EQUIPPED POWERLIFTING

Written By: Shane Martin, B.A

Hector Aguilar squatting 320kg @ 93kg

Former Alberta Powerlifting Union Presidents Powerlifting
Shane Martin benching 215kg @ 93kg

Kain Lyon deadlifting 290kg @ 83kg

I have been training and competing in single-ply equipment for many years in the APU/CPU/IPF. My closet is full of bench shirts, squat suits, and knee wraps. I have hit depth many times and touched reps in equipment too tight. I have lots of experience helping a variety of lifters learn the technical aspects of single-ply equipment. This article was written with the intentions of helping some lifters start powerlifting, rather than simply squatting, benching, and deadlifting.
Please consult a physician before starting any exercise program, especially powerlifting.

The sport of powerlifting is a test of an athlete's maximum strength in the back squat, bench press, and deadlift. Athletes have three attempts in each discipline and their heaviest, successful attempts is added to create a total. This determines a winner in each respective weight and age class. The Wilks Coefficient, a mathematical equation, is used to determine an athletes' relative strength compared to all others across weight classes. This formula, created by Robert Wilks, includes bodyweight, the total weight lifted, and a few other variables. The international governing body, the International Powerlifting Federation, was founded in November, 1972. The Canadian Powerlifting Union (CPU), our national affiliate, was founded ten years later in 1982. Only a year after the CPU was founded, the Alberta Powerlifting Union became the official Alberta affiliate in 1983. Equipped powerlifting was progressed from Ace knee wraps, which were essentially tensor bandages, to the diverse knee wraps, squat and deadlift suits, and bench shirts we see today. John Inzer, owner of Inzer Designs, pioneered the market of powerlifting specific supportive garments in 1983 with the introduction of the bench shirt. The bench shirt was marketed and used as a protective garment to help maintain shoulder health and longevity in weight training. In 1981, the market expanded to include Titan Support Systems and their newly developed supportive suits. Today, Titan is recognized as the leading manufacturer for the most durable and efficient single-ply suits and bench shirts. The Super Centurion is the most notable

supportive suit in the IPF and is worn by many IPF World Champions. Metal Powerlifting gear joined later in 1997 with their unique style of supportive equipment. The supportive equipment in the IPF is all made from high tensile strength polyester and nylon blends, as those are the only approved fabrics in single-ply IPF lifting.

These fabrics are used for their elasticity and their 'stopping power'. This means that the fabric will stretch to a given point (limit), where a lot of elastic energy is created. The fabric then quickly and demandingly attempts to return to its original position, thus creating this 'pop', or increased momentum, at the end ranges of the squat and bench press. With tighter and more restrictive gear, the pressure and resistance increases and, if you can tolerate it, the more potential weight you can move. It is recommended that a lifter have at least one year of raw powerlifting experience before attempting equipped powerlifting. This way, the lifter will be proficient enough with the lifts that they are able to self-assess when learning the new movements in equipment. Having a strong raw base will make the transition easier. A lifter can handle roughly 115+% of their max raw lifts in equipment. However, the more experienced, technically proficient, and confident an athlete is with equipment, the more potential there is to surpass that guideline. These skilled athletes are the most impressive to watch with squats up to 485kg, benches up to 400kg, and deadlifts up to 397.5kg for men. It is not uncommon to see women squatting up to 310kg, benching up to 225.5kg, and deadlifting up to 270.5kg in tight gear at National Championship contests and higher.

How To Put Powerlifting Gear On

The equipped squat consists of a squat suit, knee wraps, wrist wraps, and a belt. From my own experiences of putting on a suit, I have created a list of tips to help first time equipped lifters. Firstly, I would recommend purchasing a pair of suit slippers from any of the earlier mentioned manufacturers. Suit slippers are like very long slippery socks that go up to the middle of your quad for a suit and up to your triceps for a shirt. These are put on first before putting on your suit since they are much less resistant than your skin. Shaving your legs or arms are techniques that have also been used to help slide the equipment on quicker but they may not be for everyone. When you are ready to get in the suit, you will put both legs in at the same time and shuffle your hips from side to side and front to back to gradually bring the suit up your body. Ideally, you should have it about 5-10 inches from your groin area. Now, you want to start working on the leg cuffs. This means grabbing the leg cuffs with your hands and having your fingers in between your leg and the inside of the suit. You will then pull the suit up with your hands and kick your butt with your leg like a donkey kick. This should shift the leg seam higher on your leg, which helps bring the suit closer to desired placement.

