA-OH Toledo Open 21- Single 100 100 274.4 183.7 301.6 759.7 467.65 But back to Chuck.Chuck started training with Mark, Matt Dimmel and me. I can say that it had unlimited potential as a lifter. I had just started training the Soviet way two years earlier, so Chuck started straight. He was very strong and very strong. He was thin at the time, about 180 pounds, but began to gain weight quickly. After two years it was off to Ohio's Toledo for his first real meeting and my attempt to get my fifth elite total, this time at 275lbs. I did all in all and I saw Chuck was a real deal. He had it all, but will he use it? Well, in 1987 chuck was on the YMCA citizens. I told Chuck that are strong at this level, but of course they are late for and took only one weight – 465lbs. His opener was 683, blew it and won the national title. Nothing upset him. I can say that deadlift was supposed to be his top lift, but everything will change. He was getting stronger in all three elevators. Mark Martinelli and everyone who trained with our group liked to play in the gym, it's like always boxing or wrestling. I told Chuck not to fight Matt Dimmel. Matt was really big and much faster than you can imagine, he almost killed me more than once. However, that didn't stop Chuck from trying. Matt got Chuck in guillotine strangling and broke his neck. This is not an exaggeration. Well, Chuck's bench went from 480 pounds to 135 pounds per night. I told him to go to the doctor to find out for sure what was wrong. It only took him a year, but it was confirmed that his neck had been broken. This eventually caused Chuck to get the surgery, but that didn't stop him. He saw me break my kneepeeta tendon in half. Chuck then picked me up after the doctors tried to kill me in surgery and five days later maxed me out in a bench with a hole in my throat and stitches in my side with a chest tube. That's why he's such a good motivator. Then recovering I wanted a box to squat 500 pounds, which eventually didn't cause me to hurt my other hip. Chuck was already loading 525 on the bar and can't say no Chuck... I made 525lbs. It took me two months to recover and when I came back I wanted to do 550 and the same thing happened again. Before I could say anything Chuck was putting 575 on the bar. There was no other way to do it. Looking back Chuck must have a lot of because no one could say no to Chuck, haha. Next in our evolution of training was the use of chains. Dave Tate and Chuck jumped to the right and made good progress along with heavy sledging pulling, next came the rubber band. What happened was amazing. In many ways, the gym was as strong as hell. In the world of '95 and '96 WPC, where they won the top six lifts, Westside won both worlds with four first and two seconds. See the full version: Chuck Vogelopoln Sherro07-03-2011, 10:18 AM I know most of you are not as crazy about multiply lifting as I do, but anyone who is in powerlifting heard Chuck. A man is crazy strong and trains like a crazy man. Here's a video of him taking 1180 for a ride at a recent Lexen meeting. T26_-Y72Rpk brendon07-03-2011, 10:28 Shero AMhaha... as soon as I saw this post 2 things immediately came to mind before I looked. 1) Equipped lifting 2) wonder how much food this guy chuck eats. John, do you know if this elevator has been handed over? 180x5 kid07-03-2011, 11:14 AMthat was wavyy high... I wouldnt pass it on in a million years. Sherro07-03-2011, 11:21 AMIm pretty sure it was. 11:23 AMAMthat was wavyy high... I wouldnt pass it in in Years. I wouldnt say it's so high. Maybe it's not as deep as ProRaw was demanding, but it's also harder to assess because of how wide the squats are and from that point of view. Also does not help it was at the meeting Lexen. I love Chuck because he's crazy, but he doesn't even run the elevator. As far as legal powerlifting squat goes, I have yet to see a set of laws stating anything other than it needs to be parallel. All we did in ProRaw was stick to the rules. I'd let my nose bleed squats and claim all sorts of extracts from members, but I'm not wired that way. Lifts like this only enforce the credibility of lifters like Malanchev. It's not the athletes' fault either, so meen no disrespect to Chuck. If he were at a red light, he would have to start crawling to legal depths. Its judges/meet directors who are guilty. Athletes will always bend the rules in any sport. Armpits in cricket, benches, knee riding in the press at the Olympics, steroids in tested sports. Knowing this, every meet director has a responsibility to keep his sport credible With a video that I see, Chuck was far from breaking parallel strong enough?07-03-2011, 12:54 PM^^^ what I saw with Vids ProRaw was just enforcing the right depth squat. It is indeed an indictment of what sport has become in some quarters that the standard that you set for fulfillment is considered somehow abnormal or extremely strict. The IPF clearly leads in my assessment. They are not perfect, but they are the best in all fairness to multiply the lifts, its not an easy blow of legal depth with Leviathan on, the same applies to these bench shirts. Another set of multiplication rules