



Armlifting USA Newsletter

2021 Volume 8

by **Riccardo Magni**

Well, the dust has settled from Stage 1 of the Armlifting USA World Super Series. There were some incredible lifts. The video review process has begun. When it is complete, results will be changed if necessary and the placings will also be adjusted.

Watch soon for new rules videos and documents for Stage 2! Start training now!!

New Benefit to Members - Strength Results

Sign up to the Strength Results system!!

All athletes receiving this mail are invited to sign up to a free account in the Strength Results (<https://strengthresults.com/getStarted>) application and create a competitor profile (or connect an already existing one), and enter/update minimum your name, nationality, and birth date. This is needed if you are going to compete in Armlifting USA competitions, LA Strongest Man/Woman, All-American Strength Challenge, and any other competitions that will be run through the system in the future.

If you'd rather view and listen than read, then follow this short youtube tutorial:

<https://www.youtube.com/watch?v=BTLoVFIVszw>

Your profile may already exist in the system! If so, simply connect it to your account and update your info (if something is missing). Do not create a duplicate!

Steps:

1. Sign up to Strength Results (there is no fee)
2. Head over to "My Account"/ Settings
3. Search, link, and update your already existing profile or create a new.

The Strength Results system is used for live scoring and automatic point calculation in strongman and grip competitions, and optionally also for the sign-up process to competitions. All results are saved in a database and statistics and records are automatically generated from the underlying competition results.

Every competitor needs to have a profile on Strength Results. These profiles can be created by the competition organizer or the athletes themselves. Name, birth date, and nationality is required. Other info is optional. Birth date and nationality is needed to sort records properly (age group/country) and to differentiate profiles with the same name.

Short introduction video to Strength Results:

<https://www.youtube.com/watch?v=DHvumdChvDY>

Strength Results does not charge or have any subscription fees for the default account. Following results live, watching new competition results, as well as many other features are completely free. For those with deeper interest in the sport and statistics there is an optional Premium level (not free).

5 Questions with Frank Chaudoin



What is your favorite lift to train?

By far my favorite lift to train is the axle. I find the axle to be one of the more comfortable, and least risky of the grip lifts. I have also observed a great deal of strength transfer with axle training. One of the shared skills among all top level gripsters and armlifters is a big axle pull. As the axle tries to roll out of the hands, the thumbs and wrists take quite a bit of the strain. All the while, the fingers are supporting the heavy weight. Thus, the entire hand is getting work. I like to keep my deadlift numbers a good 20% or more above my axle. This allows me to train the axle a bit more frequently as it does not stress the posterior chain like heavy deadlifts. I train on several axles. A 2" knurled axle for overload training, a 2" smooth competition axle, a 2.5" axle with a grippy bed-liner type coating, and a 3" powder coated axle. Presently I am training primarily on the knurled axle. The knurling is quite sharp and that motivates me to squeeze as hard as possible. It's not fun when the sharp knurled axle slips from your grip with 300+lbs on the bar.

Why do you compete in Armlifting?

I am driven by competition. I find it fascinating to see how I stack up against other people. Throughout most of my life I competed in traditional and mixed martial arts. I'll be 37 years old next month, and I simply don't want to compete in anything with a high-level risk of injury. Today I train primarily in martial arts for self-defense, and to teach others how to protect themselves and their family. This is paramount to me, and always first. That being said, I find grip to be one of the greatest accompanying skills to have for survival and self-defense. A strong grip means a better hold on a weapon, a stronger tighter fist, or (hopefully it never comes to this), a better grouping of shots with a pistol. A strong grip can literally save your life.

So, I am a martial artist, my grip workout buddy is a former competition strongman and powerlifter, and, I have a few grip buddies from the world of climbing and obstacle course racing. Much like bobsled, grip/armlifting is composed of athletes from all walks of life. I think this creates a friendly atmosphere. Armlifting is competitive, sure, but it is not cutthroat. For most

people this is not their first rodeo, thus, they have calmed down and, though they are serious about their lifts, most are very willing to help out the newbies.

