



# Powerlifting

*Barney Groves*

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Whether you're a competitive powerlifter, coach, or athlete looking for increases in strength and explosive power, look no further than *Powerlifting*.

*Powerlifting* describes the three powerlifts—squat, bench press, and deadlift and explains how to combine them into a powerlifting program or build them into a sports training program. You'll learn how to perform each lift, including correct hand and foot placement, body positioning, and breathing. Thirty-five photos showing the phases of each lift accompany the text and clearly illustrate proper technique, which is the key to avoiding injury. Athletes who have avoided powerlifting for fear of injury can use the book's detailed descriptions and numerous photos to lift with confidence and enhance their training regimen.

Once you've mastered the lifts, you can create a customized powerlifting program for either competition or sports such as football, wrestling, and track and field. You will find programs for the squat, bench press, and deadlift which are customized for both men and women according to weight. Author Barney Groves includes profiles of expert powerlifters as well as advice on what to eat for building strength and size, how to enhance your performance with approved supplements, how to get psyched up for lifting, and everything you need to know about powerlifting competitions.

This comprehensive guide will help you lift safely and effectively and incorporate valuable tips for maximizing strength and power in your training program.

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