

# *My idol*

***Compiled:** Kayumov Ainur, student of Volga Region State Academy of Physical Culture, Sports and Tourism, 6211 м group*

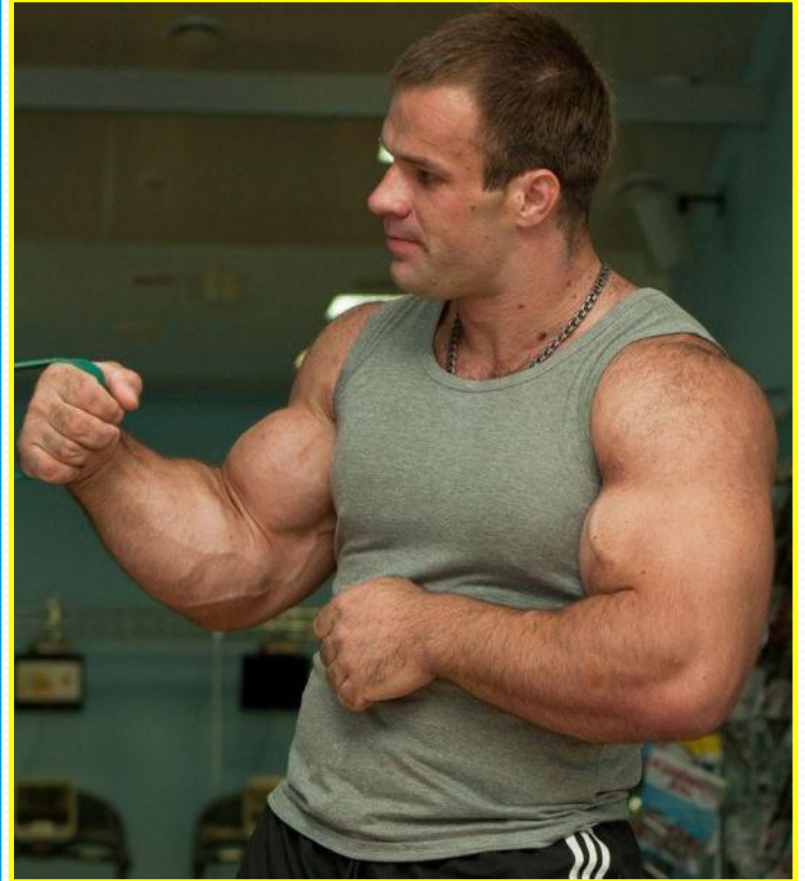
# My idol



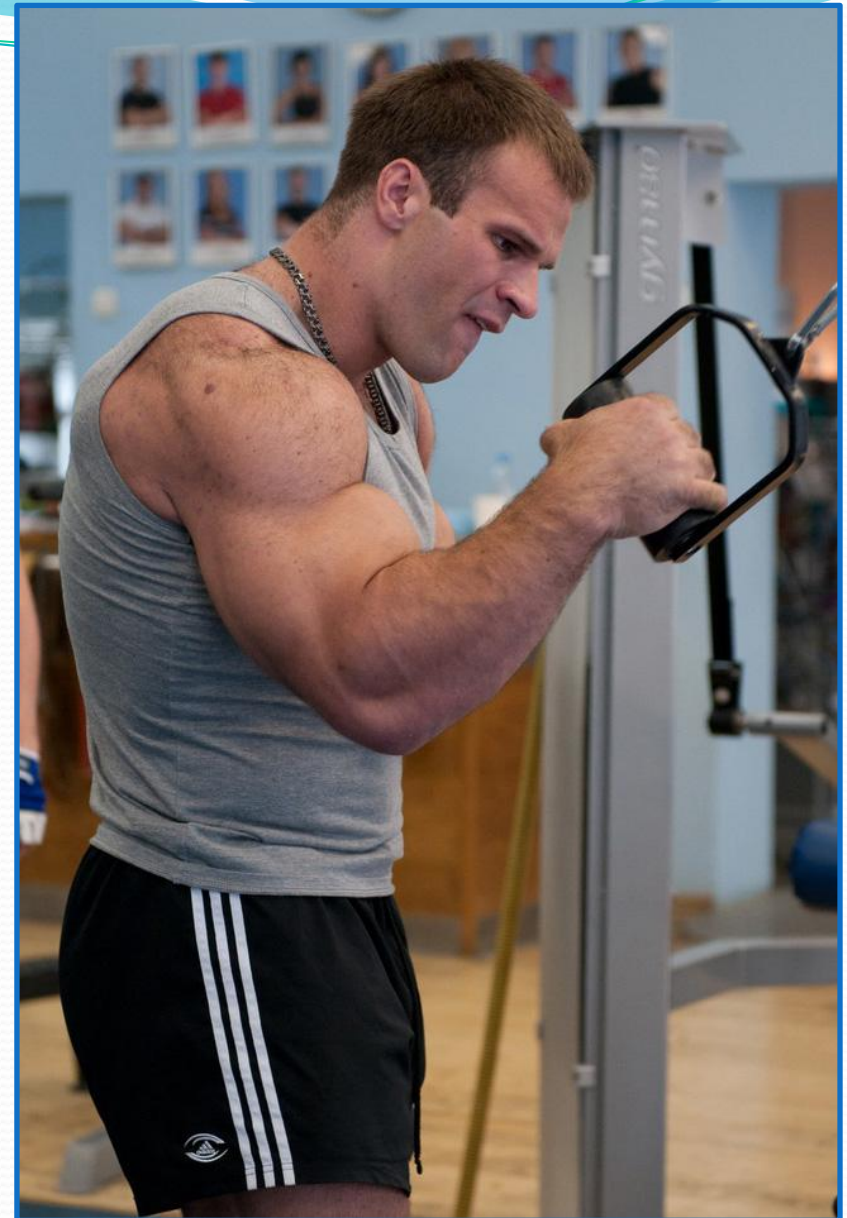
- Tsyplenkov, Denis Ivanovich — armwrestler, the absolute champion of the professionals ' world Cup Nemiroff World Cup 2010 in Sopot, a team member of professional League of strongest extreme.

