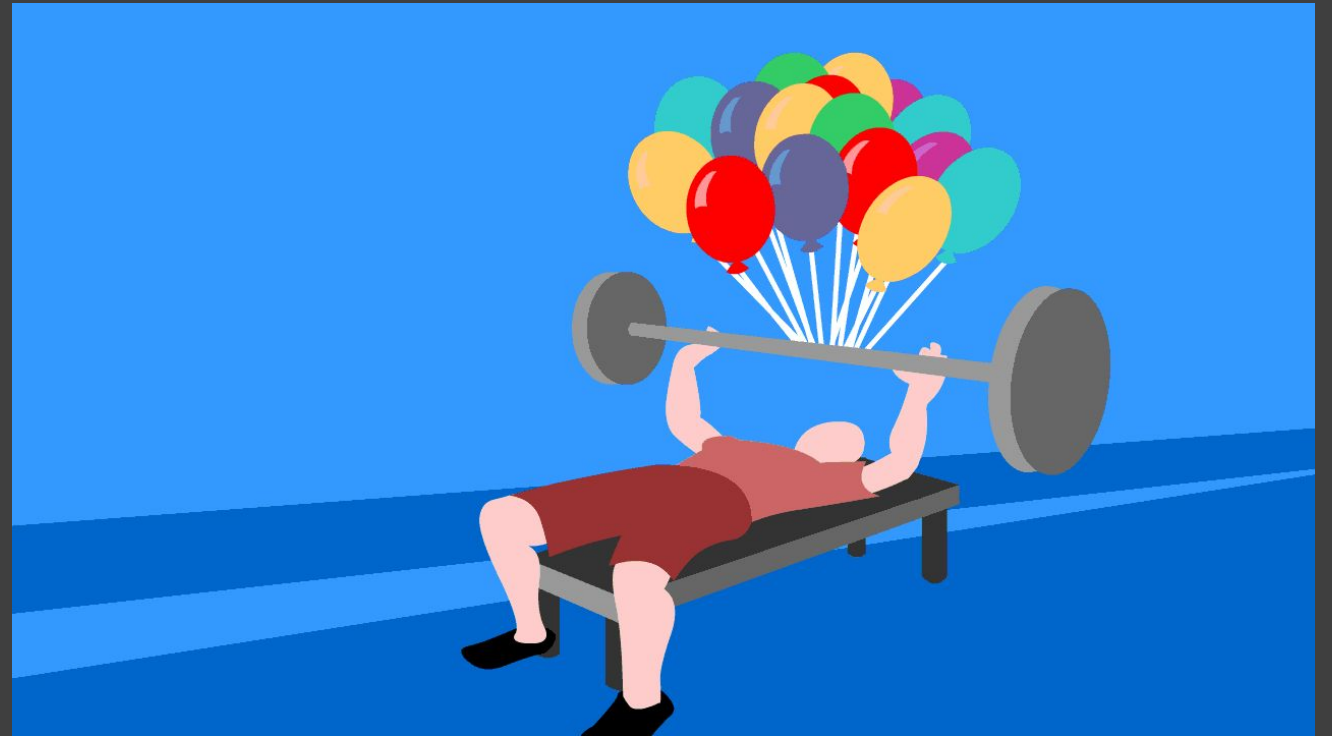


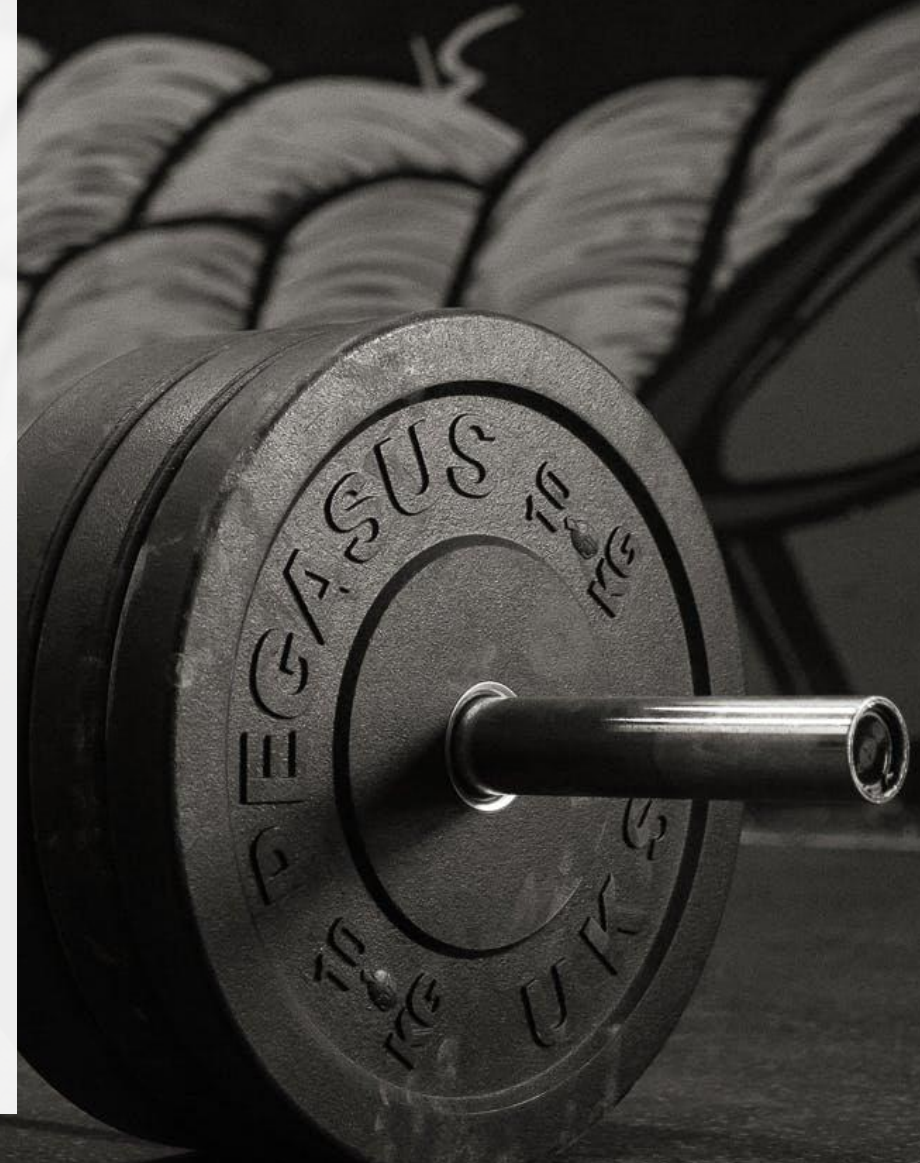
Project:

Powerlifting and its history



Project objective

- Find out what powerlifting is?
- Powerlifting History
- Pros of doing this sport



