



All About Powerlifting

Tim Henriques

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If you like lifting weights, if you want to learn more about strength training - you will love this book. Powerlifting is a sport that tests your constitution, discipline, dedication, and pushes your body to its limits while yielding great physical results at the same time. Powerlifting is helping athletes of today reach new heights and shatter records previously believed untouchable. In this brand new one-of-a-kind book you will discover the secrets to the world's strongest sport. This 486 page tome includes information on how to perform and train each of the competitive lifts. It provides extensive nutritional information to be healthy, strong, and fit and it will teach you how to make weight for the weigh-ins. You will learn how to warm-up in the gym and for a competition. Athletes for all sports will benefit from the information contained within. It also includes detailed interviews with some of the strongest men and women ever to walk the planet. This book is like a combination of Rippetoe's Starting Strength and Arnold's Encyclopedia of Bodybuilding all wrapped into one. If you like to lift and you are serious about strength training, this is the book for you.

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