# Biography

- Denis Ivanovich Tsyplenkov born March 10, 1982 in the city of Krivoy Rog (Ukraine). In 1993 and before finishing school studied weightlifting with coach S. A. Yakimenko. Achieved good results, became a candidate master of sport in kettlebells, but retrained at arm wrestling. Under the direction of Igor Moiseyev, the winner of several prestigious tournaments, became the champion of Ukraine and Europe among juniors.



- In 2002, after moving to Moscow, met with Vladimir Turchinsky, he graduated from the course trainer and began to work at his club "Marcus Aurelius". In 2004, became engaged in extreme power sports. Became the repeated winner and prize-winner of several tournaments and is a member of the national team of Russia on power extreme.

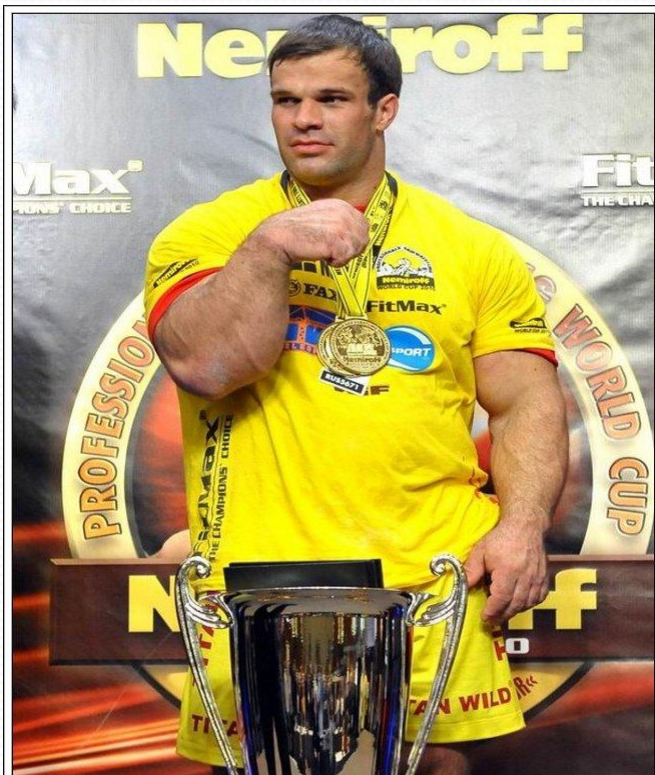


- Under the leadership of Kote Razmadze Denis Tsyplenkov became the owner of Intercontinental belt and won the title of world champion among professionals.



- Parameters
- Height - 186 cm;
- Weight - 140 kg.
- Biceps - 60 cm.
- Forearm - 41 cm.
- Wrist - 21 cm
- The circumference of the
- chest - 140 cm.
- Thigh - 75 cm.
- Neck - 50 cm.
- Waist - 105 cm
- 





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***Thank you for attention!***