



Powerlifting for Men and Women: How to Lift Like a Champion

Paul Lewis

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Powerlifting is a sport where strength plays a great part in an athlete's success, but there are many other factors involved in success in powerlifting. In *Powerlifting For Men and Women: How To Lift Like A Champion*, Lewis reveals the secrets he has learned about powerlifting in his 20 plus years of coaching the sport. Attitude, workouts, equipment, and nutrition, as well as technique for each lift are thoroughly discussed. This book gives the reader all the information, theories and tips he or she needs to begin lifting like a champion.

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