

S. Proud:

The basic theme is Strength, Health and Wisdom. The quest is true greatness as we interview true champions. To go in depth about the greatness. A great bench press is an accomplishment in itself. It is also a metaphor for emotional, physiological and spiritual power. For example, being able to lift with one rep a mountain of resentment that we carry with just one push to get it off our chest is a mighty accomplishment. Lifting physical weights is a metaphor for these other powers as well as an accomplishment in and of itself.

CT Fletcher CEO and Co-Founder WLOP:

I would like to introduce to you pound for pound the best line bench presser in the world today. The 148 lb wonder Narbe. The greatest 148 lb bench presser I have ever seen and that is a big statement. I've been around power lifting for 20 years now and he's the best that I've ever seen. Drugs or no drugs, by the way. He is 100% drug free and he's the WLOP World Champion. I'm very proud to do this interview.

His accomplishments are on the level with any professional basketball player, football player or other world champion athlete that you may know that grabbed the headlines of your newspaper's sports section every day. You won't read about him in the LA Times because power lifting is not basketball. But, believe me, his dedication to his sport his mastery of his sport is on the same par as Michael Jordan and any other athlete you may know as a household name.

Introducing Narbe.....World Champion.

Narbe, we are here to discuss today your personal techniques and show the viewing audience how a man of his size and stature is able to bench press a world record of slightly under 400 lbs. 392lbs and a body weight of 148lbs. He competes at 148lbs class. This, ladies and gentlemen is a Herculeaneum feat. It is unheard of. But Narbe is going to discuss how he is able physically.

Since he has already discussed his mental process, he's going to show his physical technique to us and maybe we can all learn something. Myself included.

Narbe:

Thank you for the kind words. Well you guys already heard about the mental aspect of it. I wanted to talk a little bit about the physical aspect of it, which again is attached to the mental, but I do believe, it starts from the very bottom. From your toes all the way up to your chest, your triceps and your shoulders. I somehow find a way to channel my energy from my legs pushing off all the way up to my chest. I don't like arching my back because I feel like I have enough power on my chest not to arch my back, to feel the full effect of the lift on my chest. I like feeling the power of the bar resting about half an inch away from my chest and that's where I have my explosion. For that, of course, you have to have strong triceps, shoulders and chest.

CT Fletcher:

As you heard Narbe say, he doesn't believe in arching which is contrary to a lot of the popular beliefs of world champions and a lot of other powerful power lifters and bench pressers who believe in the arch. But, as you heard him say earlier in the tape, everybody's made differently; everybody's cosmology is different. His or her physical makeup is different, so everything doesn't work for everybody. You have to pick out what's right for you and know that it's through a period of trial and error that you find this out. So, as we see, Narbe's technique is not to arch.

Narbe:

Exactly. As my technique is just one of many of mere suggestions that another power lifter might give you and like I said it just might work for you and might not work for you. It's just very compatible to my cosmology and my genetic makeup.

CT Fletcher:

That's right. Let's just take a look at it in action.