STRENGTH

FIGHTING FIT

POWERLIFTING CLUB

THROUGH DEDICATION

NAME

JOINED ON

FIGHTINGFITSTRENGTH.CO.UK

YOU SET THE BAR WE'LL HELP YOU LIFT IT

Welcome to Fighting Fit Martial Arts and Fitness Centre! We're here to help you achieve your goals, whatever they may be.

This booklet is designed to show you some of the basic positions and key phrases that you will hear when you start training. It is in no way exhaustive but should give you a good starting point to build on. Remember; if you have any questions, always ask. Your instructors are happy to help.

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KEEP IN TOUCH

Be part of the Fighting Fit team, even when you're not at the gym! Our Facebook group and Instagram feed lets you keep up-to-date with all the news and special events.

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ABOUT POWERLIFTING

Powerlifting is a strength sport that consists of three movements, **bench press**, **squat** and **deadlift**. Each movement is completed using a bar and weight plates, with the weights combined to give a total score.

The origins of powerlifting stretch back to Ancient Greece and China, where competitors lifted stones to prove their strength. The modern sport developed in the mid 20th Century and has grown into an international community.

Each exercise has its own techniques, which are adapted to suit each body. We also train in a range of movements to complement the three main lifts, giving you a full workout and all-round strength gains. Whatever your weight, age, or ability, powerlifting will offer you immense benefits.

Squat

A full body movement/exercise. Most people think about legs, or bums, when it comes to the squat, but it is a full body exercise. Your glutes, and legs will take most of the load, but also your core, torso and back will also be worked under heavy loads to stabilise the weight and keep you upright. **Main areas worked**: quads, hamstrings, glutes, adductors.

Bench Press

A compound upper body lift, which is a lot more technical than the average gym goer may think or perform, when done in powerlifting to powerlifting standard and with expert technique, the legs, core and upper back will also get involved to create tension, stabilisation and leg drive. **Main areas worked:** chest, shoulders, and triceps.

Deadlift

Another full body movement, using pretty much every available muscle in your body! Posterior chain will take most of the load here, glutes, hamstrings, quads, lower, mid and upper back, as well as the core for bracing, and the forearms for grip.

GYM ETIQUETTE

- **ELEIKO & ROGUE COLOURED PLATES**
- **BENCHES ON PLATFORMS WITH COLOURED PLATES**
- **LOCKED BARS**

The above are all RESERVED for use by the Powerlifting class and North West Powerlifting members only.

- All squat racks, bumper plates and unlocked bars are available for use by any Fighting Fit member.
- Members MUST NOT train while classes are running. PTs take priority for equipment use.
- If you are unsure about what equipment you can use, please ask.
- Please respect the facilities and your training partners by taking care of the equipment and tidying up after yourself.
- Please do not take someone else's equipment whilst in use.

GYM EQUIPMENT

Power Bar

Standard IPF approved powerlifting barbell, used in the Squat, Bench and Deadlift for all British Powerlifting/IPF competitions.

Squat Safety Bar

AKA the SSB. Designed To be used for those with shoulder mobility issues or injuries, but has a good carryover as an accessory tool in powerlifting programming due to the position it forces you to squat in.

Deadlift Bar

A bar designed for deadlifting use only, with a longer barbell length and less stiff than a normal powerbar. This is used for competition in the BPU, GPC and some Strongman federations.

Trap Bar

A bar for deadlifting which keeps the centre of gravity around the lifter rather than out in front.

Calibrated Plates

Competition style plates - the only acceptable standard in any powerlifting competition.

Fractional Plates

For adding 0.5 and 1kg increments to the bar.

Deadlift Blocks

Blocks for deadlifting at various heights to access a lifter's potential weakness in said lift.

Combo Rack

A competition standard combination rack, that doubles up as a squat rack as well as a bench press. Used in BP/IPF. Used for bench in all federations.

COMPETING

For your first competition, make sure you eat well, hydrate and step out at whatever weight you are at. Pick the weight category that you know you sit in comfortably.

Weigh in is usually 2 hours prior to lift off, but can vary by federation. Get there on time, ideally before weigh in opens as there is often a queue! In the weigh-in room, you will be asked for your openers of your three lifts (squat, bench and deadlift). These should be discussed with your coach prior to the competition.

You may be asked for a kit check, as it is important that your kit conforms to the rules of your federation. Belts, wrist wraps, knee sleves etc all must be approved by the International Powerlifting Federation. You will be told which group and flight you're in so will know what time you are lifting. Groups are arranged in weight classes.

There will be a warm up area separate to the competing platform. Don't start warming up too early and tire yourself out. The MC will call out the lifter name when it is your turn.

