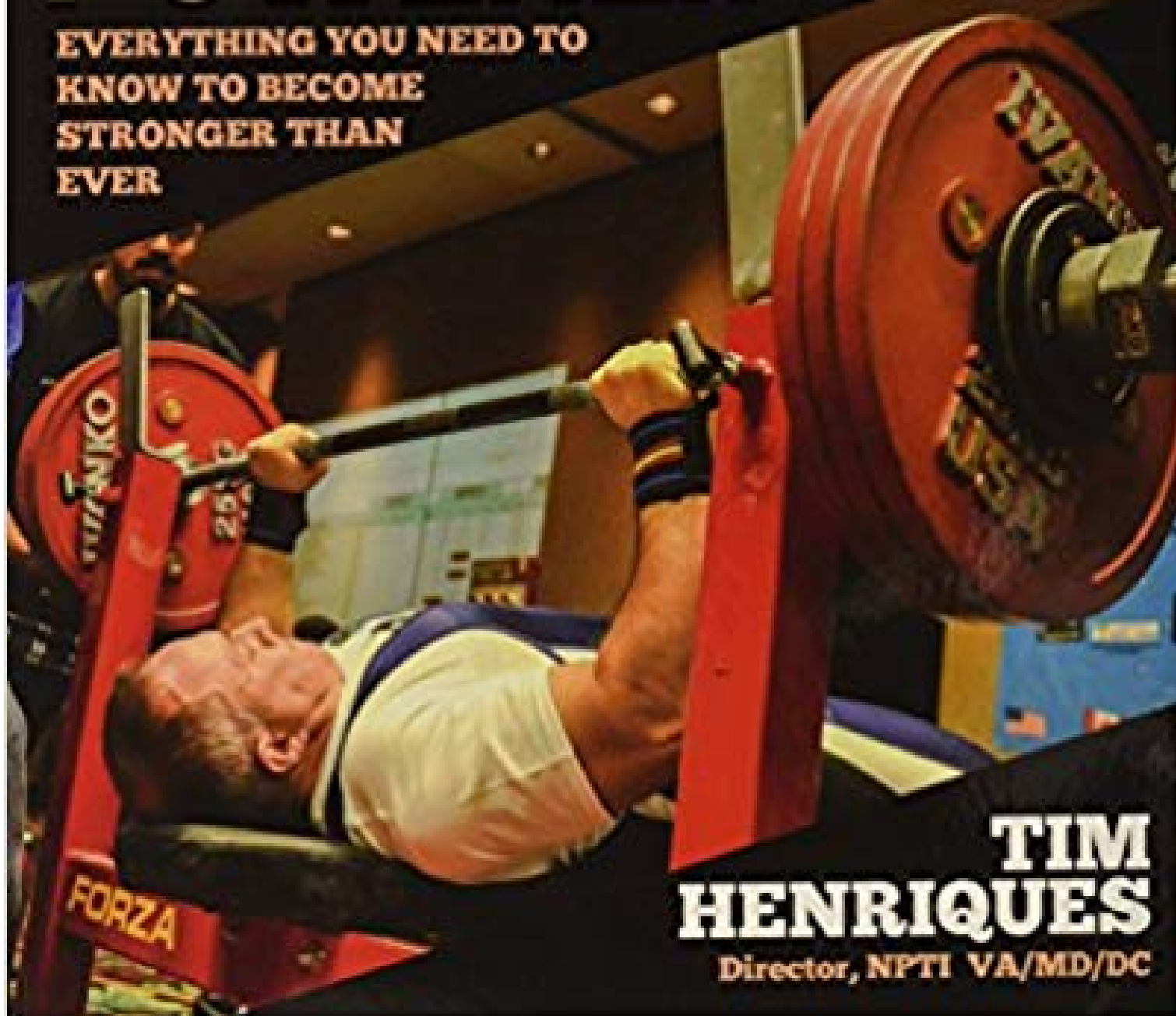


ALL ABOUT

POWERLIFTING

**EVERYTHING YOU NEED TO
KNOW TO BECOME
STRONGER THAN
EVER**



**TIM
HENRIQUES**

Director, NPTI VA/MD/DC

Tim Henriques

All About Powerlifting



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If you like weight lifting, if you want for more information about strength training - you will like this book. Powerlifting is usually a sport that lab tests your constitution, discipline, commitment, and pushes your body to its limits while yielding great physical outcomes at the same time. If you like to lift and you are seriously interested in weight training, this is actually the book for you personally. It offers extensive nutritional info to be healthy, strong, and fit and it'll teach you steps to make excess weight for the weigh-ins. This 486 page tome includes information on how to perform and train each one of the competitive lifts. In this brand new one-of-a-kind book you will discover the secrets to the world's strongest sport. Become familiar with how exactly to warm-up in the gym and for a competition. In addition, it includes complete interviews with a number of the strongest women and men ever to walk the earth. Athletes for all sports activities will take advantage of the details contained within. This book is like a combined mix of Rippetoe's Starting Power and Arnold's Encyclopedia of Bodybuilding all covered into one. Powerlifting is normally helping sportsmen of today reach new heights and shatter information previously believed untouchable.



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Thank you for writing ABOUT Powerlifting! I bought a copy in February of this year and go through it cover to cover - except for the chapter in the strict curl. I'm a 50-year-old woman who had hardly ever done powerlifting before. Excellent powerlifting / weight training manual This is a fantastic manual, clearly written by an extremely experienced powerlifter. Your book is my powerlifting bible. I can't thank you enough! Your extensive, informative reserve prepared me to train and compete in the 2018 USA Powerlifting Southeaster Regional Championships where I positioned 2nd in the 52 Kilo, Masters 2 Division. Just about any question you might have regarding the sport is addressed, with all sorts of tips, tricks, techniques, etc. that will improve your lifting. Also, some great interviews with brilliant lifters (Kirk Karwoski, Wade Hooper, Jennifer Thompson, Paul Bossi, Vince Anello, Sioux-z Hartwig-Gary, and ADFPA/ USAPL/RAW meet up with director John Shifflett). fast read. The book gave me not only the true knowledge in my work out but also set up a reference standard for how book has to When I received "All about powerlifting" I browse it nearly without stopping.. The publication gave me not merely the true knowledge in my training session but also set up a reference standard for how book must look like. I have got a hard copy and trust me that it is a pleasure just to own it in hands! I found the section that outlines how to properly warmup at a match helpful. Very comprehensive, excellent for either newbie or experienced power lifter. Superb programming suggestions.! Five Stars SUPER HELPFUL! An excellent read, and highly recommended. Also if your a first time competitor there are several good tapering, peaking and satisfy day planning suggestions.! Great powerlifting reference The right ideas and experience shared here. . This book turned upside down my view about training with weights.. knowledge under your belt you will find this reserve useful. This publication answered queries that previously you would ... Up to date information from an experienced lifter and teacher! The ultimate reference guide! No doubt it is the best book I've ever find out about powerlifting. This book answered queries that previously you'll have to search various websites, articles, and/or various other books for. This reference book has taken the instruction of powerlifting to an entirely new level. Four Stars A good read Four Stars Great info A Good read As a veteran of the sport, I found the publication to be quite informative and entertaining. Incredible composing style and nothing has been remaining to chance. An unbelievable book! TOP NOTCH!!! If you're new to the sport or have some knowledge under your belt you will see this book useful. I was impressed and I am in the Iron Game for 35+ years! Awesome! I highly recommend it because Mr Henriques were able to display beauty of Iron Globe and after reading it you will like it as he will! All coaches should have this as their main resource guide and all athletes have to study this at all areas of their training!



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