

Supergirl Films, LLC
SUPERGIRL
MARCH 8, 2017
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00.00.14

Naomi : Agh!

00.00.18

Agh!

00.00.22

Agh!

00.00.26

Agh!

00.00.32

Agh!

00.00.35

Agh!

00.00.36

Ed : Alright, let's get psyched, come on.

00.00.41

Naomi : Agh! [DEEP BREATHING]

00.00.46

Ed : Gonna get some big lifts in.

00.00.48

Neshama : You're a little high.

00.00.49

Naomi : Agh!

00.00.50

Ed : Come on.

00.00.51

Neshama : Good.

00.00.52

Naomi : Agh! [INHALES]

00.00.54

Neshama : Good.

00.00.55

Ed : Just, one more.

00.00.58

Neshama : Good.

00.00.59

Naomi : Agh!

00.01.00

Ed : Alright, right here.

00.01.03

Good.

00.01.04

Naomi : Agh!

00.01.07

When I'm lifting, it's just a very different person than when
I'm just living life normally.

00.01.17

Naomi : When I'm not lifting, I'm kind of more shy, and less intense about everything.

00.01.23

But, when I put on my workout gear, and my belt, and my wrist straps, then I just become Supergirl.

00.01.31

And I love Supergirl, 'cause she's so cool.

00.01.34

I'm not cool, [CHUCKLES] but she's cool.

[CREDITS]

00.03.02

Naomi : Alright, um, what should I ask?

00.03.06

Are my socks matching?

00.03.07

My socks never match, ever.

00.03.09

Naomi : This is really weird. [SOUND EFFECT]

00.03.12

Concentrate and ask again.

00.03.14

Are my socks matching? [SOUND EFFECT]

00.03.21

My sources say no.

00.03.22

You are wrong.

00.03.25

This is from *American Idol*.

00.03.27

The winner, I circled him, Scotty McCreary.

00.03.30

He's awesome.

00.03.33

Naomi : This is a picture of me and my brother in Disney Land.

00.03.37

These are my Bat Mitzvah colors, just kind of like a color theme, where like, the décor is, or my dress, or whatever.

00.03.44

And these are the colors.

00.03.47

So -- and I just think they work well together.

00.03.49

Those are some of my favorite colors.

00.03.51

These are my medals.

00.03.53

This one was when I set the all-time world record for the first time, in July of 2011.

00.04.00

Naomi : And it was very cool.

00.04.01

And I squatted two -- 205.

00.04.04

I squatted 205.

00.04.05

So, this is kind of special.

00.04.08

And this one!

00.04.11

I think he's scary.

00.04.13

He's like -- [SOUND EFFECT]

00.04.16

That's what he's doing.

00.04.20

Naomi : And this is my favorite trophy, because it's very big.

00.04.24

It's very heavy.

00.04.25

I can barely lift it.

00.04.28

Neshama : Just like that --

00.04.33

Naomi : I started power lifting when I was eight years old.

00.04.36

I thought only men could do it, when I first saw it, but I was wrong.

00.04.42

Ed : It started at the karate lesson.

00.04.45

Ed : Naomi was jumping higher, wheel barrowing faster than anybody else in the class, boy or girl.

00.04.51

So I spoke to my wife, and I discussed with her what she thought about Naomi trying power lifting.

00.04.57

Neshama : I thought he was crazy.

00.04.59

I said to him, girls don't really do that.

00.05.03

And then he said to me, let's just try it and see.

00.05.06

Ed : So, we just tried some very light weights.

00.05.10

And I was astounded how fast she advanced.

00.05.13

Ed : And, go, go!

00.05.15

Good.

00.05.17

Naomi : When I first started power lifting, it was fun to be with my dad.

00.05.20

Ed : Alright!

00.05.21

Ed : Excellent.

00.05.21

Naomi : I didn't spend so much time with my dad before, so that was fun.

00.05.26

Ed : That's enough.

00.05.27

Naomi : That was seven.

00.05.28

Ed : How many were you supposed to do?

00.05.29

Naomi : Seven.

00.05.30

Ed : Oh, you're right.

00.05.31

Naomi : [LAUGHS]

00.05.32

Ed : What do I know?

00.05.36

Ed : By the summer, her lifts had advanced to the point where I actually thought she'd be competitive.

00.05.43

Neshama : She was strong.

00.05.44

I was shocked.

00.05.45

She was really strong.

00.05.47

So we said, okay, we'll go to this contest.

00.05.49

Female : Come on!

00.05.50

Neshama : She's tiny.

00.05.52

People are looking around at her thinking, yeah, this is some kid, whatever.

00.05.58

Crowd : [CHEERING]

00.05.59

Neshama : She sets the American record.

00.06.03

Ed : People couldn't believe what they saw.

00.06.06

From there on, her name was made, and she was off to the races,
as we say.

00.06.12

Neshama : There you go, Supergirl!

00.06.15

Neshama : Push, push, push, push, push!

00.06.18

Nice!

00.06.19

Stand up, stand up, stand up!

00.06.21

Neshama : Come on!

00.06.22

Come on, come on, come on, come on, come on!

00.06.23

Naomi : My favorite thing about power lifting is the feeling you get when you break a record.

00.06.28

Neshama : Up, up, up, up!

00.06.30

Naomi : It feels really awesome.

00.06.31

Female : Down!

00.06.32

Naomi : 'Cause now the record's yours.

00.06.35

Crowd : [APPLAUSE]

00.06.37

Neshama : Come on, Supergirl!

00.06.38

You can do this, sweetie!

00.06.41

Naomi : In 2012, I was in a competition, and I squatted 215 pounds, which was the world record for the 97 pound weight class for women.

00.06.55

Female : Squat!

00.06.59

Neshama : Up, up, up, up, up!

00.07.01

Crowd : [CHEERS]

00.07.03

Naomi : I was thinking, oh my god, I didn't actually do that?

00.07.08

Because, I was beating, like, women that were in their thirties or forties, when I was only ten.

00.07.13

Neshama : Pick it up, pick it up, pick it up, pick it up!

00.07.15

Naomi : And it was really crazy.

00.07.17

I was like, how did I beat women in their thirties and forties.

00.07.19

Like, it didn't make any sense to me.

00.07.21

And it still doesn't even really make sense to me now.

00.07.24

Naomi : I still don't really get it.

00.07.27

Neshama : I wanted the newspaper to cover her, so I sent in an article, and they came out and took a picture.

00.07.32

And we were pretty excited, we thought that was big time.

00.07.36

A couple days later, some press from New York City called and said, we'd love for her to be on TV.

00.07.41

And they asked us to send in a submission tape to them.

00.07.44

Neshama : Go.

00.07.45

Naomi : Hi.

00.07.46

Naomi : My name's Naomi Kutin.

00.07.47

I'm 10 years old, and a fifth grader in Yeshivat Noam in
Paramus, New Jersey.

00.07.52

My special talent is power lifting.

00.07.54

Yeah, that's right.

00.07.55

And I want to be on your show.

00.07.58

Female : Here comes our first contestant, now.

00.08.00

Male : Alright, Naomi.

00.08.02

Here we go.

00.08.03

Male : First and foremost, what is the record you hold?

00.08.07

Naomi : I hold the record for lifting 215 pounds.

00.08.10

Male : 215 pounds?

00.08.12

The person that had the world record before you that you beat,
how old was that person?

00.08.17

Naomi : She was 44 years old.

00.08.18

Male : 44 years old.

00.08.20

And how old are you?

00.08.21

Naomi : Ten.

00.08.22

Male : Ten!

00.08.23

Boom, take that!

00.08.25

Ricki Lake : How does it feel to be the strongest girl in the world?

00.08.27

Naomi : It feels awesome.

00.08.29

Ricki Lake : How did you get into this?

00.08.30

Naomi : My dad has been lifting for a long time.

00.08.35

And, he asked me one day, do you want to try power lifting?

00.08.41

Ed : I'd been involved with competitive power lifting for a bit over 30 years.

00.08.46

Male : 455 pounds --

00.08.48

Female : No fear!

00.08.50

Ed : I enjoy setting goals and accomplishing them.

00.08.53

Feats that, in real world terms, are pretty impressive.

00.08.59

Crowd : [CHEERING]

00.09.00

Neshama : Come on, come on, come on, come on!

00.09.03

Neshama : Woo hoo!

00.09.06

Ed : Naomi's accomplishments in lifting are extremely impressive.

00.09.12

She was way too young to have her own Facebook account, but we decided that it could be worthwhile to have an athlete page.

00.09.21

Using Supergirl, it just fit naturally.

00.09.24

She was Supergirl.

00.09.29

Someone accused me of trying to live my dreams through her, which could not be further from the truth.

00.09.35

We were very proud, of course.

00.09.37

Ed : We wanted to show what was going on with her, so people could see it, so we could interact.

00.09.44

We just tried to take things that we think should be associated with her, and post it in a way consistent with how she would.

