

YOU FORGOT THE BEST OF THE BEST LIFTERS

Q: We missed your usual 'yearly' top-ranked powerlifter, strongman and Olympi lifter!

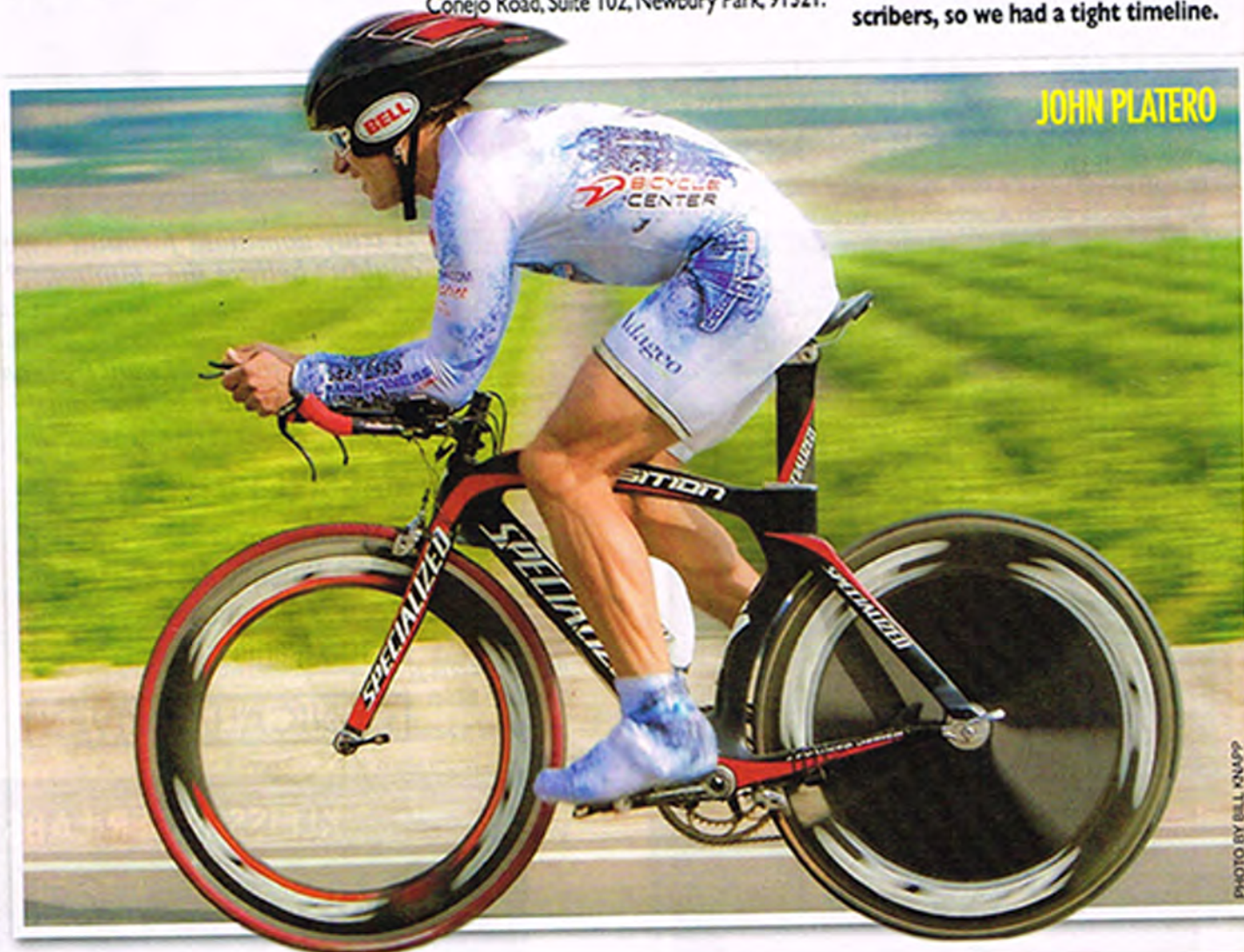
A: Yeah, and a best trainer too! We also added that for the first time. We think in year one, it's **John Platero**. John is a 46 year old high energy blur; certified by 36 different organizations. He also has his own large certification agency; the National Council for Certified Personal Trainers. He is all over the digital world and can be reached at 3481 Old Conejo Road, Suite 102, Newbury Park, 91321.

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John's business model is so adept, he guarantees any registered trainer a placement position (the closest to the trainers residence), within 3 weeks.

You are right; we missed a few things as nobody in the history of muscle magazine publishing has ever done an entire issue of the Best of the Best! Plus, we sent it FREE to all our subscribers, so we had a tight timeline.



JOHN PLATERO

PHOTO BY BILL KNAPP

That being said, our Best Raw Powerlifter is **Vashon Perryman**. Raw means fully drug tested and using no assisting lifting aids. In Olympic-lifting, Travis Cooper grabbed #1 and the strongest of the strong was Brobdingnagian Brian Shaw. (Google Brobdingnagian).

Varying from 165 to 174 pounds, Vashon hit a 606 lbs. squat (non-assisted, below parallel), a 314 lbs. bench and 716.5 lbs. deadlift. In the Hardcore Powerlifting Texas Clash of the Titans, he was a true Titan as he did 18 full repetitions with 500 pounds in the deadlift! That's right, a non-drug-using 170 pound Titan, slamming a set of 18 reps with 500 pounds in the deadlift!

Our Best of the Best USA Olympic lifter was a harder choice, but we went with **Travis Cooper**. At 187 lbs. this Mr. T snatched 330 lbs. and clean and jerked 421 lbs. (He did so at the USA National Championships).

Travis can do a back squat (all the way to the bottom, no belt, no wraps, and bar held very high on the back of his neck) of 601 pounds.

In the Strongman competition, our easy first choice is gigantic (6'8") Brian Shaw. Shaw (sponsored by MHP) won the 2013 World's Strongest Man event in China. He really did redeem us all as we fondly call him, the Shawshank Redemption. He brought all the bacon back home to the USA, in winning this event a 2nd out of three times.

Interestingly, only Planet Muscle has said for years that some of the 'strongest' supplements come from MHP and in the 2013 Strongest Man, 4 MHP-sponsored Samson's finished in the top 5!



VASHON PERRYMAN

PHOTO BY DOUG LAY



TRAVIS COOPER

PHOTO BY BRUCE KLEMENS