What are your current goals?

My overall grip goal is to match Vincent Rivellese performance at the Golden Potato Championship within 2 years time. I have a target bodyweight goal for overall health and fitness of 180lbs. At 5'9", with 7.5" hands, this would be a good size for me in grip as I could cut to 80kg for comps.

Vince at 80kg, and, three years into gripsport, pulled 20kg more than me on the Rolling Thunder and the Saxon bar, and, 15kg more than me on the Axle. He also held closed the 3.5 gripper on the Silver Bullet (a .5 harder gripper than I held shut). If I can come in at 80kg and hit these marks at the Golden Potato Championship 2023, I would be quite happy. I would also like to get the Mash Monster 0 certification.

Can you please describe your training plan?

I am continually modifying my plan as I have yet to synergize my efforts into a sort of meta-person. I focused on martial arts from age 5-19. That provided balance, coordination, mobility, flexibility, awareness, focus, and a tough spirit. After this, I worked in enforcement industries, as a doorman, bouncer, and, in hands-on work in psych-units. At age 22, I entered college, and, at some point during grad school I lost focus on training as work and school became an all encompassing focus. I began working a desk security job (sitting all day), where they allowed me to read my textbooks (I was just there to check people's credentials for access).

Long story short... I finished school in 2018, got my feet wet in research, and, BAM! The pandemic hit and all funding stopped. Thus, I started this Couch

Potato Strong brand to network and motivate myself to get in the gym. I have only been working out for just over a year and during that time the focus has primarily been on gaining strength.

I workout with my brother Addam. We initially began with a 5x5 program, and made decent progress. We also included a day of strongman each week to keep the workouts fun as we grew up watching World's Strongest Man each Christmas. We started doing grip in the fall of 2020, when weather changed and we wanted to add fun to our inside workouts. After doing 5x5 for a few months we switched to higher weight (85-90% of max) and began doing doubles and triples. When I started at this in March of 2020, I could deadlift 275lbs for max. In April of this year I hit 385lbs on a deadlift without straps. Though these numbers are not huge, I have gone from a true couch potato to a decently strong dude.

My basic program right now is as follows:

Monday – MMA in evening and extensors for grip

Tue - Axle, Deadlift, and overhead press (3-5 sets each, doubles and triples at 85 to 90% of max) – heavy bag in evening

Wed – Wrist with sledge, front lever and traditional lever, rotations, and wrist wrench (sometimes I throw in the max-wrist top roller handle). – extensors and MMA in evening

Thur – Bench press and rows (3-5 sets each, doubles and triples at 85 to 90% of max), Bench press is sometimes done on a 3" axle, but I also bench on a cambered football bar, and a standard barbell. Pinch – Flask or Saxon bar (also doubles and triples, 3 to 5 sets 85-90% of max) – evening heavy bags

Fri - Lightweight/recovery grip day. Rice bucket work, extensioners, baoding balls, Tai-Chi Bang, flexbars, etc...

Sat- Squat – I work around thoracic spine arthritis, thus, my squat routine is different from bench, dead, and ohp. For squats, I start slow without a belt or wraps and do 135lbs for 8 reps in an atg fashion. I work up to about 115% of my

bodyweight and continue to do in atg fashion. Once every few months I'll do heavier squats to parallel with a belt and knee wraps. Last time I did this was a few months ago, and I managed 335lbs for a double. – In addition to squat, everything in grip we didn't do during the week. Direct thumb work and crush primarily, we will do this day. We may also do a second day of axle, and hit the unique shape comp implements, such as horn, hub, Finnish Ball, or Golden Potato.

Sun – Off – reflect, read, time with friends and family.

What lifters do you think are the ones to watch in 2021?

I think Carl Myerscough is always a good bet to watch. He is simply a monster at 6'10" 350+lbs; he is very hard to beat.

David Labbe is looking very strong at the moment. I think he has a great shot at making waves.