Shuffle the suit up your body and kneed the leg cuffs as well.

Donkey kicks while holding and pulling onto the front leg cuff.

After the leg cuff has been shifted up your leg, grab the suit material around your hip crease with your hands and again, do the same kicking motions as you hold onto your suit. This should push more of the suit up and flatten out the bunched up portion of the leg from your previous effort. Every so often, you should be pushing the skin of your leg out from the suit leg cuff with your fingers in a downward motion. This helps alleviate the pressure of the tightness of the suit and help seed the suit further. Repeat these steps throughout the whole process.

The next step is getting one strap up. When you are able to do that, you can then spread out your legs, a few inches closer than your sumo deadlift stance, and shift your hips backwards. You should lean forward as if you are trying to touch your toes, and shuffle your hips side to side. You should feel your suit slowly move up your hips and hamstrings. Take down the one strap and put the opposite one on and repeat the sequence. Then kneed your leg again, and hopefully you should be close to being able to put both straps up. If you can't, repeat these steps again and the suit should continue to slowly move up your body. When you can, put both straps up, and then stand normally and squat down as low as you can to move the suit up. Emphasize pushing your hips back and gyrating your hips around to help seed the suit. Repeat this a few times. Also, you can try and touch your toes with fairly straight legs to help push the leg cuffs higher up your hamstrings. By now, you should have it almost completely seeded. Depending on the degree of tightness, putting on a squat suit will take from anywhere to 5 minutes to 45 minutes. If this is the first time you are putting on a brand new suit, be prepared for it to take a while. Squat suits mold to your body quickly and after 2-3 sessions, it will be grooved to your physique. Now the fun begins!


Shift hips back and forth in sumo stance



Pull up excess fabric on hip crease, put one strap up.



One strap up shifting and sitting back with both straps up

Lifting in a squat suit is the best way to experience what powerlifting is all about. If you have only competed raw or classic, you are missing out on a HUGE portion of what powerlifting is. The thrill of walking out a crushing weight with straps so tight you can't complete a full breath, the uncertainty of whether you will ever make it to depth and the understanding that if you get even half an inch out of your groove, there's no way you will be standing up with the weight is, truly, pure adrenaline. It makes hitting that personal or national record the most rewarding experience of the meet. There are many methods of how to train in gear, but I found the following sequence to be the most successful:

1. Warm up to about 80% of your raw max with just a belt.
2. Add knee wraps up to 90-95% your raw max with just a belt.
3. Put on the squat suit and do straps down sets with knee wraps and a belt at 95%+ your raw max.
4. Finally, put your straps up for the prescribed weight, reps and sets that training day.

Since there is a large discussion and a ton of variables related to proper squat form, I am going to leave most of that out. I will, however, cover a few basic concepts. First, you want to take in as big of a breath as you can, and squeeze it into your belly to push against your belt to form a strong base around your midsection. This will help you from folding forward with the weight on your back. Next and most importantly, is sitting back into the suit when you squat and follow the path of MOST RESISTANCE. The more resistance you encounter going down to depth, the more pop and momentum you will get on your way back up. Don’t get lazy and let your center of gravity move forward or have your knees travel inwards, as these will all cause you to lose the stored tension and energy the suit is built to deliver. The lower your leg cuff sits on your quad, the harder it will be to hit depth, but the more pop you will get out of the bottom of the squat. This will take many repetitions to master. Try not to get discouraged at the start. The more confident you are in the suit, the easier it is to stay in the groove. All it takes is practice! You should practice with lighter weights, so you are not always working at max effort. The key to getting a big suited squat is following the path of most resistance. This is a recurring theme throughout equipped lifting. You can expect from 10kg to 80kg on your best raw squat in a suit and knee

wraps. The amount you get out of your equipment will depend on the tightness of your suit and the proficiency of your technique.


