

HALL OF FAME BIOGRAPHY

STEVE SCHMIDT – CLASS OF 1993



Steve Schmidt holds the All-Time record in the USAWA in the Back Lift,
with a lift of 3050 pounds.

Steve Schmidt was born on August 22nd, 1955 in Franklin County Missouri. He still lives there and is self-employed in the fertilizer business and as a farmer. Steve is married with two grown sons and 3 grandchildren. He started lifting in 1977 as a powerlifter. He got involved with the USAWA from the very beginning. In fact, he held the very first membership card issued. Steve has spent most of his time training at home in an old building with no heat, electricity or doors, but at times trains at Clark's Gym in Columbia Missouri and represents Clark's Gym when he competes. Steve was the Overall Best Lifter at the first two National Meets in 1988

and 1989. He was the Open Best Lifter in 1991. He was the Overall IAWA Best Lifter at the 1989 World Championships in Plymouth Meeting Pennsylvania. He has promoted the Backbreaker Meet 7 times, which consists of the Neck Lift, Hand and Thigh Lift, Hip Lift, Harness Lift and the Back Lift, in the late 80's and early 90's. It was held at his farm. Today, Bill Clark hosts this meet at his gym every year and it is now named the Schmidt's Backbreaker Pentathlon, after Steve. He has won the Backbreaker 14 times and the Zercher Meet 8 times. Steve's favorite lifts are the Harness Lift, Back Lift and Teeth Lift. He holds the overall USAWA record in the Harness Lift at 3515 pounds and the overall USAWA record in the Back Lift at 3050 pounds. Steve holds nearly every repetition record in the Hip Lift, Harness Lift and the Back Lift. He holds the Total Poundage record using the Back Lift, doing 8,087,095 pounds in 2 hours and 50 minutes!! He also holds the Teeth Lift record with a lift of 390 pounds, with his hands held behind his back! Steve has also done numerous strength shows in which he pulls heavy loads with just his teeth!! He is also a World Class Bender and has performed at the AOBS Banquet where he did 10 repetitions in the Hip Lift with 1800 pounds! Steve has very calm demeanor when he lifts and often makes impossible lifts look remarkably easy. When asked why he likes all-round lifting, Steve replied, "It's the best!!" Steve has always been a man of few words and just lets his outstanding lifting accomplishments speak for themselves.