

Objectives

After studying this lecture the students will be able to understand

1. the three Power Lifts and safe performance technique.
2. the requirements for a “legal” competition lift.
3. a training program to increase strength in the squat, bench press and dead lift.
4. safe and unsafe technique for assistance exercises and be able to apply the appropriate assistance exercises in their training programs.
5. the difference between “Raw” and “Assisted” lifting and have a basic knowledge of the equipment available to enhance safety and/or allow for the use of maximum poundage.