may be the answer, but its unfair to compare this squat with those of the IPF Dancelo07-03-2011, 01:56 PMWhat is the nose bleeding squat? Tiles squat? But why nosebleeds? Skalathar07-03-2011, 02:06 PMHard to break below parallel with 4 layers on (counting panties). The most equipped meets pass parallel squats. Even if they are slightly break it. Athletes are always going to push the depth problem in favor. What is nosebleed squat? Tiles squat? But why nosebleeds? So high that your nose bleeds Dancelo07-03-2011, 02:58 PM see, thanks! Sherro07-03-2011, 03:03 PMOnly for the record I did not start this bash thread on multiply lifting or high squats. I started showing it to people what Vogelopoln's freak is. 1180 high or not crazy. Everyone has to step down from their tall horse and go squat (except for Markos, who actually did something about high squats, starting his own fed instead of complaining about it in the forums). PowerBuilde07-03-2011, 03:08 PMbig squat. as it happened, so it is difficult to squat super deep in the multiplication of equipment? I've never worn a suit, so my information is used. I know John trains both multiply and raw, so his answer will be accurate. Steve Pritchard told me funny funny about levathan's suit he once had. Apparently they stacked the scales on it, and didn't lodge lol Sherro07-03-2011, 03:12 PMbig squat. how did it happen that it is so difficult to squat super deep in the multiplication of equipment? More layers provide more support, but make it difficult to gain depth. Leviathan especially since it is a canvas that differs from poly in the way it provides support. The canvas stops in the hole, where like poly gives more pop from the hole. Iozzo07-03-2011, 03:14 PMDepth hard to judge from this angle and video quality PowerBuilde07-03-2011, 03:16 PMSteve Pritchard told me a funny story about the suit Leviathan once had. Apparently they stacked the scales on it, and didn't fold it lol oh god... it sounds... Strange... We have a girl who performs power-killing at my gym. I'm going to talk to her today about this kind of thing. It's a little off topic... Her trainer has her doing it before she squats to work on her deadlift. Thanks for this insight Shero! Sherro07-03-2011, 03:28 PMI never wore a suit, so my info is second hand. I know John trains both multiply and raw, so his answer will be accurate. Steve Pritchard told me a funny story about the Leviathan suit he once had. Apparently they stacked the scales on it, and didn't fold the Inzers tag line lol for Leviathan's only suit to stand on their own. In fact, you will stand on the floor without anything or anyone in it. Westside use the front squats as a deadlift relief exercise also Just do this coz is a great exercise Skalathar07-03-2011, 03:30 PMJust for the record I did not start this bash thread on multiplication lifting or high squats. I started showing it to people what Vogelopoln's freak is. 1180 high or not crazy. Everyone has to step down from their tall horse and go squat (except for Markos, who actually did something about high squats, starting his own fed instead of complaining about it in the forums). I agree, I just dont think this is a forum to post it. For a record im not bashing it or how to train in multiply (overkill range), and I think chuck is a legend of fking. Great guy, do you compete? Skalathar07-03-2011, 03:45 PMYes I have competed for the ADF (raw), and I would like to do some meets now equipped. Sherro07-03-2011, 03:52 PMI I agree, I just do not think this is a forum to publish it. For a record im not bashing it or how to train in multiply (overkill range), and I think chuck is a legend of fking. So the strength training/powerlifting forum isn't the place to post a powerlifting video? It seems a bit superfluous. Skalathar07-03-2011, 15:57 PMSo strength training/ Powerlifting forum is not the place to post a powerlifting video? It seems a bit superfluous. This is the place to publish it, but with most of the lifts here it is raw etc its just going to set you on fire this has happened. I, for one, would like to see more of these clips. I like supertraining and westside clips and EFS EFS Of course. Sherro07-03-2011, 03:58 PMz most lifters here is raw Maybe I'm trying to educate them. Skalathar07-03-2011, 04:01 PMIf you are, good luck lol Just because Skal is that most of them are novices or not Vids competitors as they belong here. Explaining why lifters in multiply squat so high is also helpful when I say high. I'm compared to one layer/raw lifters. His completely different ball game in multiplication. Educating the masses is a good thing. Most lifts start to be raw or single. Some people just move around and I don't rule out the possibility of coaching a lifter who wants to try to multiply in the future, it's not my decision. Post more fellas vids.... Frankl, someone from Big Iron Gym, all good hashi07-03-2011, 04:43 PMIf any of the multiplier lifters were required to squat below in parallel so that their lifts passed im confident that they would be able to change their suit or what they did not allow it or get other equipment. While there are two schools like powerlifting super powers at the moment, European IPF lifters who squat below in parallel due to judging and then westside athletes who are in line with their judges and squat to any required depth I have no doubt that if needed westside athletes can go and changed what they need to get lifts passed in the IPF with different tools. Because at the end of the day they are just there to get their lifts passed and the same goes for IPF lifts as its simply different standards brings different lifts. In conclusion, just because you raise in this way does not mean that you can not change to observe strict refereeing and are not strong. 