



Ultimate Powerlifting Competitor's Guide: No BS Guide to Mastering your Powerlifting Competition in 12 Weeks (Powerlifting, Nutrition, Health, training, Bulking)

Matt Bailey

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No BS Guide to Mastering your powerlifting competition in 12 weeks!

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You're about to discover how to...

This book contains proven steps and strategies on how to incorporate powerlifting into any training program, and gain success in powerlifting competition.

Frequently misunderstood, sometimes ridiculed, but passionately embraced by those who do it, powerlifting is a sport of seemingly contrasting principles. Powerlifters are a tight knit community, willing at almost any time to help one another, while at the same time are highly competitive, driving themselves to new limits all the time. The competition lifts are often referred to as primal or basic lifts, yet there are famous coaches and gyms who dissect them down into doctoral thesis levels of detail.

To someone unfamiliar with the sport, powerlifting can seem intimidating, as superhuman sized men and women lift superhuman levels of weights. But it's not. Powerlifting is a community that is open to everyone, men and women, large and small, old and young. It's an activity that can add performance to other sports pursuits, can be an enjoyable hobby, great stress relief, or a competitive sport on its own.

In this book, I am going to give you a road map on your introduction to powerlifting. We're going to take those first steps together, and give you a proven plan to get the most out of your first few months in powerlifting. You're going to pack on the pounds in your lifts, and combined with a good diet, get a healthier, stronger, fitter body that you can be proud of.

Here Is A Preview Of What You'll Learn...

- The History and Basics of Powerlifting
- The Competition Lifts
- The Squat
- The Bench Press
- The Deadlift
- The Program and a Sample Training Cycle
- Frequent Program Questions

- The Powerlifting Meet
- Much, much more!

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