



# Powerlifting: Training, Techniques and Performance

*Nicola Vaughan-Ellis*

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## **Powerlifting: Training, Techniques and Performance** Nicola Vaughan-Ellis

Powerlifting: Training Techniques and Performance is a guide for athletes and coaches in powerlifting as well as more general reading for the lover of sport. It takes a coach-led, athlete-centred approach that is intended to empower the individual, promote excellence and facilitate personal fulfilment within the sport of powerlifting. The book is divided into three sections; Part One examines and unpicks the three powerlifting lifts of the squat, bench press and deadlift and discusses the skills and techniques required to perform each lift successfully within the context of good practice. It also discusses the Paralympics bench press as an integral part of the sport today. Part Two looks at the role of the coach, describes the coaching pathway within a powerlifting context and provides guidelines and training programmes that will help the coach help their athlete/s achieve their desired process goals and performance targets. Part Three focuses on all aspects of competition, the role of the coach in deciding strategy and the responsibilities of the athlete, in particular in relation to drug testing. Fully illustrated with 98 colour photographs.

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