Weight Classes

The International Powerlifting Federation use the following weight classes:

MEN

- **Sub-Junior & Junior only** - up to 53kg
- **59kg Class** - up to 59kg
- **66kg Class** - 59.01 - 66kg
- **74kg Class** - 66.01 - 74kg
- **83kg Class** - 74.01 - 83kg
- **93kg Class** - 83.01 - 93kg
- **105kg Class** - 93.01 - 105kg
- **120kg Class** - 105.01 - 120kg
- **120kg + Class** - 120kg - unlimited

WOMEN

- **Sub-Junior & Junior only** - up to 43kg
- **47kg Class** - up to 47kg
- **52kg Class** - 47.01 - 52kg
- **57kg Class** - 52.01 - 57kg
- **63kg Class** - 57.01 - 63kg
- **72kg Class** - 63.01 - 72kg
- **84kg Class** - 72.01 - 84kg
- **84kg + Class** - 84.01kg - unlimited

THE RULES

Powerlifting competition comprises of three attempts of a squat, bench press and deadlift. The best attempt on each lift is counted towards your total. For each weight class, the lifter with the highest total wins.

See pages 8-10 for a description of a competition compliant lift.

Squat

After removing the bar from the racks, the lifter must move backwards to establish the starting position. The Chief referee will give you the signal to begin the lift.

You must then bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees.

You must recover at will to an upright position with the knees locked. Double bouncing at the bottom of the squat, or any downward movement is not permitted.

When you are motionless in the final position, the Chief Referee will give the signal to rack the bar.

Bench Press

Lie on the bench with head, shoulders and buttocks in contact with its surface. Feet must be flat on the floor, with hands and fingers gripping the bar, positioned in the rack. Hands must be no more than 81cm apart. This position must be maintained throughout the lift. You may use plates or blocks to achieve the required footing.

You can then remove the bar from the racks. The Chief Referee will give the signal to begin the press when you are in the correct position.

After receiving the signal to lift, you must then lower the bar to the chest or abdominal area, hold it motionless, then wait for the signal to 'Press' from the Chief Referee.

You must then return the bar to straight arms' length, with elbows locked. The Chief Referee will then give you the signal to 'Rack'.

Deadlift

Facing the front of the platform with the bar laid out horizontally in front of your feet, grip the bar in your preferred fashion and lift until you are standing with knees locked and the shoulders back.

The Chief Referee will then signal 'down'.

Disqualification

Reasons for disqualification are:

- Failing to observe the Chief Referee's signals at the beginning and end of a lift. This includes racking early and lifting early.
- Failure to lock out at end position.
- Any movement contrary to the lift, for example moving the feet forwards or backwards in a squat, moving downwards when you are meant to be going upwards, and vice versa!
- Dropping the bar at the end of a lift.

SQUAT

Positioning the bar

Place your hands evenly apart, use the rings on the barbell for reference. Duck your head under the bar, and secure on your back. The bar should sit on your traps, or the shelf your rear deltoids and scapula create.

Once the bar is secure, we unrack

Position your hips and feet under the bar, so that the bar is over midfoot. Brace, and use your hips and legs to stand up under the bar, once it clears the hooks, take a second for it to settle. Then step back, one foot at a time.

Downwards motion

This is where we squat down to the “hole”, the bottom portion of the squat, where your hip crease should be below the top of your knee. The way in which we do this will be slightly different for each individual and is best instructed by your coach in the class.

Standing up

The best bit, coming back up. You want to return to the start position, keeping tight, and maintaining a good bar path.

Don’t worry about any of these moves, your coach will show you and tailor it to you

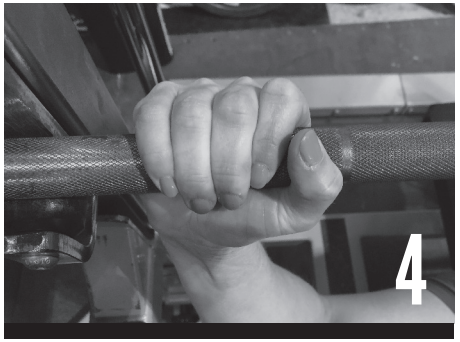
BENCH PRESS

On the bench

Lie on the bench, and position your feet so they are flat on the ground, supporting your body. Position yourself so the bar is over your face when in the rack. Take a hold of the bar evenly using the rings as a reference. Ie, index finger on the ring.

Removing from the rack

Keeping your shoulder blades back, and down, and pressed into the bench. Push on the bar to allow it to clear the hooks. Allow the weight to settle, and then bring the bar out of the hooks.



Downwards motion

Keeping tension (don’t worry, we’ll show you how to do that) lower the bar to your chest. Keeping a good solid bar bath, and maintaining tension once it is at the chest.

Pressing

Once the bar has reached the chest, keep the tension in it, and do not allow the chest to take too much weight of the bar. Push the weight back up towards the start position, keeping your feet planted into the floor the whole time. Once the rep or set of reps is complete, you can place it back into the rack.

DEADLIFT

Positioning your hands and feet

Stand with your feet under the bar. Although not the same for everyone, a general rule of thumb, is to have the bar over midfoot. Hinge at the hips and place your hands on the bar outside of your feet, roughly shoulder width apart.