Straps down.

Straps Up.


Ready stance Suited Squat.

Evan Dunn squatting 305kg @ 93kg

When using knee wraps, be aware that there are a variety of ways to wrap them. For the most commonly used method, you start at about three fingers from the bottom of your knee and wrap up to about three fingers past the top of your knee. When wrapping, you want to pull the wrap as tight as tolerable in your hand before you perform the revolution. This way, when the revolution is completed, the wrap is already in a tightly stretched state, and will give you the most pop and support. You want to wrap the knee wrap half way onto the previous revolution. This will ensure that no skin will be visible during the lift and will give the lifter the most benefit from the wrap. When the wrap is finished, put the excess wrap underneath the last revolution and pull it out, making a simple twist to secure. Preferably, you want someone else to wrap your knees as they will always have better leverages and will be able to wraps your knees tighter. In competition, it is not uncommon to see a lifter unable to bend their knees as they walk to and from the platform. This is a good indication that the job was done right.


Placement of wrap


Non-Stretched Wrap


Stretched Wrap

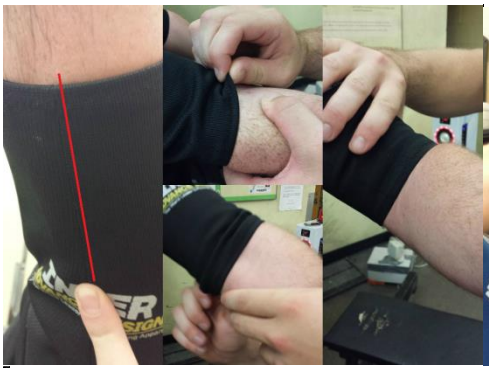

Wrap each revolution half way over previous

Finish the wrap by putting the length under last revolution and pulling length tight.

Finished knee wrap, ready to squat.

The bench shirt is next. Shirted bench press is probably the most technically difficult lift to master. There are a multitude of variables that can result in a missed rep even if you have the strength or have done the weight before. Falling out of the groove in the bench shirt is much harder to recover from than any other lift because you are using less muscle mass for more weight. Having said that, the feeling of holding and pressing heavy benches despite all the head pressure and shirt tightness is something that will get you hooked quickly. When you hear the press command and achieve that personal record you were training towards for the last 12 weeks makes it all worthwhile. There are many ways of putting a bench shirt on properly. I will outline how my training partners and I have done it. First, like the squat suit, you put on your bench shirt slippers so that they reach half way up to your triceps. Next, you put one sleeve of the shirt on without putting the shirt over your head. You use the same process of kneading the fabric against your skin and up your arm until you can get most of the fabric bunched up around your elbow crease. Then, your training partner will grab the shirt from the back of the arm's seam. They should hold a firm grip while you 'swim' your arm up and forward to move the shirt. 'Swimming' means to move your arm upwards and in a circular motion to shift the shirt on your arm. You may also slow motion punch upwards to help move the shirt. When you have done this a few times, put your other arm through and try to get the shirt as far as you can up that arm using the same process.

Swimming and kneading the shirt then put it over your head, tug it down, and bring the collar down by driving your elbow in the bottom of shirt while you lean back.



Seam in line with elbow, kneading skin and shirt sleeve up.

Swimming on top of arm seam and underneath arm seam.

Next, you put the shirt on over your head and tug it down, all around your body. Your shirt should be more or less half way seeded. Your training partner should then stick his/her elbow into the front bottom of the shirt while you lean back, fighting against the pressure of the elbow. This should push your collar down. Now you want to grab one of the arm's seams and do the swimming, or slow motion punching technique, a few times on each side, then push the collar down using the elbow technique. Ideally, you want the shirt sleeves to be as close to your arm pits as possible and the collar roughly 1-3 inches above you nipple line. Another common method to help seed the shirt is sitting on a bench and putting the barbell between your armpit and your arm. You will use the knurling on the bar to catch the shirt's fabric and push your arm downwards and out, slowly. You should feel lots of resistance but it should move the shirt closer to your armpit. Ever so often, you should do a few repetitions, since the motion of the bench press will also push the shirt into place. Your bench shirt sleeves should be about 1-3 finger lengths away from your elbow crease when seeded correctly.

