**Powerlifting**

 The fundamental goal of powerlifting is to get strong. This is different from bodybuilding, where the goal is to develop large muscles and low body fat. Because of this, different training techniques are required. Strong and big are different things.

 Strength is embodied by 3 basic lifts: squat, bench press, and deadlift. These are lifts that the human body can move the most weight in, and have a good chance of not breaking.

 A real power lifter does all 3 lifts, to develop overall strength. A huge number of overall “powerlifters” only do the bench press, but bench pressing is really just the tip of the power ice burg. The real challenges lie in the other lifts.

 You can get plenty strong without drugs… and drugs are more effective for body builders than powerlifters. I.E. they seem to work better at increasing mass and reducing fat than actually increasing the strength of the muscle.

 Some tips for working out: Don’t wear bench shirts, they are a cheat and are solely to move weights, not for safety. Also never wear wrist straps for deadlifts – that robs you of your grid development – plus they are illegal equipment.

 Always do your powerlifting with good form – never cheat to get the lift (bouncing in the bench, squatting high, avoiding lockouts in the bench and deadlift, bouncing the bar on the floor during reps, etc.). If you cheated you got nothing. ZERO. It’s that simple, because that’s what you’d get in a contest.

 It’s important to mentally psyche up before attempting a heavy lift. The difference before psyched and unpsyched can be about a 10 – 20% change in strength.

 The training lifts are divided into 3 primary powerlifts, and all other movements are classified as secondary lifts. The purpose of the assistance movements is to develop and maintain muscle mass over the entire body, and to be sure that muscles get worked through a full range of motions and lifts, and helps prevent weak links from developing.

 A complete warm up is important prior to lifting since you are going to stress the body severely.

Tips for warm up and sets:

* Use chalk on all warm ups and powerlifts
* Always wear your belt for all squats and powerlifts
* Don’t wear a belt to bench press; it interferes with techniques
* Wrap your knees to squat after your first 2 warm up sets.

 The bottom line on injuries is usually: If an injury makes you weaker, do something about it, Otherwise ignore it. It is not unusual to train with fairly, even extremely painful injuries as long as you stay strong.

 For a routine design to build strength you need low rep sets with heavy weights, plus when using heavy weight, a one rep change is a huge change, so varying reps is not very gradual way to vary the intensity.

 There are 3 major organizations: ADFPA8DRUG FREE, USPF (Largest and most official currently drug free at the national and international levels), APF (Formed by the lifters for the lifters, drugs are ok , and they are lenient on judging criteria and choice of gear). USPF has the most shows.

 Good Strength for anyone is a 600lb squat, 400lb bench and 600lb deadlift, these lifts are what a good college level athlete is capable of. A good power lifter can add 100 to those weights. A good high school age can subtract around 100 from the college level.