



Powerlifting: The TOTAL Package

Paul Sutphin

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What is Powerlifting There is a growing misconception among athletes, athletic coaches, and the general public of the true definition of Powerlifting. The sport of Powerlifting consists of three (3) lifts: The Squat, the Bench Press, and the Deadlift along with a required TOTAL. "What are the real Powerlifting Records" A new Powerlifting organization will often advertise a newly established set of lifting records without credence to existing marks. For the purpose of education and history of the sport, the original Powerlifting Records from the state of West Virginia including several National, American, and World Powerlifting Records are highlighted. "What is strong" Strength training methods specific to "getting strong" may or may not originate from those who have performed at the highest level in competitive Powerlifting or Weightlifting. A total of five (5) Training Logs directly from the Workout Journals of the author are mapped. The workouts include the sets and repetitions, poundages, and maximum lifts from the official Powerlifting competitions. The achievements, Powerlifting, and Weightlifting Records of several lifters are identified and ranked within the book for the purpose of "Setting the Records Straight"

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