

## Dale Harder's Strength & Speed Newsletter

Issue No. 99, April-May 2016 © 2016 by Education Plus

### Zydrunas Savickas Wins His 8<sup>th</sup> Arnold Strongman

Columbus, Ohio, March 5-6, 2016. Zydrunas Savickas, Lithuania, 40 is shown lifting the Austrian Oak, an enormous log of 450 lb (204 kg). It's worth noting that out of the 10 strong men in this contest only one other man besides Savickas, Vytautas Lalas, could get this log overhead. Lalas made it once in the 90 second time limit. Savickas managed four reps; he's clearly at another level when it comes to sheer arm and shoulder pressing strength. Photo is of Zydrunas Savickas. Photos for this article are courtesy of the Arnold Strongman unless noted.

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## 2016 Arnold Strongman Contenders:

**Hafthor Bjornsson, ICE**, 27, 6'8 ½, 386, plays "The Mountain" on the *Game of Thrones* on TV. He was 7<sup>th</sup> in last year's contest, 5<sup>th</sup> in 2014, and last year won \$5000 for breaking the world's record in the weight over bar contest with a 56 lb weight for a height of 19'3. He's also making money by appearing in droll humor ads for Heavy Bubbles Sparkling Water who sell dumbbell-shaped bottles of water that weigh 2 kg, 5 kg and 10 kg each. Photo courtesy of Bjornsson.

**Eddie Hall, GBR**, 28, 6'3, 385, won *England's Strongest Man* and was 6<sup>th</sup> in last year's Arnold Strong in the deadlift with 1104 lb for 2<sup>nd</sup> in last year's Tire Deadlift with straps.

**Mateusz Kieliszkowski, POL**, 22, 6'2, 302, youngest competitor here ever. Mat took 3<sup>rd</sup> in last year's contest.

**Vytautas Lalas, LIT**, 33, 5'10, 309, lives in Ireland and owns a gym there. He was 4<sup>th</sup> in the 2014 Arnold Strongman.

**Aleksandr Lysenko, RUS**, 31, 6'2, 333, won the 2015 Arnold Amateur which qualified him for entry in this year's professional Arnold Strongman.

**Jerry Pritchett, USA**, 35, 6'4, 340, 8<sup>th</sup> last year and 6<sup>th</sup> in 2014. Jerry took 2<sup>nd</sup> in the timber carry last year when he lugged a 1102 lb apparatus up a 30' ramp in 12.12 seconds.

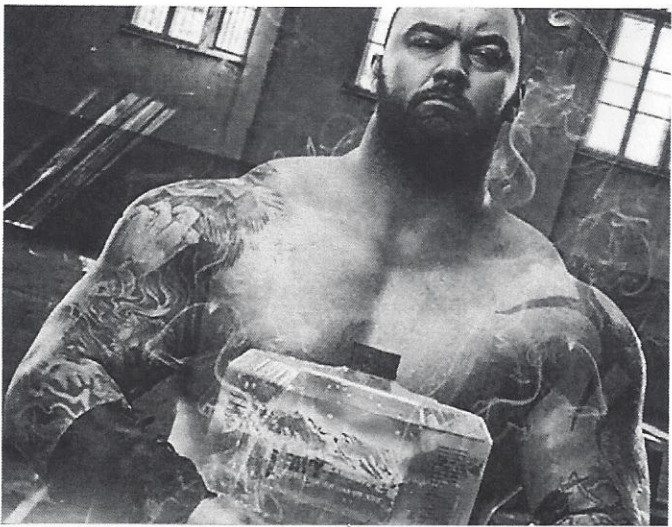
**Dimitar Savatinov, BUL**, 35, 5'10, 325, ex-circus strongman, tied for 4<sup>th</sup> in last year's Arnold and 9<sup>th</sup> in 2014.

**Zydrunas Savickas, LIT**, 40, 6'3, 400, holds the world record in: log press 500 lb (227 kg); Apollon Wheel 474 lb (215 kg); yoke 1102 lb (500 kg) 10m in 7.50 seconds; Atlas Stones 308 lb (140 kg) to 396 lb (180 kg) in 25.65 seconds; Fingal Fingers 23.76 seconds; Hummer Tire Deadlift 1155 lb (524 kg); and Medicine Ball for Height 17'0 (5.33m). He is the only man to win the *Arnold Strongman* seven times before this year and the *World's Strongest Man* twice. Many strength experts consider him to be the strongest man that ever lived.

**Brian Shaw, USA**, 34, 6'8, 425, won last year's Arnold Strongman. He holds the world record in the stone lift with a 540 lb stone over a four-foot high barrier three times in a row and 530 lb for four reps.

**Mikhail Shvilyakov, RUS**, 35, 6'2, 293, former Russian marine, 7<sup>th</sup> in the 2014 contest after winning the Arnold Amateur Strongman in 2013.

**Photos: Hafthor Bjornsson** with his dumbbell bottles; **Mikhail Shvilyakov** bending a bar at another strongman contest.





