

Narbe:

Here I'm going to be lifting 355lbs, which is 75 or 80lbs off, or 80%, of how much my maximum is. But I just wanted to let you know that on any given day, just like you can peak out to your way maximum, you can also not be able to lift a much lower weight and I want to let the audience know not to be afraid of that, As this is normal.

CT:

That's great!

Narbe:

So on 3 CT you're going to give me a lift off.

CT:

Ok.

Narbe:

Then I'll bring it down, pause it and hopefully explode out. "1, 2 (4 breaths) 3" (and the lift).

CT:

Excellent!

You just witnessed what would be a world record in a lot of organizations and I might point out that Narbe took 1 warm up set about 15 minutes ago with 135lbs, and he did maybe 6 reps and then put on about 355lbs and just completed the lift easily and in perfect form. One warm up set. To me, that's incredible!

Narbe:

What I like to do in both practices and demonstrations or competitions is do one quick set of 135lbs for 6 or 7 times, so to save the best for the actual competition.

CT:

This is incredible. Myself being an older lifter, I think that it requires this old engine quite a bit more warming up. Like if you drive a '65 Buick, you have to warm it up quite a while before you back it up out of the driveway. But Narbe being the new sports model, he can fire that thing up and take right off. That's incredible!

Narbe:

My lifting technique, well I don't arch my back. I like to plant my feet as per every regulation. Sometimes what I like to do is hug the bench with my knees so as I'm pushing it, the power goes through from the toes all the way through to my upper body. I feel as so when you see me lifting you'll see my calf, especially my right calf, muscle really flexing. Because of that, so I think I attribute that to my days o playing soccer and rugby because I had a very strong lower body. I no longer play those sports, but I think that they have made my lower body strength follow me into the world of bench pressing.

CT:

Some say pound for pound, you are the strongest man in the world on bench press. Your world record is 392lbs. You are drug free, no bench presser shirt, no wrist wraps, and no belt. What makes you so successful?

Narbe:

I think that one of the factors to my success is my longevity and my continuity. I think I never really stopped more than maybe two weeks or one month at a time. I never looked back and it's been my drive. I think it's some sort of a hidden talent that I found about 8 years ago that I never knew I had and think that's what it is along with, of course, the right techniques in order to get the right lift.