



Summary

From this chapter we can summarize that, Power lifting is an intense and exciting sport representing the ultimate test of physical and physiological strength. This claim is supported by those in the athletic community as Power lifters hoist more weight per attempt than any other Sport. It is a true test of muscle strength whereby the athlete challenges themselves with weights which exceed 3 times their own body weight in the Squat and Dead lift and 2 times their body weight in the Bench Press. Competitors are given 3 attempts in each of the disciplines, the Squat, the Bench Press and the Dead lift. The best lift in each discipline is added together to arrive at a lifter's total for the contest, by which they are ranked. The highest total wins each weight class. Athletes are divided into classes by weight and age.