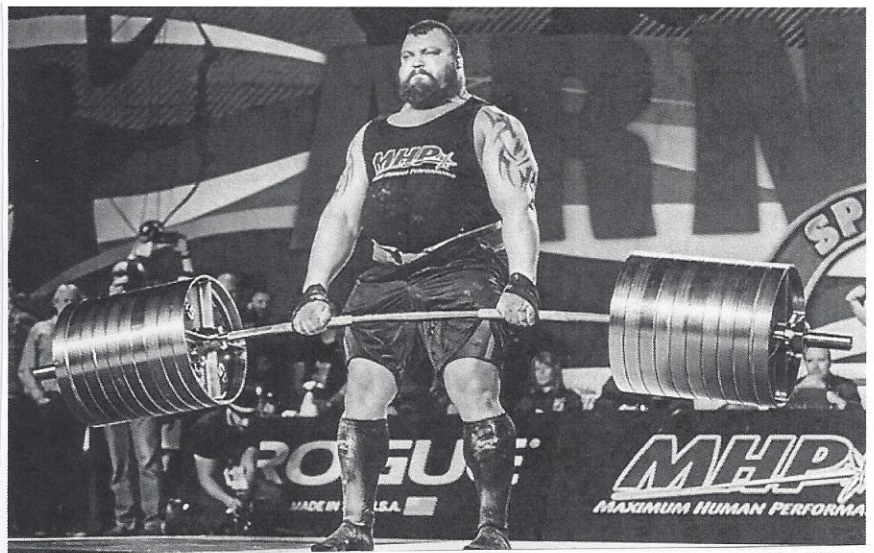
## Rogue Elephant Bar Deadlift

The first event of five was the deadlift. In the past Arnold Strongman events it was the Tire Deadlift done with an 11-foot long bar with huge tires on the ends of the bar. This year Rogue had created a specially strong bar, the Elephant Bar, weighing 65 lb and 9'7" long; it was made to hold at least 1100 lb and designed to bend slightly when a lot of plates were on the end. Each 45 lb plate, of 17.7 inch regulation diameter was of stainless steel machined down on a lathe from a solid cube of steel as shown on the Arnold website.

Points were awarded in each event: 10 points for 1<sup>st</sup> place, 9 points for 2<sup>nd</sup>, 8 points for 3<sup>rd</sup> down to 1 point for 10<sup>th</sup> place. If there were ties then the points were split for the relevant places. For example, if two players tie for first they split the points for 1<sup>st</sup> and 2<sup>nd</sup> meaning they each earn 9 ½ points.

Straps were allowed for the Deadlift making things considerably easier than the conventional lift. Each competitor was given three tries with their best lift counting.

**Lysenko** went out first after lifting 706 lb. **Kieliszkowski** hoisted 786 lb for 9<sup>th</sup> place. **Savatinov** elevated 801 lb. **Shivlyakov** muscled up 886 lb. **Savickas** was a bit of surprise by *only* lifting 891 lb. This is a man that lifted over 1100 lb in the past. Possibly the new kind of bar wasn't to his liking but there was also some talk that he was slightly injured. **Bjornsson** deadlifted 976 lb for 4<sup>th</sup>. **Pritchett** hoisted 1006 lb for 3<sup>rd</sup>. **Shaw** gave 1021 lb some serious airtime for 2<sup>nd</sup>. **Hall** outlifted them all with 1026 lb (485 kg). **Photos** show from top-to-bottom: **Eddie Hall GBR**, **Brian Shaw USA** and **Dimitar Savatinov**.





**Austrian Oak** The Austrian Oak is a 450 lb (204 kg) log lifted from the floor to the chest and pushed overhead for maximum reps in 90 seconds. They could jerk the log overhead, press it or push press it. The only thing forbidden was to stand the log up on its end to get it to their chest. Whoever couldn't lift this gigantic log would be allowed to try a lighter 374 lb (170 kg) log. Any number of reps on the Austrian Oak would beat any number of reps on the lighter log. Ten men tried the big one. Eight men failed. Only two men could lift the Austrian Oak. Here are the results starting with the little log. In 10<sup>th</sup> place **Eddie Hall** passed. **Jerry Pritchett**, **Dimitar Savatinov** and **Alexsandr Lysenko** each ground out three reps to tie for 7<sup>th</sup> place. **Haftor Bjornsson** got four reps for 6<sup>th</sup>. **Brian Shaw** managed five reps for 5<sup>th</sup>. **Mateusz Kieliszkowski** and **Mikhail Shivlyakov** each got the light log overhead six reps to tie for 3<sup>rd</sup> place.

That left only two men who lifted the 450 lb Austrian Oak: **Vytautas Lalas**, with a magnificent effort, got the gigantic oak up for one rep. **Zydrunas Savickas** demonstrated why he is in another class when it comes to shoulder and arm strength. Big Z made four reps to win the event by a mile! **Eddie Hall** got injured trying to lift this big hunk of wood and he dropped out of the contest.

Photos top-to-bottom: **Savickas**, **Lalas** and **Shivlyakov**.

