

Powerlifting

Physical abilities

Leading physical quality

Development and education of physical qualities

Force

Pullovers with dumbbells

Sports nutrition

French Press

Power

Balanced diet

Agility

# Powerlifting

(*Powerlifting* ; *power* - « strength, power »  
+ *lifting* - « uplift ») or power lifting

# Physical abilities

Physical qualities should not be confused with physical abilities, which include, for example, jumping, accuracy, etc. and which in turn are derived from 5 physical qualities.

Возраст



# Leading physical quality

In each sport there is one or several leading physical qualities. Therefore, in sports training special attention is paid to the leading physical quality (or leading physical qualities).

# Development and education of physical qualities

Development - mainly during periods of body growth, i.e. an average of 18-20 years, more on a genetic level.

Education - through the use of a specially organized impact - in most cases, a set of physical exercises and training. Has unconditional importance in understanding the term (education of physical qualities) after the growth of the organism (after 18-20 years). However, it makes a significant contribution to the development of physical qualities in the sensitive periods of the development of the organism.



[www.musculardevelopment.pl](http://www.musculardevelopment.pl)

For example, the maximum bench press bar from the chest of rowers with relatively the same anthropometric indicators

	Athlete A	Athlete B
14 лет	60 кг	90 кг
15 лет	70 кг	95 кг
16 лет	80 кг	95 кг
17 лет	90 кг	100 кг





# Force

the physical quality, manifested in a person's ability to overcome external resistance or counteract him through muscular effort.

[Возраст](#)

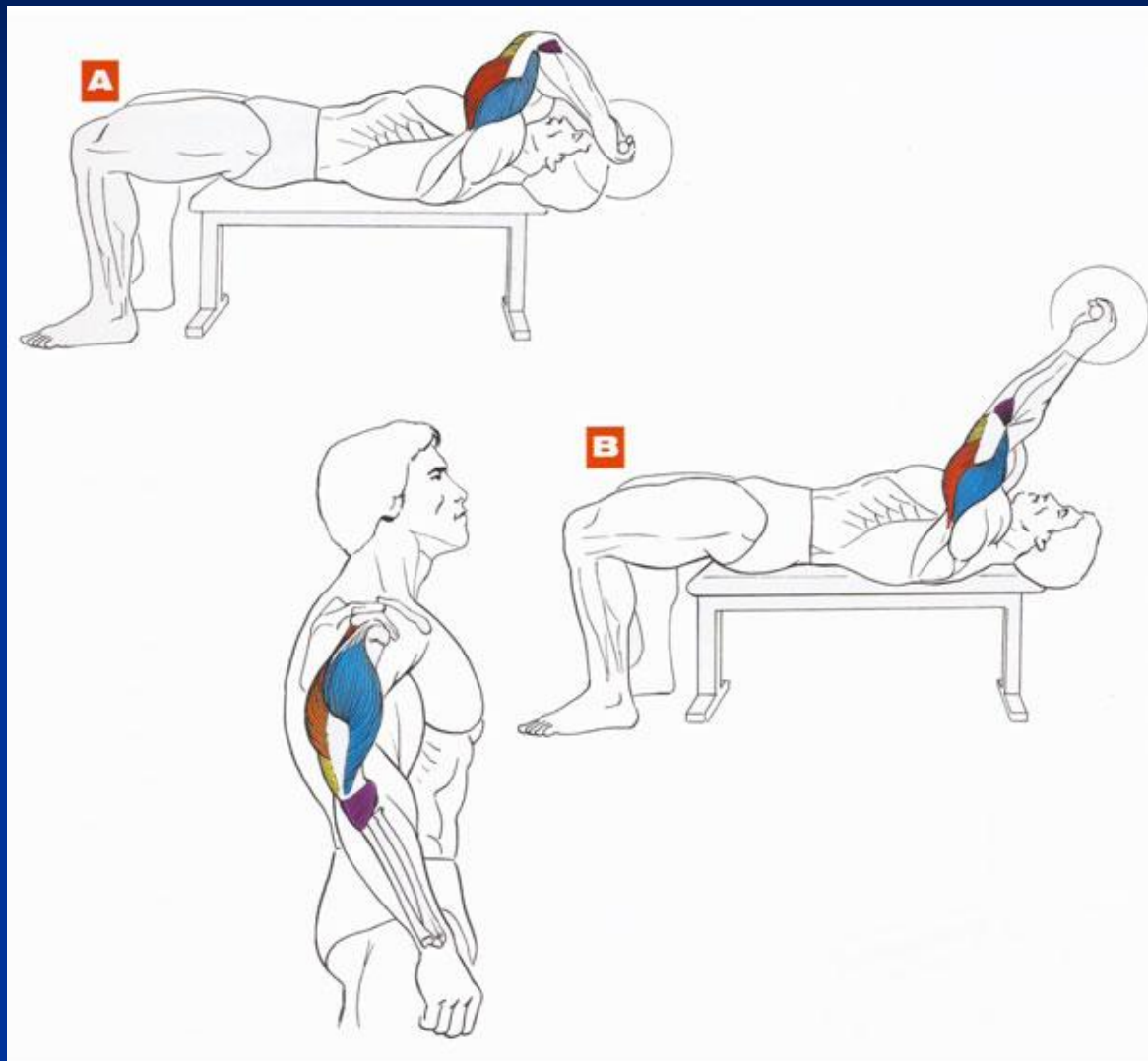
# Pullovers with dumbbells



# Sports nutrition -

food additives developed in scientific laboratories, used by both professional athletes and amateurs who are keen on power sports. Sports nutrition supplies the body with a necessary set of nutritional elements.

# French Press



# Power -

work performed per unit time

[Возрат](#)

# Balanced diet



# Agility

— the ability of a person to learn new motor actions in a relatively short period of time, to perform complex in coordination of movement when the dynamics of their performance change and in changing environmental conditions.





# Reassurance traffic

what are they doing  
on the bench?

angle of 90 degrees  
is what

separation from  
the floor

What is power?

How many exercises in powerlifting?

What is it for?

Powerlifting  
for strength  
three