00.09.59

Naomi : The contest I'm going to, it's a big deal because it's not just a regular old contest.

00.10.05

You have to be invited.

00.10.08

Ed : You've got to be careful --

00.10.09

Naomi : Only elite lifters can even qualify, and I'm the youngest person to ever qualify in this competition.

00.10.17

Naomi : Like this?

00.10.18

Ed : Yeah, that's fine.

00.10.21

Naomi : The competitors, they're going to give me a run for my money.

00.10.23

They're really good, so --

00.10.25

Go.

00.10.25

It's not going to be easy.

00.10.28

Ed : Press.

00.10.28

Naomi : [EXHALES]

00.10.30

Ed : Pres.

00.10.31

Naomi : [EXHALES]

00.10.36

Ari : Hello, sister.

00.10.38

Naomi : Hello, brother.

00.10.39

Why do you always call me sister?

00.10.42

Ari : Because you're my sister.

00.10.45

Nice job.

00.10.47

Ball running faster than Supergirl.

00.10.50

Ha, hilarious.

00.10.56

Naomi : I like being able to do things with my brother.

00.11.01

He really looks up to me, which is really cool.

00.11.04

This is an easy shot right here.

00.11.06

Ari : No.

00.11.07

Easy for you.

00.11.08

Naomi : Oh, you can do it.

00.11.11

Ari : Ah!

00.11.15

Ari : I'm really lucky to be her brother.

00.11.20

For one reason, she's the strongest girl in the world.

00.11.23

Wouldn't you feel lucky if you were the sibling o the strongest girl of the world?

00.11.27

Ed : Alright, let's do some good squats here.

00.11.31

Ari : I power lift because I wanted to be strong like my sister, Naomi.

00.11.37

Ed : You got this, come on.

00.11.38

Ari : Rah!

00.11.39

Ed : Let's go.

00.11.39

You can do this, let's go!

00.11.41

Alright, good.

00.11.42

Ari : Agh.

00.11.42

Ed : Good, good, good.

00.11.43

Let's do this.

00.11.44

Ari : Ugh!

00.11.45

Ed : Alright.

00.11.46

Naomi : Sometimes when Ari lift, his brain just gets in his own way, and he just can't do it.

00.11.50

Ed : Let's go.

00.11.51

Ari : No.

00.11.52

Naomi : So I tell him, Ari, don't be afraid.

00.11.56

You're afraid, and you're not going to be able to lift the weight.

00.12.00

It's all, like, mental.

00.12.01

Naomi : If you think you can do it, then you can do it.

00.12.08

Agh!

00.12.11

Rah!

00.12.12

Rah!

00.12.13

Ed : Big pulse, big pulse, come on!

00.12.15

Big pulse.

00.12.15

Rip these off.

00.12.16

Naomi : Rah!

00.12.16

Ed : Come on.

00.12.18

Naomi : [DEEP BREATHING]

00.12.19

Ed : Let's go.

00.12.23

Naomi : Grunts.

00.12.25

Ed : Hmm.

00.12.26

What do you want to do?

00.12.27

Want to try -- want to reset and try again?

00.12.29

Naomi : Yeah.

00.12.29

Ed : Alright.

00.12.33

Naomi : Rah!

00.12.34

Ed : Come on, you can do this.

00.12.35

Naomi : Agh!

00.12.36

Ed : Get into the weight good, that's right, that's right,
right into the weight.

00.12.39

Naomi : Rah!

00.12.40

Ed : Butt down, head up.

00.12.41

Naomi : Agh!

00.12.41

Ed : Rip this off the floor.

00.12.43

Naomi : [DEEP BREATHING]

00.12.44

Ed : Good strength, come on.

00.12.46

Naomi : Agh!

00.12.46

Ed : But not this week.

00.12.48

Naomi : Agh!

00.12.49

What's wrong with me!

00.12.50

Ed : Alright, alright, alright, alright, alright.

00.12.51

Ed : It's not, it's, it's --

00.12.52

Naomi : [OVERLAP] Me!

00.12.53

Ed : Relax.

00.12.53

It's not going this week.

00.12.55

This -- just, don't, don't be a drama queen, just take your belt off.

00.12.59

Naomi : Did I fail?

00.13.01

Ed : No, you just didn't have a great week.

00.13.03

Naomi : But I couldn't even budge it.

00.13.05

Ed : Now, honey --

00.13.05

Naomi : Mm-mm.

00.13.07

Ed : It happens.

00.13.08

It's happened to you before.

00.13.09

Naomi : It has?

00.13.10

Ed : Yes it has -- we can go back and look on the chart.

00.13.11

It's happened before.

00.13.12

Naomi : It has, but I could at least budge it.

00.13.14

Neshama : Naomi --

00.13.15

Ed : No, it's happened before, you couldn't budge it.

00.13.18

Ask Ema.

00.13.19

Neshama : The thing is, love, where are you gonna focus?

00.13.21

Where are you going to put your focus?

00.13.23

Naomi : Um --

00.13.24

Neshama : You're gonna put it on what you can't do, or what you can do?

00.13.26

Naomi : What I can do.

00.13.27

Neshama : Well that's not where your focused right now,
'cause you're spinning about what you didn't do, what was hard
for you.

00.13.31

So let's refocus.

00.13.38

Naomi : It's too heavy.

00.13.52

Naomi : Agh!

00.13.55

Naomi : [CHUCKLES]

00.13.56

I don't like hearing myself yell.

00.13.58

Naomi : Agh!

00.13.59

Ed : What?

00.14.01

This is going to be fun.

00.14.02

Naomi : That's me, but a strange me that I don't recognize.

00.14.06

'Cause that's my power lifting alter ego.

00.14.12

When I'm not Supergirl, I'm just, not me, but I'm not sometimes.

00.14.16

I don't scream and be all angry like that.

00.14.21

Mm, mm.

00.14.25

Naomi : Actually, I don't like the video.

00.14.27

I have a bad haircut.

00.14.28

I look like a child!

00.14.35

When I'm Supergirl, I just kind of don't care what anyone thinks.

00.14.39

But then when I go back, I'm like, oh, I wonder what this person thinks about me.

00.14.47

It's apparent that her dad wanted a son, that's mean.

00.15.09

All I can say is, wow, tough little girl.

00.15.12

Naomi : I'm a tough little girl, except I'm not little anymore.

00.15.23

Neshama : Good morning.

00.15.26

How are you.

00.15.27

Naomi : Good.

00.15.28

Neshama : Did you sleep well last night?

00.15.30

Good.

00.15.33

You awake, sorta?

00.15.34

Naomi : I can't open my eyes, it's too bright, wait, wait.

00.15.38

Neshama : Goo, goo, goo -- [LAUGHTER]

00.15.41

Naomi : Okay, I'm up, I'm up, I'm up!

00.15.43

Neshama : Okay.

00.15.50

Naomi : Do you like my uniform?

00.15.51

Isn't it beautiful?

00.15.52

Girl : Oh my gosh --

00.15.53

Naomi : Something that's definitely different about my school is we learn English and Hebrew.

00.15.59

Teacher : [SPEAKING HEBREW]

00.16.06

Naomi : Also, my school, I learn religious stuff.

00.16.12

Teacher : Did Hashem forget about her?

00.16.13

Girl : No.

00.16.14

Teacher : Remember what she was asking for, Naomi?

00.16.18

Naomi : Have a relationship with Hashem?

00.16.19

Teacher : Good.

00.16.21

Group : [SINGING WORSHIP SONGS]

00.16.33

Neshama : Practicing Orthodox Judaism means that we have prayers, three times a day.

00.16.40

We eat only kosher food.

00.16.42

And we observe the Sabbath on Saturday, which basically means we don't use any electricity that is not on a timer.

00.16.51

And we don't drive.

00.16.53

Girl : Oh my god --

00.16.54

Girl : I don't remember that, I wasn't there.

00.16.55

Naomi : You were there!

00.16.55

Girl : No, and they'd be like, oh my god!

00.16.57

Neshama : The boys wear yamakas, and they wear tzitzits, which are a garment underneath your regular clothes that has strings attached.

00.17.06

Girls wear skirts, don't show a lot of skin.

00.17.10

We are really compelled to conduct ourselves in a modest way.

00.17.13

Girls : One, two, one, two -- [LAUGHTER]

00.17.16

Neshama : When it comes to Naomi's power lifting, it could be very controversial in some circles.

00.17.21

And, we might be shunned.

00.17.25

Neshama : Much more strict Orthodox families would never in a million years put their girls in sports, period.

00.17.31

But, I want her to be able to do things that she's remarkable at.

00.17.45

Naomi : Don't get too close, Ari!

00.17.51

Ari : One, two, three, four, five, six, seven, eight, nine, ten.

00.17.54

There are ten ducks.

00.17.56

This is an oasis in the desert of the forest!

00.18.05

Naomi : When Ari was, like, first grade through sixth grade, people were really mean to him.

