

BODY OF STRENGTH

The physical characteristics that distinguish the stronger from the weaker powerlifter

Do you have what it takes? And if you think you do, how do you know for certain? And if you think you do not, might there be a way for you to change that? We are talking about what is required to excel at the sport of powerlifting—the ability to squat, bench press, and deadlift a great deal of weight. Obviously it would be nice to know if you have the body for lifting large amounts of weight in those three lifts, but it would also be nice to know what separates the stronger person from the weaker one. If you knew the answer to that question, you might be able to address your particular shortcomings via your training approach. Enter anthropometrics and a four-member team of researchers from Auckland University of Technology's Institute of Sport and Recreation Research in New Zealand. Of note, the lead researcher, Justin Keogh, sits on the *JOPP* advisory board and is a powerlifter and strongman competitor himself.



MOST POWERLIFTERS ARE MUSCULAR AND STOCKY. BUT THE STRONGER ONES HAVE EVEN MORE MUSCLE MASS THAN THE WEAKER ONES.

Original Research

(full citation in January issue.)

Power Key: powerlifters, muscularity, anthropometry, strength