



# Powerlifting: Training, Techniques and Performance

*Nicola Vaughan-Ellis*

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## **An instructional guide for powerlifters and coaches**

Taking a coach-led, athlete-centered approach, this guide is intended to empower the individual, promote excellence, and facilitate personal fulfilment within the sport of powerlifting. It is divided into three sections, the first one examining the three powerlifting lifts of the squat, bench press, and deadlift; the skills required to perform each successfully; and the Paralympics bench press as an integral part of the sport today. Part two looks at the role of the coach, providing guidelines and training programs for coaches to help their athletes achieve their desired goals. The last part focuses on all aspects of competition, the role of the coach in deciding strategy, and the athlete's responsibilities, in particular in relation to drug testing.



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