Use the barbell to pull the shirt closer to your armpit.

Sleeves should be 1-3 finger lengths from elbow.

Pull down collar for more pop from chest.

Like the squat suit, you want to take the path of most resistance down to your chest, which is usually touching around your nipple line. Squeezing the bar extra hard, keeping your upper back as tight as possible, and having patience will be vital in getting the bar down to where you want it. Some reps take 2-10 seconds to touch. Let it happen, but don't get lazy and touch lower or higher, as that will cause you to lose your stored energy, make the repetition harder or failed, and create bad habits. Tight arms on your bench shirt will give you more control and finish (lockout) during the rep. A small or tight chest plate will make it very difficult to touch

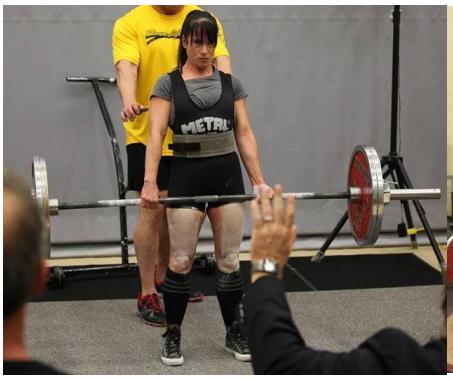
but you will get a lot of pop off the chest. Each equipped bencher will tell you their own secret or tip, since this is a very specific lift and everyone has their own way of doing it. Despite these individual preferences, this should give you a solid understanding of how to put it on and get started. You can expect anywhere from 10kg to 80kg on your raw bench when using a bench shirt. Granted, training your lockout more, mastering technique, and the tightness of the shirt will all heavily impact what you are able to do in the shirt.


Dani Savoie benching 110kg @ 72kg


Discussing technique middle of competition

Avi Silverberg benching 280kg @ 120kg

The deadlift suit is extremely similar to the squat suit in construction and is put on exactly the same. (See the earlier paragraph about squat suits for details) For the deadlift, I would recommend doing some repetitions or training blocks with straps down and a belt to get use to how it will push you around. In suited deadlifting, it is very important to sit back into the suit when you are setting up before the lift. You really need to fight against the pressure and pain to get your hips and lower back into the proper position in which you normally lift. All I can say is practice, practice, and practice. There is no magic fix. Once you can sit back with your hips and lower back in the correct position, you will get a lot of pop off the floor and will then have a better chance of finishing the lift. If you start with your hips and back rounded, the bar most likely won't travel all the way up, as you will have made it much more difficult for you to utilize all those muscles you normally use in the deadlift and the stored tension in the suit. Taking a big breath prior to grabbing the bar should help give you the time you need to set up before moving it off the floor. The deadlift suit will be pushing on your mid-section and the pressure will be uncomfortable, but if you can work through that initial stage, that pressure will slowly subside the second the bar starts to move. The rules allow lifters to use knee wraps when deadlifting but very few lifters do since the knee wraps hinder more than they help in the deadlift. The deadlift suit usually gives you about 5kg-40kg on your raw deadlift. You will be able to get more out of the suit if you pull sumo rather than conventional since it is easier to load the suit in the sumo stance.



Lannet Schuler deadlifting 140kg @ 52kg

Straps down and straps up conventional stance.

Joe Stockinger deadlifting 205kg @ 67.5kg (79yrs old)

Sizing the suit and bench shirt is an art form. Each manufacturer has their own sizing chart to help make sense of their brand. I would recommend starting with Titan's meet fit, which is tight enough to give you support all the way through but not extremely tight where the learning curve is significant. For Metal and Inzer, I would pick the size closest to your planned competition weight for a starting suit. As you progress and become more comfortable in gear, you will most likely want to get tighter equipment; this is when I would start going down in sizes from your initial suit or shirt. You will get more out of the equipment as you continue to become a more proficient lifter. All manufacturers have an option where you can order custom equipment to get it perfect the first time, but that is costly and should be done at a later date in your equipped lifting career.