00.18.13

Naomi : He had a lot of bullies, because he was a little different.

00.18.22

Ari is on the autistic spectrum.

00.18.26

If I saw someone being mean to Ari, I don't even know what I would do.

00.18.31

They are really lucky that I don't go to their school.

00.18.38

I'm very happy he started power lifting, 'cause he's really strong, and I think he really likes it a lot.

00.18.49

Neshama : So you know what you're looking for, do you have any idea what you're looking for?

00.18.52

Naomi : A pretty dress, that's what I want, a pretty dress.

00.18.58

Naomi : My bat mitzvah is this year.

00.19.02

I'm becoming part of the Jewish nation.

00.19.05

And I'll have a really awesome party.

00.19.07

[CHUCKLES] That's going to be fun.

00.19.10

Neshama : Naomi's bat mitzvah is the hallmark of her becoming religiously a woman.

00.19.15

It's a rite of passage for her.

00.19.19

Before bat mitzvah, what happens?

00.19.21

Naomi : I'm not responsible for my actions?

00.19.23

Neshama : Who is?

00.19.23

Naomi : You are.

00.19.24

Neshama : Your parents, right?

00.19.26

Naomi : Yes.

00.19.26

Neshama : And after bat mitzvah?

00.19.28

Naomi : I am.

00.19.29

Neshama : According to who?

00.19.30

Naomi : Hashem.

00.19.31

Neshama : Right.

00.19.32

Naomi : Except, I don't really want to be responsible for my actions.

00.19.35

Neshama : Ah, I thought you wanted to grow up.

00.19.37

The age old struggle.

00.19.40

I want the joys, but not the pain.

00.19.43

They go together.

00.19.46

Naomi : Alright.

00.19.47

Neshama : Ready?

00.19.48

Naomi : Yeah.

00.19.49

Neshama : Oh, I see some dresses in the back.

00.19.59

So, you don't like sequins because --

00.20.01

Naomi : I don't like that much sequins, 'cause I already --

00.20.03

Neshama : Because you're wearing them here?

00.20.05

Naomi : That's not my whole shirt, though --

00.20.08

Neshama : I know, but this is a party.

00.20.10

This is your bat mitzvah.

00.20.13

Naomi : That's too casual.

00.20.14

Neshama : Try it on.

00.20.15

See what you think.

00.20.16

Let's look -- let's look.

00.20.18

I want you to try it on.

00.20.19

Grab one of those blue ones -- I want you to try it on.

00.20.20

Naomi : No.

00.20.21

Naomi : No, I don't want to try this one on.

00.20.23

This one doesn't even come in my size.

00.20.24

Neshama : Well, you didn't even look.

00.20.29

Is it just too grownup-y?

00.20.32

Naomi : Yeah.

00.20.33

Neshama : Grownup-y.

00.20.33

That's a good word.

00.20.34

Naomi : I'm not grown up.

00.20.35

Neshama : That's a good word, don't you think?

00.20.36

Naomi : I'm not a grownup, so I don't think that would work.

00.20.38

Neshama : No, you're not a grownup.

00.20.40

You're a wonderful kid, but you're not a grownup.

00.20.46

Naomi : Let's go in there, before you grab anything else.

00.20.48

Neshama : Look, this is all the same bright colors.

00.20.50

You want this one?

00.20.52

Naomi : No!

00.20.55

Neshama : Naomi?

00.20.59

Oh, that one's pretty.

00.21.02

Obviously we'd put a keeky-weeky under it, instead of this.

00.21.06

But, you don't like it?

00.21.07

Alright, tell me what you don't like about it.

00.21.11

Naomi : [SIGHS] I don't know.

00.21.13

I wish I could tell you, I don't know.

00.21.15

Naomi : Uh, it's just like, I just don't like it.

00.21.21

Naomi : I don't.

00.21.22

Neshama : Listen, I want to help you find the right dress,
but just, I don't like it, I don't know, I don't know, doesn't
tell me.

00.21.27

Naomi : Okay, it's very clean, and just like, a little
boring, and, um, yeah.

00.21.33

Neshama : Really?

00.21.33

Naomi : Yeah.

00.21.35

Neshama : Oh my gosh, I really like this, turn around.

00.21.39

Neshama : I really like that one.

00.21.41

Naomi : It's not my style.

00.21.43

Neshama : What is your style?

00.21.45

Naomi : I'll know it when I'll see it.

00.21.51

Neshama : Look at that color.

00.21.53

Look at the smile on your face.

00.21.55

Alright, twirl, let's see.

00.21.57

That looks like a dance-y dress.

00.21.59

Neshama : Ooh, what do you think?

00.22.01

Naomi : I love this dress.

00.22.02

Neshama : You love it?

00.22.03

It's a score?

00.22.05

Yes!

00.22.05

Is this the one?

00.22.08

So how are you feeling now that we got the dress, like a big
checkmark, right?

00.22.11

Naomi : Yeah, it's like a big weight off my shoulder.

00.22.13

Neshama : Yeah.

00.22.14

Naomi : Whoa.

00.22.17

Neshama : [CHUCKLES] No.

00.22.20

Naomi : I realize, I'm just looking at it.

00.22.22

Neshama : That was like wearing a hammock.

00.22.24

Naomi : Yeah, that's what I was thinking.

00.22.26

Neshama : [CHUCKLES] Alright, I think we did a lot of good work here.

00.22.32

Naomi : That was so sad.

00.22.35

Neshama : That is sad, the world's strongest girl can't open a door?

00.22.37

What's with that?

00.22.48

Ed : Alright, Naomi, good pull, good pull.

00.22.51

This is the biggest competition Naomi has ever been at, featuring some of the best competition she's ever seen.

00.22.58

Good.

00.22.59

It's the only time she's ever faced on the platform, lifters of her size, who could beat her.

00.23.05

Ed : Excellent.

00.23.07

Nice and low.

00.23.09

Good depth.

00.23.11

Naomi : I got this, easy weights.

00.23.13

Agh!

00.23.16

Agh!

00.23.18

Easy!

00.23.22

[DEEP BREATHING]

00.23.31

Neshama : Come on, come on, come on, come on, come on!

00.23.33

Ed : [SOUNDS LIKE: Wreck!]

00.23.38

Naomi : That was good depth.

00.2338

Neshama : You were right at it.

00.23.39

Ed : I want you to do one more and sync it again.

00.23.41

Naomi : Oh!

00.23.42

Ed : Just one more, one more today, okay?

00.23.44

Naomi : Agh!

00.23.46

Ed : If you were a tough judge, would you give that, would give it, Naomi?

00.23.49

Naomi : Yes.

00.23.50

Ed : Are you being honest?

00.23.50

Naomi : Yes.

00.23.51

Neshama : You want to see it?

00.23.53

Naomi : I look fat in this video.

00.23.55

Neshama : Stop it, you don't look fat.

00.23.56

Naomi : 'Cause, lift out, like, fat, there.

00.24.00

Neshama : [PLAYBACK] Come on, come on, come on, come on,
come on!

00.24.04

I don't think it's deep enough.

00.24.05

Ed : Gotta go a little bit deeper, sweetie.

00.24.06

Just get a little bit lower.

00.24.09

So let's look at [SOUNDS LIKE: Shawna] Radcliffe.

00.24.11

She's the one you're lifting against.

00.24.14

Naomi : It's [SOUNDS LIKE: Shayna].

00.24.15

Ed : Well, if she was Jewish she would be, but she's not.

00.24.17

Naomi : It's Shayna.

00.24.18

Ed : How do you know?

00.24.19

Naomi : Because, it's Shayna.

00.24.20

Ed : Do non-Jewish people pronounce that name Shayna?

00.24.21

Naomi : Yes.

00.24.22

Ed : They do?

00.24.23

Naomi : Yes.

00.24.23

Ed : Okay.

00.24.25

Naomi : I know a lot of Shaynas.

00.24.27

Ed : Are any of them not Jewish?

00.24.33

That's Shayna's son.

00.24.34

Naomi : That's adorable.

00.24.35

Ed : Very adorable.

00.24.39

Okay, 230 for max, so let's look at this.

00.24.44

See, that's good depth, you see?

00.24.46

Ed : It's clearly a top part of her leg, see, it's going below the top of her knees.

00.24.49

Naomi : Yeah.

00.24.49

Ed : No question about that.

00.24.54

Naomi : Um, what should my bio be for my Instagram?

00.24.56

It's actually really important.

00.24.57

Ed : I don't know, whatever you want your bio.

00.24.59

Naomi : No, it's not whatever I want!

00.25.04

You don't understand the importance of this situation!

00.25.16

Song : That girl is so amazing, sunlight on the pouring
rain.

00.25.23

That girl's so complicated, wouldn't have it any other way.

00.25.28

Naomi : Hey guys, it's Naomi Kutin, and today, I'm doing a
little Q&A.

00.25.33

Song : -- some kind of beautiful.

00.25.37

That girl's an elevator, whoa!

