

**POWIER SCENE** recently ran across one of our favorite athletes, November *PL USA* covergirl Gea Johnson, and she had an interesting tale to tell. Gea is the number one ranked Olympic lifter in the U.S. in her weight class – and until powerlifting gets into the Olympics, Olympic lifting is the only way for a lifter to go for that Olympic gold – and she's also one of the country's top heptathletes. The heptathlon is a seven event competition that includes running, throwing and jumping events.

# POWIER SCENE

the necessary equipment for her workout.)

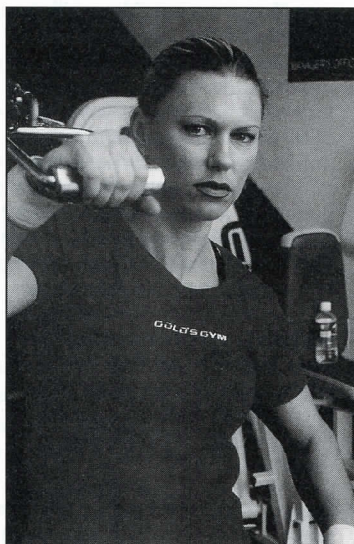
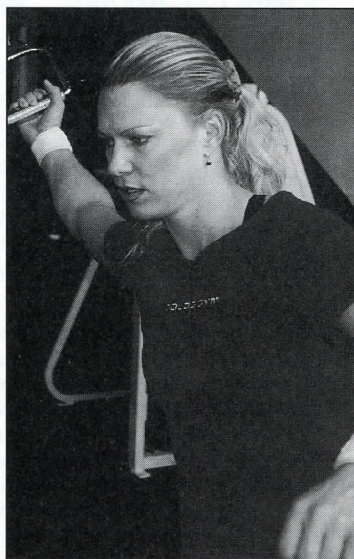
Six days a week of training, and one day off, and that's not even much of a day off. Gea is one of the few women athletes spon-



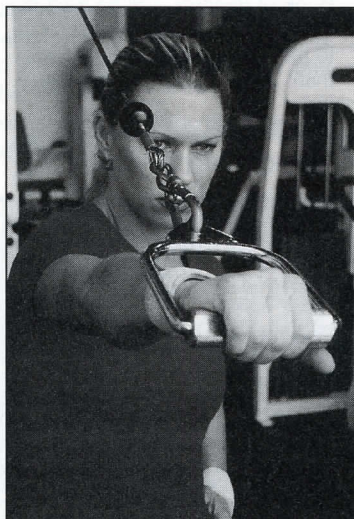
Gea squatting at GOLD's GYM.

Anyway, just like lots of powerlifters do, Gea got injured, and after all the non-surgical ideas didn't solve the problem with her foot, she went under the knife. Surgery in late September by Dr. Carol Frey was successful, but that only begins the path to recovery and success.

So, if powerlifters had the Olympics to aim at, this is the type of training regimen and support team that elite powerlifters would be using. First, basic weight training, with workouts written by your strength coach, in this case Joe Horrigan, who also serves as strength coach for the NHL's Los Angeles Kings.



Gea gets in some upper body work



Stretching against the gym wall



Gea takes advantage of the wide range of equipment at GOLD's

Then you'd have to work on your core stability, flexibility, and range of motion, to enhance your lifts, and that's where Dr. Brendan Murray comes in. He serves as a treading doctor of the U.S. Olympic lifting team, and he's good - I know because I went to him for work on my back - - and he'll focus on your biomechanics and improving the "firing" of your muscles.

For mind management and learning how to exercise and focus your mind, Gea has a mental coach, Dr. Dennis Deaton. To help organize all of this, plus help with sponsorship opportunities, powerlifting coach Jack Armstrong is part of the team. And we still haven't even gotten to the sport specific training.

Chuck Debus coaches Gea in all seven events, working to build proper mechanics and techniques, and putting her drills to unlearn bad habits and bad form.

We caught up with Gea at GOLD's Gym in Venice, where she works on the core strength training and flexibility needed to maintain world class status in both the heptathlon and weightlifting. As you can see from the photos, there's a combination of traditional work, such as the squat, and some less traditional exercises, such as stretching up against the wall.

We didn't have room for pictures of all the other exercises she does, but there are a lot, and the workout takes place in all four of the large rooms that make up Gold's. (Gold's is probably one of the few places that has all

sored by Weider, so there's a need for time for personal appearances and photo shoots (*MUSCLE & FITNESS* had a five page pictorial and article on her last Fall.)

So, guys and gals, if powerlifting does make it to the Olympics and more media coverage, and you want to be a star, this is what you'll be looking at – lots of workouts, lots of coaches and support personnel, lots of time spent with the media and sponsoring companies, very little free time, and maybe a medal. Sounds good - let's hope that powerlifters get that opportunity.

'Til next month, stay strong, and keep enjoying the world's strongest sport.

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After her workout.. Gea heads home