Super Centurion

Super Katana

Squatter

Viking Presser

Rage X

TRX

Titan Suit Sizing Chart

Weight		Glutes		Quads		Your Size
lbs.	kg.	in.	cm.	in.	cm.	
88	40	24	61	14.5	37	24
97	44	26	66	15.75	40	26
105	48	28	71	17	43	28
114	52	30	76	18	46	30
123	56	32	81	19.5	50	32
132	60	34	86	20.5	52	34
148	67.5	36	91	21.75	55	36
165	75	38	96	23	58	38
181	82.5	40	102	24.25	61	40
198	90	42	107	25.5	65	42
220	100	44	112	26.75	68	44
242	110	46	117	27.75	70	46
264	120	48	122	29	72	48
286	130	50	127	30.25	77	50
308	140	52	132	31.5	80	52
330	150	54	137	32.75	83	54
352	160	56	142	34	86	56
374	170	58	147	35	89	58
396	180	60	152	36.25	92	60

Competition Fit (tightest fit): Drop 1 size.
For very experienced lifters looking for the most support possible.

Meet Fit (medium tight fit): Use Recommended Size. Good for intermediate lifters or those who prefer a more comfortable supportive fit.

Regular Fit (looser, supportive fit): Up 1 size. Recommended for beginners or those looking for more passive support

Note: Our stock sizes are based upon the average measurements of thousands of lifters. If your measurements fall significantly outside this chart then you'd be a good candidate for a custom suit.

METAL SPORT WEAR

POWERLIFTING GEAR, IPF

SIZING CHART

KG	LBS	SQUATTER SQUATTER V-TYPE VIKING SQUATTER VIKING SQUATTER V-TYPE	DEADLIFTER VIKING DEADLIFTER	BENCHER VIKING BENCHER VIKING BENCHER X-TYPE PRESSER VIKING PRESSER
44	97	38 - 40	38-40	38-40
48	105	40	40	40
52	114	42	42	42
56	123	42	42	42
60	132	44	44	44
67,5	148	44-46	44-46	44-46
75	165	46-48	46-48	46-48
82,5	181	46-48	46-48	48-50
90	198	48-50	48-50	52
100	220	50-52	50-52	54-56
110	242	52-54	52-54	56-58
125	275	54-56	54-56	58
140	308	56-58	56-58	60
SHV	SHV	58-60	58-60	62
SHV	SHV	62-64	62-64	64

Titan Shirt Sizing Chart
Fury, F6, Katana, and Super Katana Low Cut.

SUPER KATANA : We advise going up 1 size on the **Super Katana only** (It's not necessary to do so on the Super Katana Low Cut Collar Construction. A new pattern was used to allow sizing to remain the same as the other shirts).

Chest in	34	36	38	40	42	44	46	48	50	52	54	56	58	60
Chest cm	86	91	97	102	107	112	117	122	127	132	137	142	147	152
Weight lbs	123	132	148	165	181	198	220	242	264	286	308	330	352	374
Weight kgs	56	60	67.5	75	82.5	90	100	110	120	130	140	150	160	170
Regular Fit Size	38	40	42	44	46	48	50	52	54	56	58	60	62	64
Meet Fit Size	36	38	40	42	44	46	48	50	52	54	56	58	60	62
Comp. Fit Size	34	36	38	40	42	44	46	48	50	52	54	56	58	60

Regular Fit (looser, supportive fit): Up 2 sizes. Recommended for beginners or those looking for more passive support

Meet Fit (medium tight fit): Up 1 size. Good for intermediate lifters or those who prefer a more comfortable supportive fit

Competition Fit (tightest fit): Recommended size. For very experienced lifters looking for the most support possible

INZER ADVANCED DESIGNS

HOW TO MEASURE FOR SHIRTS
Measure your shoulder circumference by stretching a tape measure all the way around the circumference of your body at shoulder level, at the point where your deltoids are most prominent. Measure your chest circumference directly under your arm pits above nipples. Measure your arm/bicep circumference at the largest part. All measurements should be taken relaxed and unflexed.