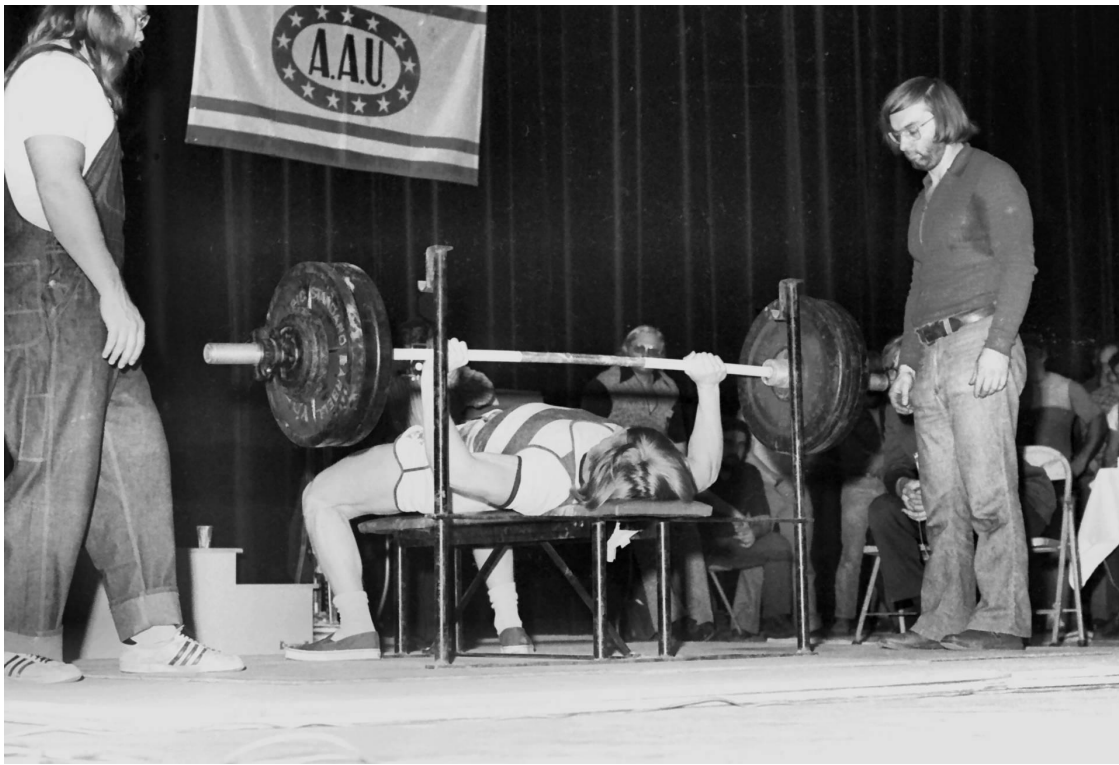


Why did I choose this sport?

- I am very interested in this sport. It is very interesting to watch how people lift seemingly unrealistic weights for a person.
- It is very interesting to find out how this sport originated, where it all started, and what powerlifting is now

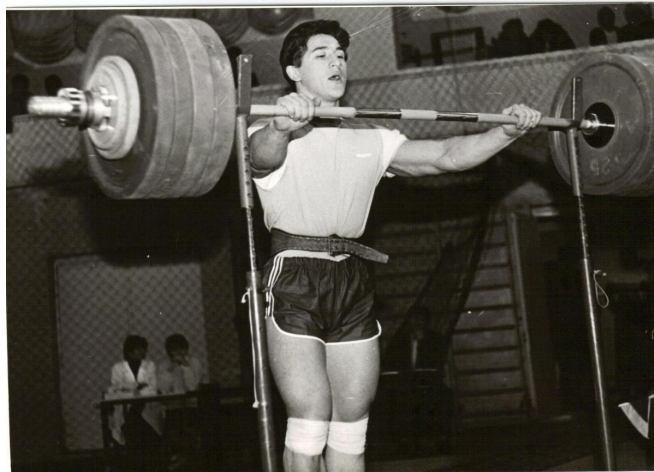
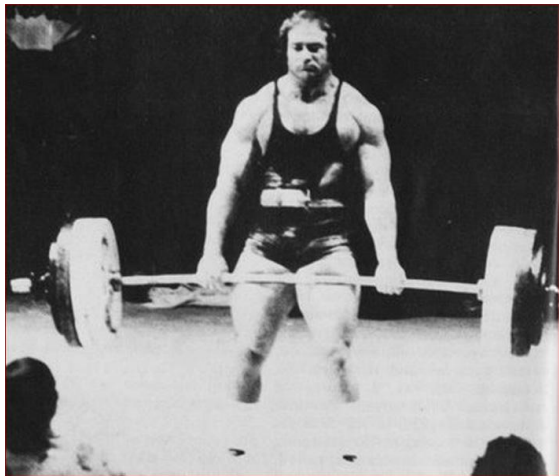
What is powerlifting?

- What is powerlifting? This is a power triathlon in which athletes compete in three exercises - squat with a barbell on their shoulders, bench press and deadlift. It is necessary to raise the maximum weight for one repetition. The winner is the one who collected the largest amount in three movements in his weight category.
- It's also a whole culture. Tournaments that look more like rock concerts, Yuri Belkin's sky-high cravings, crowds of newcomers and veterans who are 60 years stronger than most of the hall's visitors, families with children in the auditorium – all this is powerlifting. This sport can make anyone strong who knows how to endure, work in the gym and plan their life.



Powerlifting History

- Powerlifting got its start at the beginning of the twentieth century, when weightlifters began to add non-specific exercises to their training complex, i.e. they did not just squeeze the barbell, but did it from behind their heads, lying down, sitting, etc. The main purpose of this behavior was to increase their performance indicators. In the 40s and 50s, unusual exercises became so popular in the West that they began to be included in a set of competitive events. Already in the 50s and 60s, the formation of the discipline in its modern form began. And by the mid-60s, the first rules were formed and championships began to be held on a regular basis. The first unofficial championship was held in 1964 in the USA, and the first national was held exactly a year later. 1972 is the year of the foundation of the International Powerlifting Federation, and in 1973 the first World Championship was held. The year 1980 is marked by the fact that women took part in the competition for the first time, and in 1989 men's and women's champs





Advantages of powerlifting:

- Available to people of all ages and levels of training.
- New acquaintances, socialization.
- It is easier to control stress and negative emotions in everyday life.
- The competitive process serves as motivation for regular classes.