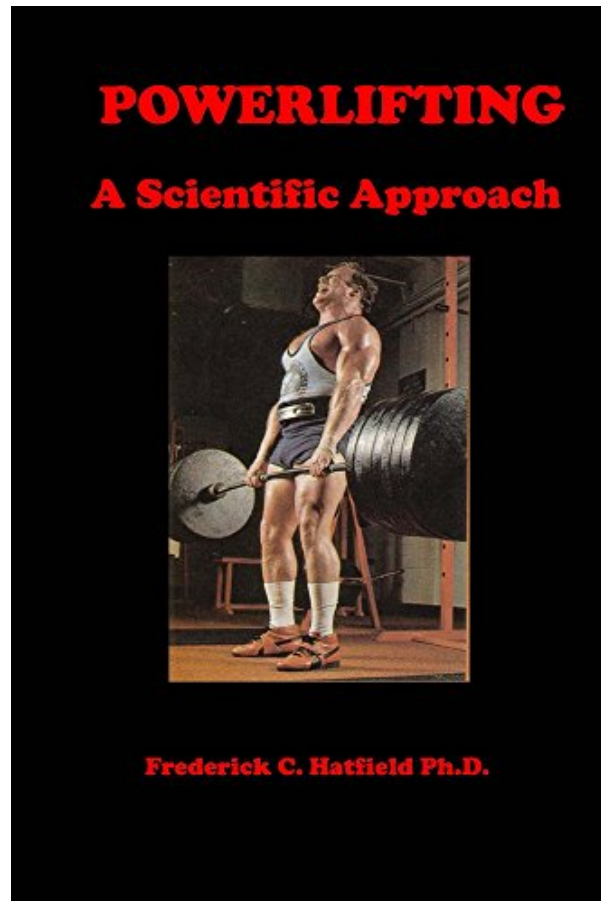


POWERLIFTING: A SCIENTIFIC APPROACH

BY FREDERICK HATFIELD

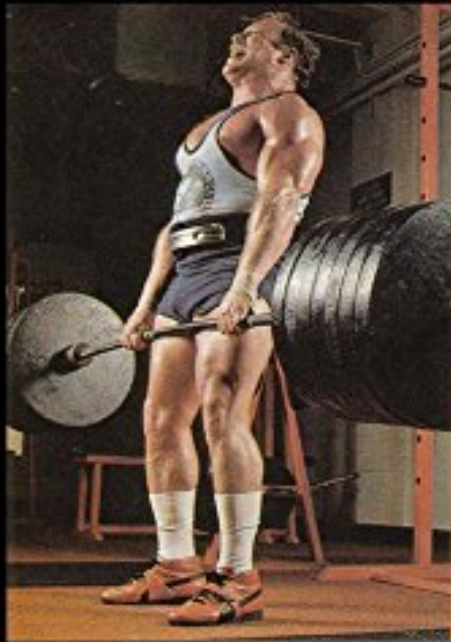


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About the Author

Frederick C. Hatfield, MSS, PhD, is Co-founder and President of the ISSA. Dr. Hatfield, (aka "Dr. Squat") won the World Championships three times in the sport of powerlifting, and performed a competitive squat with 1014 pounds at a body weight of 255 pounds (more weight than anyone in history had ever lifted in competition). Dr. Hatfield's former positions include an assistant professorship at the University of Wisconsin (Madison) and Senior Vice President and Director of Research and Development for Weider Health and Fitness, Incorporated. Dr. Hatfield was honored by Southern Connecticut State University when they presented him with the 1991 Alumni Citation Award. He has written over 70 books (including several best-sellers) and hundreds of articles in the general areas of sports training, fitness, bodybuilding, and performance nutrition. He has been coach and training consultant for several world-ranked and professional athletes, sports governing bodies and professional teams worldwide. Dr. Hatfield qualified for the 1998 World Championships in Olympic Lifting and competed in the Masters Division.

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Powerlifting: A Scientific Approach is the Holy Grail of powerlifting information. Written in the 80's by world famous Fred "Dr. Squat" Hatfield, it remains one of the best books ever written on the subject. Packed full of charts and rare pictures of powerlifting legends, Powerlifting covers the correct way to train and design your program, how to safely diet, nutrition for powerlifting success, procedures and tricks of weighing in, and how to prepare for the day of the meet.

Powerlifting takes the beginner through a weight-training program designed to develop the sound fitness base necessary to succeed in performing maximum lifts. It also debunks the myths surrounding all forms of weight-lifting, and guides you through correct training procedures. Powerlifting provides a straightforward description of drug usage-its possible benefits as well as its dangers. In short, this book provides everything you need to know to progress from beginning lifter to powerlifting champion!

Through the use of current research, charts, tables, illustrations, and photos, Dr. Hatfield delivers vital new information no top athlete will want to be without. Frederick C. Hatfield, PhD, has written more than 70 books on sports, fitness, and bodybuilding, as well as scores of research reports and articles.

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7 of 7 people found the following review helpful.

good standard reference

By A Customer

I am not a powerlifter, but i weight train for fitness. I found this book to be very helpful in giving straightforward explanations of the importance of building a good strength base, and what exercises and approaches to use to achieve that. The different workout systems were clearly explained and the pictures and

explanations of the exercises were clear. The diet information was also helpful and non technical. A nice addition to my fitness library (...).

5 of 5 people found the following review helpful.

the source

By Troy State

I was a competitive powerlifter in college (never on the sauce), setting state records in the State of Alabama in the early to mid 1980's. I and my fellow powerlifters used this book as our primary source for increasing our individual lifts as well as our totals. Just looking at it today made me flash back to a time in my life when my strength was greatest.

6 of 7 people found the following review helpful.

Well explicated about strength training and supplementation.

By A Customer

I found this book extremely interesting and explanatory. Dr.Fred Hatfield (professionally known as Dr. Squat) presented the sport of powerlifting and bodybuilding in a way that even the "weekend warriors" can understand. And I have had this book for about 10 years now.

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