BENCH SHIRTS AND ERECTOR SHIRTS
To choose your own size in Erector Shirts, Standard Blast Shirt, HD Blast, HPHD, EHPHD and PHENOM: For first time users it is recommended that you add 2 to your shoulder circumference measurement to get your shirt size. For example, if your shoulder circumference is 50, 50 + 2 = 52. Or you may add 9 to your chest measurement to arrive at your shirt size. Choose whichever method gives you the smaller number for your shirt size. For most everyone else, your shoulder circumference measurement is your shirt size. You may choose to go a size smaller, however there is a chance it would be too tight for you.

THE RAGE AND RAGEX BENCH SHIRTS.
For single ply Rage and RageX, add 2 to your chest measurement and round up to an even number. That even number will be the recommended size.
(50+2 = size 52, 51+2 = 53 rounded up to size 54)

HARDCORE, MAX DL AND Z-SUITS
bodyweight – size
84-97 lbs – 26
97-110 lbs – 27
110-123 lbs – 28
123-138 lbs – 29
138-158 lbs – 30
158-170 lbs – 31
170-185 lbs – 32
185-195 lbs – 33
195-210 lbs – 34
210-235 lbs – 35
235-250 lbs – 36
250-275 lbs – 37
275-285 lbs – 38
285-300 lbs – 39
300-320 lbs – 40

CHAMPION SUIT AND POWER PANTS
bodyweight – size
90-105 lbs – 20
105-114 lbs – 22
115-124 lbs – 24
125-140 lbs – 26
140-158 lbs – 28
158-170 lbs – 30
170-185 lbs – 32
185-205 lbs – 34
205-215 lbs – 36
215-230 lbs – 38
230-245 lbs – 40
245-260 lbs – 42
260-275 lbs – 44
275-290 lbs – 46
290-305 lbs – 48
305-325 lbs – 50

Most squat suits and bench shirts won't fit perfectly from initial use or purchase. You will most likely need to sew in the straps of the suit, maybe take in the legs or hips, and sew in the arms of your bench shirt to get the most out of that piece of equipment. When customizing your gear a few points to remember are that you have to sew your suit and shirt from the inside, leaving no excess fabric visible (IPF rule). I would highly recommend using the thickest upholstery thread or 100% nylon thread possible as those are the most durable threads. This will keep the seam from blowing out during a rep or attempt. You can go to shoe makers, seamstresses, or tailors, but you must explicitly tell them what this piece of equipment is for and explain the

importance of a strong seam. A video or picture of someone squatting or bench pressing might be a helpful tool to use when explaining. Also, you must only customize on the original seam of the equipment. Do no sew any other areas of your suit and shirt or you will be unable to use that piece of equipment in contest. When sewing, a few millimetres taken can be a huge difference. Start small as you will be surprised how tight a suit or bench shirt will be after taking in a seam by .5 centimeters.


Taken in leg cuff on squat suit, 100% Nylon Thread.


Straps taken in from the inside of the suit.


Bench shirt arms taken in on original seam, inside shirt.

If you choose to buy brand new, the cost is fairly expensive. A new suit or bench shirt will cost between $150-$260. But don't let that discourage you. There are plenty of websites, forums, and private sellers that have used equipment or older versions from $30-$150. www.powerliftingwatch.com, www.powerlifting.ca For Sale Forums, www.ebay.com, andersonpowerlifting.com, innerstrengthproducts.ca, ercanada.com, and many other small private websites offer equipment for sale. A google search should provide you with a good starting point in what merchandise is out there near your area. Be cautious when shopping, as there are many versions of equipment, but the IPF only allows Single-Ply deadlift/squat suits and bench shirts from Metal, Titan, and Inzer. Most have an IPF Approved stamp on the garment for proof.