00.25.58

Naomi : I really want to break the record for the 97 pound
weight class.

00.26.03

Naomi : But, now that I'm, like, growing and getting taller, the weight is getting harder to maintain.

00.26.10

Neshama : She has been 97 pounds for three years competing, which is phenomenal considering she's grown six inches.

00.26.17

She went from this really cute little girl, who's a little bit on the chubby side, to this tall, sleek, almost woman.

00.26.26

But, we've told her, if you're growing, you're going to get heavier, and that's just how it is.

00.26.38

Naomi : And Ema, this is all for me, right?

00.26.41

Neshama : Yep, it's all for you, sweet pea.

00.26.44

Naomi : No one's making me watch my weight, I choose to.

00.26.48

Naomi : Going off in the weight classes, the records are much higher, and they're much harder to break.

00.26.53

And I like having my record.

00.26.56

It's really cool being the best at something, you know?

00.26.59

Neshama : Lima beans are good for you, though.

00.27.00

Naomi : I know, but I just eat around them.

00.27.02

Neshama : It's really important to me that Naomi is empowered to make choices for herself.

00.27.08

Because I didn't have that when I was growing up.

00.27.15

Neshama : I was raised as a Pentecostal Christian, on a farm, in Colorado.

00.27.27

I am a survivor of childhood sexual abuse.

00.27.33

My opinion of my own value was really distorted, and I was hard on myself.

00.27.42

And then I realized that these decisions about my abuse were not my decisions, they were somebody else's decisions.

00.27.50

But they don't have to define who I am.

00.27.54

And that I have to make decisions that are going to be right for me.

00.27.59

I really went through a big soul searching time.

00.28.03

Neshama : And when I was 36, I moved east, and I met my husband, and found out that I really belonged to the Jewish people.

00.28.14

So I went through a long, rigorous conversion, and we started a family together.

00.28.25

And, open up.

00.28.28

Oh.

00.28.31

[SPEAKS HEBREW] Mommy loves you.

00.28.35

And you know what else [HEBREW PHRASE]?

00.28.38

Daddy loves you.

00.28.48

Neshama : Yay!

00.28.50

Naomi : Yay!

00.28.53

Yay, Ari!

00.28.54

Neshama : We are a combination of our experiences.

00.28.57

And my experiences have led me to this path.

00.28.59

Yeah, he was gonna touch your nose.

00.29.01

I will do anything to help my children, and to protect them.

00.29.08

Neshama : But as they grow, you have to give them more confidence, and teach them how to be strong, and be their own person.

00.29.18

I am not speaking at your bat mitzvah.

00.29.20

Naomi : Why not?

00.29.21

Neshama : 'Cause I will cry.

00.29.29

Naomi : What time is it?

00.29.30

Neshama : I think it's 7:35, I don't have my glasses.

00.29.32

Naomi : We have to go!

00.29.33

Female : Yeah, I think it's like, 7:40, we're already --

00.29.36

Neshama : Okay, can you do that?

00.29.37

I'm going to go put my makeup on.

00.29.40

Female : What are you nervous about?

00.29.42

Naomi : Nothing.

00.29.43

Female : Alright, good, you should be happy.

00.29.46

Naomi : Yeah.

00.29.48

I guess I'm, I don't know, I'm just a little nervous that, like,
it won't come together.

00.29.54

Neshama : You look nice.

00.29.56

Ari : I can't believe your bat mitzvah is starting in a half an hour, less than half an hour.

00.30.01

Naomi : More than half an hour, Ari, it starts at 8:30.

00.30.03

If it started at eight, I'd be in crisis mode right now.

00.30.13

Neshama : Out of respect of the event being at the synagogue, I cover my hair, as a married woman.

00.30.19

For Orthodox women, this is keeping ourselves modest.

00.30.24

Now that Naomi is a bat mitzvah, not that she is really a woman, but she takes on a lot of these kinds of responsibilities.

00.30.35

Neshama : You know, I remember the day that you were born,
and I thought 12 was a long, long way away from that.

00.30.41

It really wasn't that long.

00.30.45

Before I knew it, you're not a little girl anymore.

00.30.50

Naomi : Don't worry.

00.30.52

I'm still your girl.

00.30.54

Neshama : Of course you're still my girl.

00.30.58

Okay, eyes closed.

00.30.59

Naomi : I know.

00.31.06

Can we please not walk there?

00.31.07

Neshama : No, we're gonna walk.

00.31.08

Naomi : No, it's gonna take too long.

00.31.10

Neshama : No it's not.

00.31.11

Naomi : It is, 'cause we're gonna be late.

00.31.12

Neshama : We're not gonna be late.

00.31.14

Naomi : Okay, well I'm driving.

00.31.16

Neshama : Okay, you do that.

00.31.17

Naomi : I don't want people to beat me there, and they will.

00.31.20

Neshama : Naomi --

00.31.20

Naomi : If we walk, we're going to be --

00.31.21

Neshama : You'll make an entrance that way.

00.31.22

Naomi : But that's weird.

00.31.23

Neshama : It's not weird.

00.31.24

Naomi : But it is.

00.31.25

Neshama : People wait, and wait, and wait, and when you walk in, it'll be breathtaking.

00.31.28

Naomi : No, no, but that's weird.

00.31.30

Neshama : I promise.

00.31.31

Naomi : 'Cause they feel awkward, and I know how they feel, 'cause I was that person once.

00.31.34

Neshama : Okay, well --

00.31.35

Naomi : And they -- and they feel weird!

00.31.36

Neshama : Naomi.

00.31.37

Naomi : What?

00.31.37

Neshama : We'll get there soon as we get there, your rushing me is not helping.

00.31.46

Ari : Excited I am, for this bat mitzvah.

00.31.49

Neshama : [LAUGHS]

00.31.50

Ari : A very important day for Naomi, this is.

00.31.53

Neshama : Yes, you're right.

00.31.54

Naomi, please walk with me!

00.32.02

Ari : Fast, so not, Naomi!

00.32.15

Group : [INDISTINCT CHATTER]

00.32.20

Girl : Your makeup is so cool, who did it?

00.32.22

Naomi : My mom.

00.32.24

Girl : Ooh, I like your makeup!

00.32.26

Girl : Oh my god, you look so pretty!

00.32.28

Girl : I look disgusting.

00.32.29

Girl : No, I'm gonna smile.

00.32.32

Girl : Ew! [LAUGHTER]

00.32.38

Ed : Welcome everyone, for a celebration of our daughter Naomi's bat mitzvah.

00.32.41

These first 12 years have definitely been quite the experience.

00.32.45

Her strong desire to succeed has at times produced near legendary results.

00.32.50

At times, her mother and I joke about living in the magical world of Naomi, and that maybe we're only partially joking.

00.33.00

Rabbi Yudin : Who is the weightlifter, in the Torah?

00.33.05

We're talking about Jacob, Jacob.

00.33.07

Rabbi Yudin : Jacob's ability to pick up a very heavy stone,
that all the other shepherds couldn't do by themselves.

00.33.14

Why?

00.33.16

Why?

00.33.17

Ed Kutin was his coach? [LAUGHTER]

00.33.20

No.

00.33.21

What prepared Jacob for this was his strength of character.

00.33.28

Naomi, tonight, we are here to celebrate your strength of
character. [APPLAUSE]

00.33.43

Naomi : [SPEAKING IN HEBREW]

00.33.49

[SOUNDS LIKE: Ru] gathered food from dawn until dusk, and she did not complain.

00.33.53

This shows us that she was very hardworking, as well as very dutiful. [APPLAUSE]

00.34.02

Neshama : I'm very blessed to have Naomi in our life.

00.34.04

She was a miracle baby, because I had many miscarriages.

00.34.09

And, I prayed to God that he'd give me a beautiful baby.

00.34.21

[CRYING] Come here.

00.34.27

[LAUGHTER]

00.34.31

Ari : What?

00.34.34

Neshama : It's all good.

00.34.35

Ari : What, if Naomi's going to hug Ema, so will I.

00.34.38

Neshama : Good for me. [LAUGHTER]

00.34.42

Hashem has given me a wonderful, beautiful family.

00.34.46

And, for that I am eternally grateful.

00.34.49

And you will see when you go into the party room, we have kind of a tropical theme going on.

00.34.54

Neshama : And when you find the [SOUNDS LIKE: boat nets], I
want you to see the hard outside.

00.34.57

'Cause sometimes our life is hard.

00.35.00

But if you persevere, you finally get to the sweet juice
underneath, on the inside.

00.35.15

Announcer : Naomi Kutin!

00.35.19

[MUSIC]

00.35.39

[CHEERING]

00.36.11

Neshama : Good morning.

00.36.12

Naomi : [GROANS]

00.36.14

Neshama : How'd you sleep last night?

00.26.17

Naomi : Good.

00.36.18

Neshama : Good.

00.36.19

After you go to the bathroom, come weigh in.

00.36.21

Naomi : Okay.

00.36.21

Neshama : Alright?