Starting the lift

Pull yourself down to the bar, keeping an upright torso and maintaining a neutral spine position. Create tension the bar with your lats. Don't worry, again we will show you how. Brace hard, keeping your trunk tight, and your back straight.

Lifting the bar

Keeping everything tight as in step 2, you are now going to pull on the bar, at the same time as pressing the floor with your legs. Keeping the bar as close to your body as possible until you are stood upright with it, your hips and knees locked, and your shoulders are back.

Putting it down

Once you have completed the lift, and it is locked out, we now have to lower it back to the floor. **DO NOT DROP THE BAR**. This is a clear fail and damages bars. Keeping tight and braced, slowly lower the bar by hinging at the hips and placing it on the floor.

NUTRITION

Nutrition can have a significant impact on performance in any sport. The myth of the powerlifter performing on pies is just that, a myth. A good diet will help you recover quicker and will give you maximum fuel for performance.

Macronutrients

Macronutrients are the 'building blocks' of the food you eat. Your meals are composed of protein, carbohydrates and fats along with many other components. These 3 main (macro) components provide calories when consumed and have different effects within the body, which is why they are commonly considered most when producing a diet. These macronutrients provide the following calories:

Carbohydrates
4 kcal per gram

Protein
4 kcal per gram

Fats
9 kcal per gram

Protein

Compared to a sedentary individual there are greater protein requirements for strength training athletes. The recommendations are to consume 1.6-2.0g/kg body mass (For a 70kg that is ~112g-140g protein). There are also further important considerations such as distribution of protein and the sources of dietary protein.

Nutrient timing

The timing of nutrient intake can influence energy levels, recovery and many other aspects of performance. The importance of nutrient timing will be dependent on session length, intensity and overall work. One of the most influential macronutrients in timing and performance is carbohydrates. The suggestion is that carbohydrate will be beneficial to performance when a resistance training session is of long duration and/or high volume.

Before your work out

Pre workout the aim is to fuel the session and ensure optimal energy levels. During the session the aim is to maintain energy levels and potentially minimalise protein breakdown. You should also begin the workout well hydrated.

During your work out

If the session is going to be longer than 60 minutes you may want to consider fueling during the workout too, depending on what you had pre workout, with the primary concern being fluid and carbs.

After your work out

Following a workout the suggestion for recovery and for muscle protein synthesis is 1.0-1.2g/kg body mass carbohydrates and 20g high quality protein. Liquid form protein may be beneficial to boost total energy and nutrient intake when appetite is suppressed.

WORKOUT LOG

WEEK 1

DAY 1

EXERCISE	SETS	REPS	REST	1	2	3	4	NOTES

DAY 2

EXERCISE	SETS	REPS	REST	1	2	3	4	NOTES

DAY 3

EXERCISE	SETS	REPS	REST	1	2	3	4	NOTES

WEEK 2

DAY 1

EXERCISE	SETS	REPS	REST	1	2	3	4	NOTES

DAY 2

EXERCISE	SETS	REPS	REST	1	2	3	4	NOTES

DAY 3

EXERCISE	SETS	REPS	REST	1	2	3	4	NOTES

WORKOUT LOG

WEEK 3

DAY 1

EXERCISE	SETS	REPS	REST	1	2	3	4	NOTES

DAY 2

EXERCISE	SETS	REPS	REST	1	2	3	4	NOTES

DAY 3

EXERCISE	SETS	REPS	REST	1	2	3	4	NOTES

WEEK 4

DAY 1

EXERCISE	SETS	REPS	REST	1	2	3	4	NOTES

DAY 2

EXERCISE	SETS	REPS	REST	1	2	3	4	NOTES

DAY 3

EXERCISE	SETS	REPS	REST	1	2	3	4	NOTES

WEEK 5

DAY 1

EXERCISE	SETS	REPS	REST	1	2	3	4	NOTES

DAY 2

EXERCISE	SETS	REPS	REST	1	2	3	4	NOTES

DAY 3

EXERCISE	SETS	REPS	REST	1	2	3	4	NOTES

WEEK 6

DAY 1

EXERCISE	SETS	REPS	REST	1	2	3	4	NOTES

DAY 2

EXERCISE	SETS	REPS	REST	1	2	3	4	NOTES

DAY 3

EXERCISE	SETS	REPS	REST	1	2	3	4	NOTES

WEEK 7

DAY 1

EXERCISE	SETS	REPS	REST	1	2	3	4	NOTES

DAY 2

EXERCISE	SETS	REPS	REST	1	2	3	4	NOTES

DAY 3

EXERCISE	SETS	REPS	REST	1	2	3	4	NOTES

WEEK 8

DAY 1

EXERCISE	SETS	REPS	REST	1	2	3	4	NOTES

DAY 2

EXERCISE	SETS	REPS	REST	1	2	3	4	NOTES

DAY 3

EXERCISE	SETS	REPS	REST	1	2	3	4	NOTES

RECORD OF GREATNESS

SQUAT		BENCH PRESS		DEADLIFT	
DATE	KG	DATE	KG	DATE	KG

NOTES