The information provided here is a starting point in your adventure into single-ply IPF powerlifting. The methods outlined are by no means the only way to become comfortable and understand equipment, but I strongly believe this is a great foundation to work from. If you get the opportunity to work with an experience equipped IPF/CPU lifter, I would ask him/her as many questions as they can handle, as experience in equipment is a great tool. I was lucky enough to have a lot of help along the way from top level equipped lifters.

Current World Record Holders

Carl Yngvar Christensen squatting 485kg @ 120+kg *Fredrik Smulter benching 400kg @ 120+kg* *Brad Gillingham deadlifting 397.5kg @ 120+kg*

Powerlifting is Single-Ply

Equipped powerlifting is the greatest version of powerlifting. If you lift classic, you should at least try a geared competition once in your career to fully understand the rush of powerlifting. The pain and pleasure from training in gear leading up to a contest including both frustrations and victories all makes the contest so much more rewarding. Imagine you are warming up your squat at the contest, progressively incorporating more equipment. Your flight is ready to lift in 10 minutes. You are wrapping your knees, getting your straps up for your final warm up. Blood pumping, adrenaline rushing, you get under the bar, walk it out, squat deep and come flying out of the hole. You walk over to the staging area to wait for your attempts. You are three lifters out. Your training partner starts wrapping your knees, and now you are up next. You put your straps up, chalk your hands and back, sweating, nervous, excited, and exhilarated to lift. You hear "bar is loaded". You walk to the platform. All your training and preparation has come to fruition. You start your descent, the pressure mounting, gear tightening, body squeezing – "UP!" your coach yells. You fire out of the hole, pressure subsides, and your strength is displayed. Three white lights. The feeling of squatting, benching or deadlifting in equipment is the purest sense of adrenaline that powerlifting can offer.

I have asked some Canadian Powerlifting Union equipped lifters why they compete in gear and there was lots of discussion. Some noted how they like the variety when training; incorporating equipment is a unique challenge leading up to a contest, and keeps training exciting rather than always doing the same movements. There were thoughts that training unequipped is something that is done in the off-season and when equipment gets introduced into training, it is a mental cue that a contest is coming and puts you in a different, more focused mindset. The technical work required is always something worth striving for and adds that constant desire for self-improvement. Equipped lifting pushes your athleticism to the next level because of the new degree of mental strength needed to tolerate the feeling in equipment. To further that point, some have spoken about how handling heavier weights make you more confident when lifting weight out of equipment. The feeling of empowerment when successfully lifting more weight than you can do without equipment is fun. There is always

a sense of gamble or risk when at a contest and you are getting ready to attempt that big personal record. The feeling of uncertainty, excitement, and thrill puts you in a competitive mindset. Finally, and most importantly, is the comradery that lifting in equipment fosters. The friendships you build with your training partners is something that is quite different than training with classic lifting partners. Making a trip to the gym to help a friend for a shirted bench session, the trials and tribulations of suited squat days, purposely planning training together to always have someone there to help you makes those long hours in the gym more enjoyable. You can ask any equipped lifter and they probably have that one training partner that was there when it was snowing, pouring rain, or came in on their day off to help you pre-contest. Friendships built in equipped powerlifting are tough to break. It is for those reasons and many others that equipped lifting is such a marvelous sport.



Current World Record Holders

Ana Castellain squatting 255kg @ 72kg *Hartati Sri benching 141kg @ 57kg* *Priscilla Ribic deadlifting 247.5kg @ 72kg*

Credits and Acknowledgments

Alberta Powerlifting Union, http://www.powerliftingab.com/
Canadian Powerlifting Union, http://www.powerlifting.ca/
International Powerlifting Union, http://www.powerlifting-ipf.com/
Titan Support Systems, http://www.titansupport.com/
Metal Powerlifting, http://gometal.com/
Inzer Advanced Designs, http://www.inzernet.com/
Powerlifting, http://en.wikipedia.org/wiki/Powerlifting
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Photo credits: Hector Aguilar, Aimee Kozun, Harnek Rai, Shane Martin, Kain Lyon, IPF Facebook page.

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