536KG on the back to this depth with a canvas suit in that body weight is ridiculous. Now Robert Wilkerson squats raw, so I don't know what his excuse is for high squats. 51MON07-03-2011, 06:30 PMWhile To damn an impressive elevator, I feel that the high crouching that happens in many layers of feds is a bit ridiculous. Imagine if other sports had this problem, we would see guys running 100 meters in feds, where the track was only 75 meters long. Rugby807-03-2011, 06:34 PMI I don't understand why ppl cant just see it's a sick extract, it has 1180lbs on its back on fuck sake lol. Some ppl just need to get out of there a little cave live in and open your eyes abit to other forms of lifting... its a little sad that ppl need to stick everything you do not know or like I'm sure Chuck was in the thigh gym to be sucking his dick for advice. PenhMac07-03-2011, 06:54 PMFor multiplying that squat was quite deep, not blocked at first, but not sure if it's even a rule for them. PowerBuilde07-03-2011, 08:22 PMI do not understand why ppl cant just see that it's a sick lift, it has 1180lbs on its back to fuck sake lol. Some ppl just need to get out of there a little cave live in and open your eyes abit to other forms of lifting.... its kind sad that ppl has to knock knock they don't know or like..... I'm sure Chuck was in the thigh gym to be sucking his dick for advice. that's what I think. If I had trained with him, I would have circled every piece of training advice I could get. Look at the amount of weight he managed. Superhuman. Sherro07-03-2011, 08:24 PMNow Robert Wilkerson squats raw, so I don't know what his excuse is for high squats. It's too thick to hit the depths. oh so fat. hashi07-03-2011, 08:55 PMON is too thick to hit the depth. oh so fat. I saw the vid, I have to admit, I laughed when I was setting up and his belly was everywhere. MickID8407-03-2011, 09:28 PMHe looks like it hits the depth order in this video. Robert Wilkerson Total 2200 Raw and New WR Sets | Powerlifting Watch (hashi07-03-2011, 09:33 PMI I wonder if you lost weight to improve your dead levers if you had a bigger sum or take a bigger hit. TBH's deadlift is shat Sherro07-03-2011, 09:38 PMAgain hard to judge from the front angle and Wilks is so thick that it would be difficult to judge from any angle. MickID8407-03-2011, 09:40 PMhahahahaha, is rather fat lozzo07-03-2011, 10:26 PMHe looks like it hits the depth order in this video. Robert Wilkerson Total 2200 Raw and New WR Sets | Powerlifting Watch (you're serious that was taller than the original EDTT video: ive watched it a few times now and ive convinced that legit, asyoublokes listed hard to judge when thigh somones are like tree trunks. Bench Polkov08-03-2011, 12:28 AMPeople arguing multi-ply vs raw in this thread should be quiet. It was done to death everywhere else, you dont have to do it here. Chuck is amazing, period. jaydoubleyou08-03-2011, 11:52 AM I know most of you are not as crazy about multiply lifting as I do, but anyone who is in powerlifting heard Chuck. A man is crazy strong and trains like a crazy man. Here's a video of him taking 1180 for a ride at a recent Lexen meeting. T26_-Y72Rpk Thasn! Shero! I've seen a lot of his extracts via youtube.. Man is a beast.. He has had, and may still have, multiple WPO records... 220 classes from memory.. and a few others.. GHOSTrun08-03-2011, 12:44 PMI I don't understand why ppl cant just see it's a sick extract, it has 1180lbs on its back on fuck sake lol. Some ppl just need to get out of there a little cave live in and open your eyes abit to other forms of lifting.... its a little sad that ppl need to stick everything you do not know or like I'm sure Chuck was in the thigh gym to be sucking his dick for advice. It almost sums it up.. While this is an impressive damn lift, I feel that the high crouch that happens in many layers of feds is a bit ridiculous. Imagine that other sports had this problem, guys running for 100 meters in feds, where the track was only 75 meters long. Dancelo08-03-2011, 01:07 PMYeah, PMYeah, as he ran 75m really fast, faster than anyone else in the world, so we shouldn't hang on his skills, but the sport is about running 100m rather than 75m. He's very strong, no doubt, but it's not a legit squat competition. You didn't find the right one. Enough at the depth of the squat in this thread I think. I'll start the thread at the depth of the squat now. will be interesting. Powered by vBulletin® Version 4.2.3 Copyright © 2020 VBulletin Solutions, Inc. All rights reserved. Reserved.