00.36.23

It's three-fourteen.

00.36.24

We're going to leave soon.

00.36.27

Naomi : How soon?

00.36.28

Neshama : I'd like to leave around 3:30, so --

00.36.30

Naomi : Oh my god!

00.36.30

Neshama : -- I need you to get up and get moving.

00.36.33

Careful, careful, careful.

00.36.39

Naomi : I'm scared!

00.36.43

Neshama : What is it?

00.36.44

Ed : 98.

00.36.46

Neshama : Alright.

00.36.58

Ed : Well, she's got, uh, basically a day and a half to drop a pound.

00.37.06

Neshama : She can do it.

00.37.08

Ed : Yeah.

00.37.10

Neshama : Or if she doesn't, she'll compete in another weight class, that's all.

00.37.23

Naomi, don't worry about your weight.

00.37.27

Neshama : Listen, this is a pound of water weight.

00.37.29

But you can't stop eating, 'cause that's not healthy.

00.37.32

And the very worst case scenario, which is not so bad, you compete at the 105 pound class.

00.37.37

Naomi : That's horrible.

00.37.39

What the -- [SOUND EFFECT]

00.37.44

Neshama : I know, I know that's not what you want.

00.37.46

Naomi : No, that's not what I want.

00.37.49

Neshama : You're not starving yourself, 'cause that's not healthy.

00.37.50

Naomi : I know!

00.37.51

Neshama : Okay.

00.37.52

Naomi : Who said I'm starving myself.

00.37.54

Neshama : Okay, fine.

00.37.56

You need to go help Abba.

00.38.03

Naomi : You do think I can drop the pound?

00.38.06

Ed : We'll see.

00.38.27

Naomi : I feel like people are always expecting things of me.

00.38.31

And they see that I have all these world records.

00.38.34

And if I don't lift, I feel like I disappoint people.

00.39.10

Male : Alright, we're going to have you guys in 614.

00.39.13

So what you want to do is just, to get to your room, always use this north side elevator.

00.39.17

Neshama : So let me ask you a question.

00.39.18

Male : Mm-hmm.

00.39.19

Neshama : We're, um, Shabbats-observant Jews, which means we can't use electronics on Saturday.

00.39.25

Ed : We can't use elevators.

00.39.25

Neshama : We can't use elevators. [LAUGHS]

00.39.27

Ed : Fewer stairs are better, if that's possible.

00.39.28

Male : I understand. Let me just go ahead and see what I can do for you, sir.

00.39.40

Ed : [SPEAKING HEBREW PRAYERS]

00.39.54

Family : [SPEAKING HEBREW PRAYERS]

00.39.56

Ed : [SPEAKING HEBREW PRAYERS]

00.40.02

Neshama : Amen.

00.40.07

Ari : Now I'm going to play DS like there's no tomorrow.

00.40.10

Ed : Well --

00.40.10

Neshama : For about five minutes, and then we're gonna
leave.

00.40.12

Ed : Less than five minutes.

00.40.13

Neshama : I was gonna change clothes, and then we're gonna go, Ari, 'cause Naomi has to weigh in.

00.40.19

Naomi : And I'm starving!

00.40.30

Male : Go ahead.

00.40.30

Neshama : She's scared, go ahead.

00.40.31

Male : You got it, you got it.

00.40.32

Neshama : Go ahead, you're fine, you're fine, you're good.

00.40.36

Male : 95.4, regular.

00.40.37

Neshama : Excellent, good.

00.40.38

Female : Awesome, she did it.

00.40.39

Naomi : That was scary, huh.

00.40.43

I am starving. I haven't eaten in seven plus hours.

00.40.47

Neshama : Or drank.

00.40.48

Naomi : Or drank.

00.40.49

I haven't had anything in seven plus hours, and I walked, like, five miles, in that time.

00.40.56

I don't know, I can't really tell anything, I'm just starving.

00.41.00

Ed : She's grown several inches, and still trimmed herself down, very impressively.

00.41.05

But you can't really do well with training, and get yourself too light, you'll be burning off your muscle.

00.41.09

So, I think she's near the limit of how much she can do with that.

00.41.13

She's got to be healthy, that's, that's the most important thing.

00.41.22

Male : Let's go, come on!

00.41.24

Male : How bad you want it, son, come on!

00.41.26

Male : This is yours!

00.41.27

Male : Go get it, agh!

00.41.38

Female : Rah!

00.41.43

[CHEERS]

00.41.47

Announcer : -- going up to 237 and a half kilos!

00.42.04

Naomi : Usually at contests, people can be very
intimidating.

00.42.10

You have to just block everything else out, and that can be
hard.

00.42.14

Female : What'd you weigh-in at?

00.42.15

Naomi : 95.4.

00.42.18

Female : That's like one of my legs. [LAUGHS]

00.42.21

Definitely one of his legs.

00.42.24

Well I'm excited to see what you do.

00.42.29

Naomi : In a contest, there's like, three judges.

00.42.32

And if the lift goes bad, then they give it a red light.

00.42.37

But if the lift goes good, you get a white light.

00.42.40

And you need two out of three white lights for it to be a good light.

00.42.45

Announcer : We're gonna bring the board weight to a 231 pounds.

00.42.51

For Naomi Kutin!

00.42.53

Ed : Destroy this, destroy this, come on!

00.42.55

Neshama : [CHEERS]

00.42.55

Ed : Alright, come on!

00.42.56

Ed : Really psyched, come on, come on, you've got this.

00.42.58

Naomi : Rah!

00.42.59

Ed : You've got this, light them up!

00.43.00

Naomi : Agh!

00.43.01

Announcer : Let's go!

00.43.04

Naomi : Agh!

00.43.06

Announcer : She's in power right here.

00.43.08

For 231 pounds.

00.43.10

Neshama : Come on, Supergirl, whoo!

00.43.17

Male : Up, up! [CHEERS]

00.43.20

Announcer : That's a good lift!

00.43.22

Ed : Yeah, yeah!

00.43.22

Announcer : 231 pounds!

00.43.24

This 12 year old is amazing.

00.43.28

And the bar is now loaded for Shawna Radcliffe.

00.43.35

Earn the weight, earn the weight Shawna, let's go!

00.43.42

Up! [CHEERS]

00.43.45

That's how you come back and get that weight, Shawna.

00.43.49

Nice job right there.

00.44.00

This is a new squat attempt, for the 12 year old, Naomi Kutin!

00.44.12

And it's 243 pounds, and it has your name all over it, Naomi!

00.44.41

Naomi : Agh!

00.45.26

Announcer : Oh!

00.45.28

No rep, but that was a good try.

00.45.32

Ed : You're almost there, just a touch lower, touch lower.

00.45.34

Naomi : I can't.

00.45.35

Ed : Naomi.

00.45.37

I'm the coach, and the father.

00.45.46

Neshama : Naomi.

00.45.56

I understand being disappointed in yourself.

00.46.00

Listen.

00.46.01

You know what propels you to do better, better, better all the time?

00.46.03

Naomi : What?

00.46.04

Neshama : When you fail.

00.46.08

Neshama : Right?

00.46.09

Give me a hug.

00.46.11

Neshama : Nope, okay.

00.46.17

Shake it off, so it doesn't affect your bench.

00.46.22

Male : You're not doing anything wrong, but you're growing fast.

00.46.25

Ed : Everyone can improve.

00.46.26

Well, you mean, and her mechanics --

00.46.28

Male : Exactly.

00.46.29

She's growing so fast, that it's going to be hard to keep rebalancing the weight properly.

00.46.34

Ed : That's right.

00.46.35

Male : Look at it this way.

00.46.37

How many kids in the world your age are doing this?

00.46.41

None.

00.46.43

There's good days and bad days, get used to it.

00.46.52

Ed : You know, it's, it, you're in this for the long run,
right?

00.46.55

You're not, you're not quitting this next month, right?

00.46.58

Naomi : No.

00.46.59

Ed : Okay, so you, you aim to keep getting better and
better, that's what you do, okay?

00.47.04

Naomi : Okay.

00.47.05

Ed : You're doing fine.

00.47.07

Announcer : Alright, we're gonna start the third and final
round of the women's --

00.47.13

Ed : You're gonna smoke this.

00.47.14

Announcer : -- lightweight division, with Naomi Kutin!

00.47.21

And she will be attempting a 265 pound dead lift, wow!

00.47.29

Ed : Alright, so come on!

00.47.30

This is yours, come on, you got it!

00.37.31

Announcer : Let's go, let's go Naomi!

00.47.35

Male : Come on now!

00.47.36

You've almost got it.

00.47.37

Announcer : 265 pounds!

00.47.39

Naomi : Agh!

00.47.42

Announcer : Let's go! [CHEERS]

00.47.47

Neshama : Woo hoo!

00.47.52

Announcer : 265 pounds, and she's only 12 years old!

00.48.01

Naomi : That was great.

00.48.05

Neshama : That was awesome.

