



# Powerlifting: A Scientific Approach

*Frederick C. Hatfield*

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## **Powerlifting: A Scientific Approach** Frederick C. Hatfield

Powerlifting: A Scientific Approach is the Holy Grail of powerlifting information. Written in the 80's by world famous Fred "Dr. Squat" Hatfield, it remains one of the best books ever written on the subject. Packed full of charts and rare pictures of powerlifting legends, Powerlifting covers the correct way to train and design your program, how to safely diet, nutrition for powerlifting success, procedures and tricks of weighing in, and how to prepare for the day of the meet. Powerlifting takes the beginner through a weight-training program designed to develop the sound fitness base necessary to succeed in performing maximum lifts. It also debunks the myths surrounding all forms of weight-lifting, and guides you through correct training procedures. Powerlifting provides a straightforward description of drug usage-its possible benefits as well as its dangers. In short, this book provides everything you need to know to progress from beginning lifter to powerlifting champion! Through the use of current research, charts, tables, illustrations, and photos, Dr. Hatfield delivers vital new information no top athlete will want to be without. Frederick C. Hatfield, PhD, has written more than a dozen books on sports, fitness, and bodybuilding, as well as scores of research reports and articles.

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