

Bench Press Quarterly

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SECTOR FITNESS HALL OF FAME

New to the *Bench Press* is the Sector Fitness Hall of Fame. With an official max of 420lbs on the flat bench, weighing in at a muscular 260lbs, and towering at 6'2", Larry Powalisz is hereby inducted! If you are new to Sector, Larry is was formerly a CGI agent working out of Milwaukee and recently transferred to Alameda to work on Coast Guard Island. His physical presence has yet to be matched, and genuine kindness is sorely missed. He's living proof that God can make a big guy with a big smile, and a tireless passion for loving people. Heres to you Larry, keep PRESSin' on brother!



LARRY POWALISZ

CGI S/A, Senior Chief, and Gym Rat

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Brandon Lundberg, UHPC

What is your motivation for hitting the gym especially after a long day at work? I always seemed to have more ambition in the morning. Now that I'm on Coast Guard Island working a desk job and wearing a suit, bringing all my stuff to work to change into is a pain. It's much easier to bring a t-shirt, sweatpants and tennis shoes to change into and train after work. I was forgetting a belt one day; dress shoes the next, a towel the next. My after work training is also a great stress releaser. I just started a diet on the 1st and have set a goal to get down to 249, the lightest I've been in over 20 years. I have to look good in my Coast Guard uniform when I start drilling this month as a newly promoted Senior Chief Intelligence Specialist reservist. On a side note, our two children watched me stay in shape for years and they both turned out to be tremendous athletes through junior high, high school and college.

How much has working out benefited your career in law enforcement? And how has it? By being 6'2", 260 pounds or so, I avoided a number of physical confrontations while working on the street as a cop. Physical or officer presence, by the way, is the first step on the use of force continuum. By presenting a formidable physical presence, people will think twice about trying to take on the law enforcement officer. Working out and staying in shape also helped out greatly when I did have to use physical force to effect an arrest or chase some guy a couple blocks in a foot chase.

What is your biggest personal fitness accomplishment? One of my most memorable experiences was when I participated in the World Police/Fire Games in Milwaukee in June or July 2000. I entered the Toughest Competitor Alive event consisting of eight events which all took place in

one day. These events were: 1) 5K run, 2) 16 pound Shotput, 3) 100 meter run, 4) Pullups, 5) 100 meter swim, 6) Flat Bench Press, 7) 20 foot rope climb without feet, and 8) Obstacle course. The only thing I couldn't do was climb 20' without feet - I only completed about 14 or so feet. The competition was broken up for those under 200 pounds and over 200 pounds. I was the heaviest and oldest in the competition - nearly 46 years old and around 260 pounds. I ended up winning the gold medal since I was the only guy in my age and weight category; however I did beat others in my heat in the run, swim and I had the highest overall bench in the competition. The camaraderie was fantastic as far as encouraging others to do their best and it was fun to be with fellow cops and even those firefighters from around the country and Canada. By the way, I had to work that night from 4PM to Midnight and I was one tired robbery detective.

"Man I love being a gym rat."

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WEIGH-IN'S COMING IN APRIL!!!

**COMING SOON TO
SECTOR'S GYM!!!**



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He doesn't complain. He doesn't express his feelings. Small talk is not his strong suit. He was born in South Carolina and perfected in Cape May. Tracing his lineage back to the Appalachian rum-runners during the Prohibition, he was destined for success in Carolina's underground moonshine industry. And very rarely, when his guard is down, he speaks of movies like *Legends of the Fall* and how things might have been. "...at times I see myself as 'Tristan', fermenting potatoes, growing my hair past my shoulders, and taming wild horses... But I ain't got that kinda time." No you don't, you got a job to do. And come April of 2008, you will fulfill it Nick Turner. Here's to you Mr. "weigh people on a scale and determine body composition in the conference room guy".

YN3 Nick Turner

Master of Scales

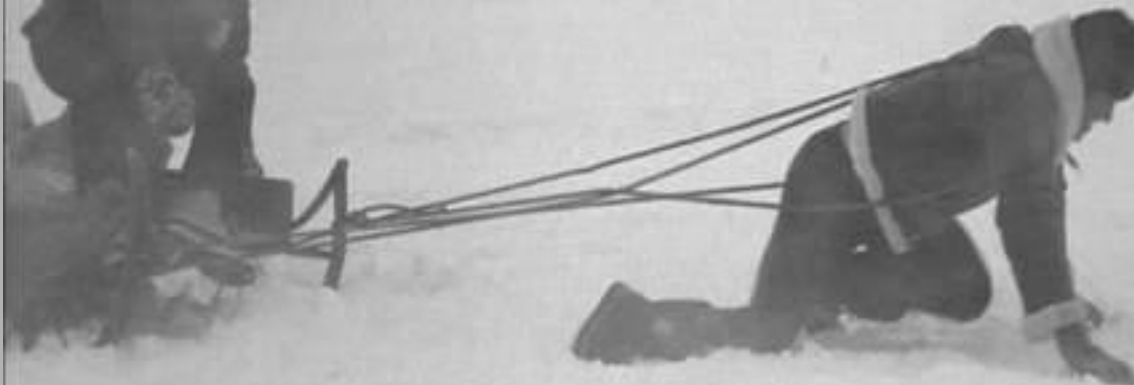


LEGENDS of the FALL

EYE OF THE TIGER TRAINING THE ITALIAN STALLION METHOD

Not working out because its cold outside? Letting "yourself go" because you're too busy hibernating your muscles? Don't have a YMCA membership and the Sector Gym is too cold for you / doesn't have enough equipment? Yeah, well Rocky uses only whatever material is available. He climbs rope, does pull-ups on wooden beams, jogs past Russian peasants, chops wood, runs up snowy embankments, and lifts huge rocks; and struggles mightily with a rock-filled sled, dragging it up the side of a mountain.

Get some.



-Rocky's training regimen takes him to icy Siberia, where he prepares to fight the Russian Ivan Drago in the heart of Moscow.