00.48.07

How'd it feel?

00.48.07

Naomi : I was exhausted, I thought I was going to faint.

00.48.11

Neshama : You're shaking -- do you want something to eat?

00.48.12

No?

00.48.15

I'm so proud of you, so proud of you.

00.48.19

Announcer : In the women's super class lightweight winners.

[APPLAUSE]

00.48.28

Ed : You did great.

00.48.30

Neshama : When you win so many, many, many times, it's kind of unexpected when you don't.

00.48.38

Ed : This was a different level of competition.

00.48.41

You really accomplished a lot.

00.48.42

Male : How you doing?

00.48.43

Naomi : Good.

00.48.43

Male : Congratulations.

00.48.45

That was awesome.

00.48.46

I'm so impressed by seeing that.

00.48.47

Naomi : Thank you.

00.48.48

Male : I'm just amazed.

00.48.49

That's an amazing amount of weight, for anybody.

00.48.51

Male : You should be proud of yourself, that's huge.

00.48.54

Neshama : You're giving regular trophies too --

00.48.56

Male : No, she can take it, she, she earned it.

00.48.59

Female : You made my day.

00.49.00

Watching you was awesome.

00.49.01

Female : Give her a hug.

00.49.02

Male : Yeah, you're welcome, you did an awesome job.

00.49.04

Female : Aw.

00.49.05

Male : You did awesome, be proud.

00.49.07

Female : Put it on, girl, you earned it.

00.49.09

Female : Aw, that's good.

00.49.10

Male : You pulled almost three times your body weight.

00.49.12

That's amazing.

00.49.13

That -- anybody, any one of us would be absolutely impressed with that.

00.49.17

Male : If I pulled three times my bodyweight, I'd be doing backflips right now.

00.49.20

Naomi : [LAUGHS]

00.49.21

Male : Alright?

00.49.26

Neshama : Push!

00.49.26

Squish hug, squish hug.

00.49.40

Naomi : [SIGHS]

00.49.53

Neshama : After we got home, the kids were exhausted.

00.49.57

Neshama : Naomi complained of an extremely bad headache.

00.50.04

I gave her some ibuprofen.

00.50.06

Nothing really seemed to help.

00.50.09

After about a week of that, I decided to call the pediatrician.

00.50.14

The pediatrician tried a couple of different antibiotics,
nothing was working.

00.50.18

She kept having these very bad, persistent headaches.

00.50.21

She was feeling nauseous.

00.50.23

Kind of classic migraine symptoms.

00.50.27

Naomi : It was really intense.

00.50.29

It was just, in a dark room, light hurt me, and the sound hurt me and everything.

00.50.32

It was just so painful, and I couldn't, couldn't do anything.

00.50.41

After having headaches for just two months straight, I mean, [CHUCKLES] that's a problem.

00.50.48

It's a problem.

00.50.55

Neshama : In order to be a good lifter like she is, you have to have a certain level of pain tolerance.

00.51.01

Neshama : If you get under a bar with a couple hundred pounds, you feel it.

00.51.04

Anybody's going to feel it.

00.51.07

So when she comes to me and says, Mommy, my head really hurts, then I know she's in pain, I know she's in agony.

00.51.18

All told, she missed almost 10 weeks of school this semester.

00.51.23

We were referred to a neurologist, because we haven't figured out what the source of the headaches really are.

00.51.29

And the not knowing, and having her in pain, is hard, as, as her mom.

00.51.36

And it's hard for her.

00.51.46

Neshama : Sorry.

00.51.56

Naomi : Getting the MRI was scary, and I felt really claustrophobic in there, because I couldn't move.

00.52.04

Technician : Here we go.

00.52.05

How you doing, you okay?

00.52.07

Okay.

00.52.08

Naomi : It was really scary.

00.52.09

I didn't like it.

00.52.20

Neshama : If we can be certain that it's her lifting that's causing these, she'll have to walk away from that.

00.52.27

We're just not -- we haven't been proven that that's really the cause of this.

00.52.37

Naomi : If I have to stop power lifting, I wouldn't know what to do with myself.

00.52.45

I pray a lot.

00.52.47

I definitely think that my relationship with Hashem helps.

00.52.54

But bad things can happen to anyone, and no one's really immune.

00.53.02

Ari : Do you want to call it?

00.53.03

Naomi : No.

00.53.04

Ari : Call it --

00.53.05

Naomi : Ari, that's another thing.

00.53.07

I need to bring --

00.53.08

Neshama : No, you don't just throw them again.

00.53.10

Naomi : The medication I'm on makes you really spacy, and confused, and I forget a bunch of things, I'm very forgetful.

00.53.18

Neshama : Okay, I'll, I'll do this part.

00.53.20

Naomi : Why?

00.53.20

Neshama : Because you're making a mess now.

00.53.23

Naomi : I'm trying to be helpful.

00.53.25

Neshama : Well, I know.

00.53.26

Naomi : I forget everything. [CHUCKLES]

00.53.29

This is not a Sukkot decoration, this is something I did in fourth grade.

00.53.35

Neshama : Why are you taking that to --

00.53.36

Naomi : [OVERLAP] It's a cake house.

00.53.38

Neshama : Here.

00.53.39

Naomi : This is not for Sukkot, it's a cake house.

00.53.41

Neshama : Why are you talking about Sukkot?

00.53.43

Naomi : What are you saying?

00.53.44

I don't understand what you're saying.

00.53.46

Neshama : We're decorating for Hanukkah, not for Sukkot.

00.53.49

Naomi : I thought -- what?

00.53.50

Neshama : That's fine.

00.53.50

Naomi : I didn't say anything about Sukkot, I said, this is what I made in fourth grade, and then you said I was talking about Sukkot.

00.53.57

This is a cake house.

00.53.58

Neshama : Okay.

00.53.59

Naomi : I'm very confused.

00.54.08

Female : [AUTOMATED CALL] This is the business office for Staten Island University Hospital, please call us toll free at 877-483-2212.

00.54.17

Neshama : Hello?

00.54.19

Hello?

00.54.30

Naomi : What are you doing?

00.54.33

That's not -- that's --

00.54.36

Ari : I'm making origami.

00.54.41

Ed : Who was that?

00.54.42

Neshama : That's funny, an automated calling, asking us to
call them back.

00.54.46

Ari : And, one night in?

00.54.48

And when you did, Ema?

00.54.50

Neshama : Oh, I don't know, I haven't called them back.

00.54.51

I have to call tomorrow.

00.55.03

Doctor : Big breaths.

00.55.05

And out.

00.55.06

Big breaths, and out.

00.55.10

Do you wear glasses?

00.55.11

Naomi : No.

00.55.13

Doctor : Perfect.

00.55.19

Good job.

00.55.22

So why don't you just kind of update me from your standpoint,
what's been going on.

00.55.28

Where's your headache?

00.55.29

Naomi : Here, or it could be on the same place on the other
side

00.55.32

Doctor : So it's in one spot, but it could be in either
place.

00.55.35

Yeah.

00.55.35

Doctor : Okay.

00.55.36

Neshama : She has had a headache constantly.

00.55.38

Doctor : Right.

00.55.38

Neshama : It's never gone away, ever.

00.55.39

Doctor : Okay.

00.55.40

So average is about a six-seven, I would say, right?

00.55.45

Neshama : For her pain, yeah.

00.55.46

Doctor : Yeah.

00.55.47

And school-wise, what's been going on with school?

00.55.50

Naomi : Well, I haven't been going much.

00.55.53

I've been at home.

00.55.55

From the headaches, so I think the, you know, I went last week,
like, three days.

00.55.59

Neshama : That's the first time she's gone in almost five
weeks.

00.56.01

Naomi : Mm-hmm.

00.56.02

Doctor : Really?

00.56.02

Naomi : Mm-hmm.

00.56.03

Doctor : Okay.

00.56.04

Once you kind of get stuck with this chronic daily headache, unfortunately it takes awhile to get rid of it, alright?

00.56.11

But talking about how maybe we can get her into school, even just a little bit, that may be good, 'cause you're not sitting around thinking about your headache, you know.

00.56.18

Neshama : And next year she goes to high school, so --

00.56.20

Doctor : Mm-hmm.

00.56.20

Neshama : It's going to be a whole new ballgame for us.

00.56.23

Doctor : So, what's going on with the, with your exercise, and lifting houses, affecting you?

00.56.28

Naomi : I don't think that's, I, I, I ,I -- hmm.

00.56.33

I don't think that the headaches are affecting my exercise so much.

00.56.38

Doctor : You're able to exercise.

00.56.41

Naomi : Yes.

00.56.41

Neshama : We modify the days sometimes --

00.56.42

Naomi : Yeah.

00.56.43

Neshama : So, if there's another day where a headache's only a three --

00.56.46

Doctor : Mm-hmm.

00.56.46

Neshama : We'll ask her, do you want to do it?

00.56.49

Doctor : So, knowing what you do and what you like to do, the power lifting, um, the question is, could that be exacerbating issues?

