

THE POWERLIFTER'S DIMENSIONS

A scientific investigation into the levers and dimensions needed for maximal powerlifting prowess



IF YOUR GOAL IS TO LIFT ENORMOUS AMOUNTS OF WEIGHT, YOU HAVE TO CONSIDER WHETHER YOUR BODY BUILD IS DESIGNED TO DO SO.

Original Research
Complete reference provided in issue.

We all tend to have certain images in mind whenever we think of athletes in a particular sport. In weight lifting sports, we typically think of short, stocky, and heavily muscled athletes. But you have probably seen some lifters with enormous strength who do not fit that preconceived mold. And then you might ask yourself, do I have what it takes to be a highly competitive powerlifter? A group of researchers from the Institute of Sport and Recreation Research at the Auckland University of Technology in New Zealand set out to expand on existing research to provide you with a detailed picture of what body dimensions the best powerlifters should have.

Power Key: powerlifting, body dimensions, anthropometry, lifting proportions