Issac Newton is looking very strong, and consistently gaining.

Tim Butler is looking very strong. If he is 100% he will be tough for anyone at 90kg.

The darkhorse is likely Ben Cossey. This is a world-class elite climber with 9in hands in the 80kg class. He has the only ever single arm Golden Potato Pullup, and a Golden Potato Deadlift within 10lbs of Clay Edgin's PR! I think Ben is one of the few 80kg athletes who has a chance at giving Michael Rogowski some serious competition.

Clint Ziggler is looking strong and may be some serious competition for Tom Denmeade this year!

5 Questions with Addam Chaudoin



1) My favorite lifts to train are: double overhand axle deadlift. Not only is it one of the best lifts for training overall grip strength but it is a lot of fun. At our first ever competition, I managed a 15lb PR to finally surpass the 300lb mark on Apollon's Axle (308lb).

I come from a powerlifting and strongman background so I have always liked overhead log press as well as some good ole classic bench press. I also have to do some bicep curls need to make the arms look good.

2) Why do I compete in armlifting?

Like I mentioned, I come from a powerlifting and strongman background. I have always loved testing my body to see how heavy I could lift or what I was capable of doing. As I have grown a little older and a little more wise I have determined I need to change sports to stay injury free and healthy. I enjoy spending lots of time outdoors with my wife and kids and I don't want to be held back by prolonged injuries. I discovered armlifting earlier last year (2020) and it has been just as thrilling to compete and train for it as it was for strongman and powerlifting. I also know that grip strength is one of the last things to go and I will be able to compete for a lot longer and remain injury free.

3) My current goals:

This is a tough one for me because I have changed the course I want to take with my lifting career. I wanted to bench 350 and log press over 200 which I think I still will be able to accomplish soon. A couple of weeks ago I competed in the 125kg class and want to compete in the 100kg class. I want to continue to gain strength for armlifting but have realized that some of my power lifting goals will need to go simply to size change. Dropping 25kg and maintaining a strong grip is my number one priority at this time.

4) My current workout routine:

During summer my work always gets extremely busy and I start working 65-70 hours a week so training has been pretty tough lately. I always get an extensive grip focused workout with my brother on Saturdays. Double overhand axle pull, wrist wrench, rolling handles, odd implement items such as grab ball, golden potato, and flask. We will usually do a lot of doubles and triples for multiple sets. At some point in the week I try and squeeze in another solid grip workout and hit the things I can't do on Saturdays except axle pulls because I believe it is important enough to do both days. Sunday I reserve for cardio so I can drop weight and the rest of the week when I have time I like to be outdoors playing with the kids which is always a help to lose weight as well.

When work slows down I can schedule a more normal routine of Tuesday, Thursday and Saturday of training. I hit a lot of grip but add in overhead press and bench on one of the days and then take a fourth day of the week focused mainly on extensioner work to allow my hands to heal from so much grip training I also will run and do cardio two other days a week for a total of six days of workouts.

5) Lifters I believe to keep an eye out in 2021 and the next couple of years:

Issac Newton looks very strong right now and can be a force for sure. Tim Livingston is also very strong. I have to give some credit to the two Aussies I know that can absolutely kill it. In the 80kg class we have Ben Cossey who is an absolute monster. Can lift almost as much as Clay Edgin on the golden potato. With an intense background in rock climbing and bouldering at a world class level he has a great chance of surprising the world with what he can do in armlifting. The second Aussie would be Joe Hodgson. As he continues to recover from injury we see him doing some amazing things. He is very strong with over a 100kg rolling thunder lift and is not yet 100%. I think he will make some big gains in the next couple of years.

Upcoming contests

We need more people to hold contests. It is not hard at all. All you need is the equipment and a few friends. It could be as simple as “The Anytown Rolling Thunder Championships”.

[READ MORE ON OUR WEBSITE](#)

Have more questions or want to contribute to the next issue?

Email Riccardo Magni for more info:

riccardo@armliftingusa.com