00.56.58

That, the exercise and putting the stress on the muscles, instead of letting your head get better?

00.57.03

Now we're left with this irritated brain.

00.57.06

You know, and, and, and if the answer is, I do my lifting, and that's making stuff worse, then you have to just take a step back.

00.57.22

Neshama : The doctor said, take three months off, don't lift, let's see what happens.

00.57.28

That went over kind of like a lead balloon in our house.

00.57.45

Naomi : I felt kind of waves of emotions.

00.57.52

Neshama : Do you have a lot of homework tonight?

00.57.53

Naomi : Yeah.

00.58.05

Neshama : Is that *To Kill a Mockingbird*?

00.58.07

Naomi : Yeah.

00.58.10

With my world records and stuff, people see me as Supergirl.

00.58.18

Naomi : I feel like it makes me unique.

00.58.20

If I can't lift, I'm scared that I can't be Supergirl.

00.58.29

I will take a migraine, if it means power lifting.

00.58.34

I could never stop lifting now.

00.58.52

Ed : It's all been alarming, but we're kind of in a holding pattern.

00.59.00

In lifting, you're pushing your body to try and do as much as possible.

00.59.06

Competition is nice, and breaking records is great, but keeping her safe is of course, of paramount importance.

00.59.14

Ed : And I wouldn't want to do anything to hurt her.

00.59.17

We always assure her that we love her, we were trying to help her, that we just want her to get well.

00.59.25

When I go to synagogue, usually when they read from the Torah, there's part of the service where they actually say special prayers for those who are sick.

00.59.38

So I have her in mind then.

00.59.51

Neshama : And chocolate bars?

00.59.52

Ari : You have any kind that I like?

00.59.55

Neshama : We're her parents, and we have to do what's right for her.

00.59.58

So, we held tough, and we did not lift for two weeks.

01.00.03

Naomi cried for two days straight, because she loves lifting, and she loves how it makes her feel, and she, it's just part of who she is at this point.

01.00.13

So, we actually went back to lifting, very, very light weights, after that two week pause.

01.00.21

We've tried to accommodate things, like shutting off all the lights, doing it in relative darkness.

01.00.26

But some days, her head has just been splitting, and we don't train.

01.00.31

Neshama : It hasn't been as consistent as any of us would like, because she just doesn't feel good enough most days to do that.

01.00.37

She doesn't feel good enough to get off the sofa most days.

01.00.41

Neshama : Go, Supergirl!

01.00.44

Naomi : Well, the past couple of weeks, I've been feeling pretty bad.

01.00.51

[CHEERS]

01.00.53

Naomi : I was definitely nervous I wouldn't be able to compete today.

01.01.00

Could you tell I was nervous?

01.01.04

Neshama : Now you got it, you're back in the groove.

01.01.06

Are you in pain?

01.01.08

Any headache or anything?

01.01.12

Ed : Alright, how you feeling.

01.01.14

Naomi : Not very good.

01.01.17

I could definitely still tell that my head was hurting, but the adrenaline definitely helps.

01.01.33

Ed : Really strong, come on, you got it.

01.01.34

Naomi : Agh!

01.01.35

Ed : Really strong.

01.01.36

Neshama : Let's go, Supergirl!

01.01.39

Naomi : Agh!

01.01.41

Agh!

01.01.47

Rah! [DEEP BREATHING]

01.01.57

Male : Sweat!

01.01.59

Neshama : Pick it up, up, up, up.

01.02.00

Naomi : Ow, ow, ow, ow.

01.02.03

Male : You alright?

01.02.06

Ed : You alright?

01.02.10

Neshama : Lay down.

01.02.11

Lay down, lay down, lay down.

01.02.13

Naomi : Ow, ow!

01.02.14

Neshama : Take deep breaths, deep breaths, deep breaths.

01.02.18

Naomi : [CRYING]

01.02.20

Neshama : Did you pull something, did you feel it snap?

01.02.25

Are we done?

01.02.29

Are we done for today?

01.02.31

Naomi : I don't want to be. [CRYING]

01.03.04

When I went down for the squat, I felt a pop in my hamstring.

01.03.10

I never felt anything like that, but I, I knew it was bad.

01.03.21

It's taken about five months to get mostly back to my strength,
but I just kept having the migraines.

01.03.34

Sometimes I thought, why am I doing this?

01.03.36

Naomi : I just want to quit, 'cause it's too hard.

01.03.45

Neshama : Most of the doctors said, we're not exactly sure what causes these kinds of headaches.

01.03.50

Some people just have these cluster migraine headaches.

01.03.54

And they're excruciating, and they can really change and alter the way you live your life.

01.04.00

I'm actually certified as a health coach, so I kept detailed notes about every single day, what she was eating, how much she slept, you know, on and on.

01.04.11

Neshama : And, it seemed to me that after Naomi was working out pretty hard, she would have a migraine headache within a day or two o that.

01.04.24

And so I researched it quite a bit.

01.04.26

And what I found was, magnesium is really used in your muscle health, and a magnesium deficit is known to cause migraine headaches.

01.04.37

Ed : Weight up, weight up, weight up.

01.04.38

Neshama : Yes, yes, yes, yes.

01.04.39

Ed : Up, up, up, up.

01.04.40

Neshama : So, my theory is that her body was using that magnesium, drawing it from wherever it could, to go to those muscles.

01.04.48

And it was creating this headache for her.

01.04.52

What I found was that, if she has a headache, and I give her a dose of magnesium, it seems to stop her headaches.

01.05.05

How was your day?

01.05.08

Naomi : Good, for the most part.

01.05.11

Neshama : How are you feeling?

01.05.12

Naomi : Good.

01.05.13

Neshama : Give me numbers.

01.05.14

Naomi : Everything is zero.

01.05.16

Neshama : You're a big zero?

01.05.17

My kind of numbers.

01.05.20

Naomi : Yeah.

01.05.27

I think everything does happen for a reason.

01.05.29

It has to.

01.05.34

After all, there is a saying in Judaism, [HEBREW PHRASE], which means, everything is for the better.

01.05.44

Naomi : So you have to always look for the little hints of good that are in the bad things.

01.05.54

Neshama : Okay, we're home.

01.05.59

Your stuff's in the back.

01.06.12

[CHUCKLES] Really?

01.06.17

Really?

01.06.26

Neshama : I realized that I wasn't making the 97 pound class, and I was really skinny.

01.06.30

So, I decided, you know what, I'd rather be stronger, and healthy, in the next weight class.

01.06.39

Neshama : So this is what?

01.06.41

Ed : 255.

01.06.43

Neshama : Whoa, that's a lot of weight.

01.06.45

Ed : No it's not.

01.06.47

Naomi : Yeah it is.

01.06.48

Neshama : Well it is for me.

01.06.48

Ed : She's been, she's been killing it.

01.06.53

Alright.

01.06.55

Ed : Alright, Naomi, let's go.

01.06.56

It's our last big pull day 'til the contest.

01.07.00

Naomi : Agh!

01.07.06

Neshama : Up, oh --

01.07.08

Ed : What happened?

01.07.10

Naomi : I'll try again.

01.07.15

Neshama : I think you need to psych up better.

01.07.17

Naomi : Okay.

01.07.18

Ed : Come on, you got this, Naomi.

01.07.20

Naomi : Agh!

01.07.21

Ed : One good rep, come on, one good one.

01.07.24

Naomi : [DEEP BREATHING]

01.07.28

Ed : Rip it off, come on!

01.07.29

Oh.

01.07.33

Neshama : Naomi, what do you think it is?

01.07.36

Ed : You want to wait for a few minutes, try again?

01.07.39

Naomi : I mean, 235 is a lot.

01.07.44

Ed : I'll tell you what, now.

01.07.46

Why don't you give yourself a five minute break.

01.07.48

Naomi : 'Cause it's not gonna help.

01.07.49

Neshama : Do you think you can do it at the contest?

01.07.53

Naomi : Yes.

01.07.54

Neshama : So, you really need to get this.

01.07.55

Neshama : Give yourself a five minute break, and really come back psyched, and try again.

01.07.58

Naomi : No, but I'm psyched.

01.08.00

Ed : Get more psyched.

01.08.01

Naomi : I'm -- I can't get more psyched.

01.08.03

Abba, I'm psyched.

01.08.08

Neshama : Alright, it's your lift.

01.08.14

Ed : Okay, we'll see what, how things go.

01.08.18

Neshama : We go downstairs?

01.08.21

Ed : I guess she's lifting this first.

01.08.27

Good, good, good, good, good.

01.08.28

Neshama : Good, good!

01.08.28

Ed : Lock it out, lock it out.

01.08.28

Neshama : Pull, pull, pull, pull, pull --

01.08.29

Ed : Head up, head up, head up, head up, head up,
head up!

01.08.31

Head up.

01.08.31

Neshama : -- Pull, pull, pull, pull!

01.08.33

Ed : Down!

