Powerlifting and Safety

Powerlifting is composed of three lifts. They are squat, bench press, and dead lift. There are separate divisions for male and female lifters. Men have 12 weight classes, the lowest being 114.5 and the highest weight being 319.5. Women’s lowest weight is 97 and the highest is 198.25. The pounds are sometimes converted into kilograms. There are ‘open’ divisions that any age can enter. There’s a teenage division for 14-19 year olds, a junior division for 20-23 year olds, a sub-masters division for 33- 39 year olds, and a master’s division for 40+ year olds. You can enter both the age and open division but the entry fee will be more. The best lifter trophy is given to the lifter from the entire contest that totals the most on a pound by pound basis. There are even separate divisions for policemen and firefighters, and there is also one for the Olympics division. There is a weigh period, this occurs before the match up to 24 hours. Weighing in is helpful because it lets you know if you have to cut or gain weight. The contests usually start between 9 and 10 a.m. The length if the contest depends on how many lifters are there. You should arrive at a contest at least one hour before it starts. That way you can warm up and get a feel for the setting. Each lifter gets 3 attempts at each lift. You want to be sure you warm up early enough to where you will not be cold before you have to go lift. Around the platform are 3 judges. At the contests lifters wear gear to help the lift more weight and to protect themselves from injury.

Unlike standard weight training, powerlifting is a strength sport and is often compared to bodybuilding and Olympic weightlifting. As for safety procedures, you follow basic rules such as having spotters and stretching. But some other procedures are breathing techniques like “exhale on effort” and to inhale when lowering the weight and just overall making sure you train properly. In the three categories: deadlift, squat, and bench press, the right technique and proper training become crucial in succeeding and not getting injured or hurt. You also need to wear the proper clothing. You should wear a singlet when competing and you should wear a weight lifting belt too. Lastly, when competing in the deadlift portion, use baby powder on your shins and thighs but don’t get it on your hands or on the equipment unless you want the bar to slip out.