01.08.34

Do it -- no, I'm sorry. [CHUCKLES]

01.08.39

Naomi : No-ho-ho!

01.08.42

Ed : [LAUGHS]

01.08.43

Neshama : She is a teenager, after all.

01.08.45

Ed : Indeed.

01.08.48

Neshama : Good, good, pull, pull, pull, pull, pull, pull,
pull, pull, pull, pull!

01.09.03

Naomi : What are you doing?

01.09.04

Neshama : Just checking on you.

01.09.06

You doing okay?

01.09.07

Naomi : Mm-hmm.

01.09.09

I know you made me mad at you to get the weight.

01.09.13

Neshama : Did it work?

01.09.14

Naomi : But I knew you were doing it.

01.09.16

Neshama : What difference does it make?

01.09.17

Naomi : It made it less effective.

01.09.19

Neshama : Did it?

01.09.20

Naomi : Yes.

01.09.21

Neshama : You got the lift.

01.09.22

Naomi : I would've gotten it more.

01.09.36

Male : Welcome to the 2014, 100% Raw Power Lifting
Federation World Championships.

01.09.44

Male : We're going to get started with a prayer, and then we're gonna, uh, get right to the lifting.

01.09.51

Uh, Lord, we just thank you for this time that we've come into this place.

01.09.54

Lord, I pray today that each lifter accomplishes the goals that they've set for themselves.

01.09.59

Lord, I just pray that you have a heavy protection around them, um, Lord, that they can do what they have come here to do, without hurting themselves.

01.10.07

We thank you for this time that we've had to, to gather as friends.

01.10.10

Lord's name we pray, amen.

01.10.12

Neshama : Amen.

01.10.16

Naomi : Since I have moved up in weight classes, I can't
break records all the time.

01.10.20

But I'm okay with it.

01.10.24

Ari : Do it!

01.10.24

Naomi : Supergirl, it's not about breaking records.

01.10.27

Supergirl, it's about doing her best.

01.10.30

Male : Bar's loaded!

01.10.30

Male : Bar is loaded for Naomi.

01.10.31

Ed : Alright, sweet, come on!

01.10.33

You got this.

01.10.33

Neshama : Go, Supergirl.

01.10.34

Naomi : Agh!

01.10.35

Ed : Come on, destroy this.

01.10.40

Straight legs.

01.10.41

Male : Watch close.

01.10.41

Ed : Good.

01.10.42

Ed : Squat.

01.10.45

Naomi : Ugh.

01.10.46

Male : Whoa, whoa --

01.10.46

Neshama : Grab her, grab her.

01.10.48

Announcer : No lift, nice try.

01.10.50

Male : It's alright.

01.10.51

Announcer : Okay, lifting the weight to 57.5, weighs 57.5.

01.10.55

Ed : Naomi, come here.

01.10.59

Ed : Naomi.

01.11.00

Come here.

01.11.04

What, what happened at the bar?

01.11.05

You usually get that amount.

01.11.06

Naomi : I know.

01.11.09

Ed : Get yourself psyched, and do it.

01.11.11

The piece, get angry, get Supergirl and do it, okay?

01.11.15

Alright?

01.11.17

Ed : Should I stop talking here?

01.11.20

Nod your head when I should stop talking here.

01.11.25

Announcer : No, no lift, go to one-oh-seven point five --

01.11.27

Ed : Alright, sweet.

01.11.28

Announcer : Rack tag goes to seven for Naomi.

01.11.31

Neshama : Come on, Naomi.

01.11.37

You got this, Supergirl.

01.11.40

Let's go, Supergirl.

01.11.41

Naomi : Agh!

01.11.42

Ari : Do the trim!

01.11.43

Ed : Come on.

01.11.44

Naomi : Agh!

01.11.54

Ed : Do it, squat!

01.11.58

Ed : Drive it up, drive, drive, drive, drive, drive, drive!

01.11.59

Neshama : Up, up, up, up, up!

01.12.01

Ed : Very good.

01.12.02

Ed : That's the way, alright.

01.12.03

Neshama : Woo hoo!

01.12.04

Naomi : Beautiful, beautiful, beautiful.

01.12.07

Male : Come on, come on.

01.12.10

Female : That was a great squat.

01.12.11

You're a pipsqueak.

01.12.13

Where do you get all that energy?

01.12.14

What are you eating?

01.12.15

Female : Candy?

01.12.15

Naomi : Vegetables.

01.12.17

I don't eat candy.

01.12.18

Male : Nice lift, good job.

01.12.20

Ari : Nah, nah!

01.12.22

Ed : I want to let us psych you.

01.12.23

Ari : Nah!

01.12.23

Ed : You gonna be psyched?

01.12.24

Ed : You gonna get a big step back.

01.12.27

Naomi : They're difficult.

01.12.27

Neshama : What is?

01.12.28

Naomi : Squats.

01.12.29

Neshama : Are they?

01.12.29

They look so easy.

01.12.31

Male : Bar's loaded.

01.12.32

Ed : Alright, son.

01.12.32

Naomi : Come on, Ari!

01.12.33

Announcer : Ari Kutin from New Jersey.

01.12.34

Ari : Agh, agh!

01.12.37

Ed : Come on, Ari.

01.12.38

Neshama : Go Ari, you can do it.

01.12.39

Naomi : Come on Ari, you got this.

01.12.40

Ed : Good, good step back.

01.12.43

Male : Squat.

01.12.46

Neshama : Bring it up.

01.12.49

Neshama : Nice job, Ari!

01.12.50

Ed : Beautiful, beautiful.

01.12.51

Neshama : Good job!

01.12.51

Male : One, red team, one.

01.12.53

Announcer : We'll get our next officials up on the platform please.

01.13.04

Naomi : Hi.

01.13.07

Naomi : Good.

01.13.08

Squatted 236.

01.13.11

Yeah, but it's not my record.

01.13.12

That was in a different weight class.

01.13.14

[CHUCKLES] Yeah, totally.

01.13.17

Well I have to go eat now.

01.13.19

When I first started lifting, I really didn't want to let my family and friends down.

01.13.23

And now I power lift because I love being strong.

01.13.27

Naomi : It's empowering.

01.13.51

Neshama : Naomi?

01.13.52

Naomi : Yeah?

01.13.53

Neshama : Here's your eggs.

01.13.56

Naomi : Is that one egg?

01.13.57

Neshama : No, you need more than one egg.

01.14.01

You just lifted, you need a nice good protein.

01.14.04

Naomi : Ema, I saw you trip and fall.

01.14.07

Neshama : You're not gonna trip and fall.

01.14.09

Who was it, Jennifer Lawrence, was that who tripped at the Grammys, or the Emmys, or whatever?

01.14.14

Naomi : Oscars.

01.14.15

Oscars.

01.14.17

Neshama : And this goes over --

01.14.18

Naomi : This does no good, just for my hair.

01.14.20

Neshama : I know, it never does.

01.14.22

Neshama : The thing is, you want this corner --

01.14.24

Naomi : Mm-hmm.

01.14.24

Neshama : -- to be right in line with your nose.

01.14.27

Naomi : And then afterwards, we're just going to let that,
like that.

01.14.30

Neshama : Yeah.

01.14.33

Naomi : Good, let's go.

01.14.35

Neshama : Alright.

01.14.36

Naomi : Wait, let me get my phone.

01.14.43

I am happy that I'm going to high school next year.

01.14.47

It's a new experience, and new friends.

01.14.51

But, I'm a little nervous.

01.14.56

[INDISTINCT SINGING]

01.15.00

Male : My message to you as you enter high school, is you always remember who you are.

01.15.06

You are prepared, strong, and ready, for this next exciting stage of your life.

01.15.14

Students : My wish, for you --

01.15.16

Male : Yoni Katz! [CHEERS]

01.15.22

Naomi Kutin! [CHEERS]

01.15.24

Neshama : Whoo, Naomi!

01.15.28

Students : [SINGING] While you're out there getting where you're getting to, I hope you know somebody loves you.

01.15.35

[SINGING] And wants the same things too, yeah they --

01.15.40

Neshama : Naomi has really grown in terms of being comfortable in her own skin, and what a blessing that is.

01.15.47

Oh, look who's there, Naomi.

01.15.50

Aw!

01.15.55

Male : Take the tassels on your caps, and turn them from the right side to the left side!

01.16.01

Naomi : I like both parts of me, Naomi and Supergirl.

01.16.05

But in the end, they're all just me.

01.16.08

Male : Ladies and gentlemen, the graduating class of 2015!

[CHEERS]

01.16.18

Mazel tov, mazel tov.

01.16.25

Male : Next finalist, in 67 pounds.

01.16.50

Naomi : Yeah!

01.16.51

Ed : Come on, let's go.

01.16.52

You've got to pull off the floor and lift.

01.16.58

Naomi : Agh!

01.17.04

Agh!

01.17.11

Ed : Squat!

01.17.14

[END CREDITS]