



SECRETS REVEALED:

How To Win Any Powerlifting Competition
Even If You're *Not* The Strongest Lifter
In Your Weight-Class

A Bonus To Andy Bolton and Pavel's
DEADLIFT DYNAMITE

“How To Win Any Powerlifting Competition”

**Secrets Revealed: How To Win *Any* Powerlifting Competition, Even If
You're Not The Strongest Guy In Your Weight Class...**

By Andy Bolton & Elliot Newman

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Now that we’re finished with this notice, let’s discover “How To Win Any Powerlifting Competition”...

Introduction

Hey, it's Andy Bolton here – thanks for picking up a copy of this special report **How To Win Any Powerlifting Competition**.

What you will find in here are some of the best tips, tricks, techniques and 'nuggets of wisdom' that I have accumulated over the past 20+ years whilst training for and competing in the wonderful sport of powerlifting.

I will be the first to admit that over the years I have made a ton of mistakes. I have also done some pretty good stuff too. Hopefully by reading this report you will be able to *avoid* making as many mistakes as I have and this will help you to put up bigger numbers at your next competition and WIN more often.

The truth is that if a guy turns up at your next meet and he is 25% stronger than you and he does everything well on the day – you're screwed. You need to train harder for months and probably years in order to beat such a person.

However, the reality is that very often it is not the strongest guy who wins a powerlifting meet, but rather – the SMARTEST. And that is where this report will help you out greatly.

It will make you a *smarter* lifter.

My friend and business partner, Elliot Newman (who helped me write this report) is a good example of what can happen when you 'lift smart'...

When he entered the 2009 WPC world powerlifting championships, he would be the first to tell you that in his flight of 12 lifters he was nowhere near the strongest. In fact, on paper he should have probably come dead last.

But he came 6th – not a bad result in his first year of equipped powerlifting.

How did he do this?

Simple... by being smart.

5 idiots bombed on the squat by opening too HEAVY and one did the same on the bench. Elliot lifted within himself (whilst still pushing himself and setting PB's) and came 6th.

You gotta be smart in the iron game!

In this report you are going to discover my **10 rules for winning powerlifting meets**.

Use them wisely and let me know how you get on.

Your friend in strength,

Andy Bolton

Powerlifting Champion, Author, Public Speaker

Rule #1: Don't Neglect Your GPP

Many people think powerlifting is an *easy* sport because 'all you have to do is 3 squats, 3 bench presses and 3 deadlifts and each attempt only lasts a few seconds'.

However, the reality is that you have to do the following at a powerlifting meet:

- Warm up for the squat, bench press and deadlift
- Take 3 squats, 3 bench presses and 3 deadlifts in front of a crowd and 3 judges
- Stay motivated and *in the zone* for at least 4 hours and sometimes up to 8 hours (a powerlifting meet can last a long time)
- Push your body to the LIMIT, hopefully setting new PB's

When you look at it like that, it doesn't seem so easy, *right?*

And here's the thing...

If your GPP is that of an average coach potato you are going to struggle during a powerlifting competition.

I see many lifters who pull 330kg in the gym and can barely get their 290kg opener on the deadlift in a powerlifting meet, despite training 'deads' after squats.

What's going on?

The answer is that their GPP isn't where it needs to be and by the time they get to the deadlift they are gassed. They have nothing left in the tank.

Don't let this happen to you.

Here are 3 simple ways to build your GPP...

1. Walking

If you haven't done anything other than squat, bench and deadlift for years, I highly recommend you start with walking. Three to four times a week for 20 to 30 minutes will get the job done.

2. Sled Dragging

Simply strap the sled to your power belt and drag the sled forwards. Do 6 trips of 150ft with 20kg. Then do the same dragging it backwards. Over time, as your GPP improves, increase the weight and/or do more trips.

3. Light Weights, Short Rest Periods

This technique involves getting in the gym and doing something like 2 sets of 15-20 reps per body-part with 20-30 seconds rest between sets. Keep the reps low – 25-40% of your max.

For instance:

DB Press: 2 x 20

Lateral Raise: 2 x 20

Push Downs: 2 x 20

Pull Downs: 2 x 20

Curls: 2 x 20

Lunges: 2 x 10/side

RDL: 2 x 20

Bodyweight Squats: 2 x 20

If you are serious about winning powerlifting meets, you need a **high level of GPP** so that you can not only put in good squats, but also benches and deadlifts too. Pick one of the three methods above and use it leading up to your next meet – thank me later as you smoke a DEADLIFT PB and destroy your competition ;)

Rule #2: De-Load For 7 Days Before The Competition

Many passionate lifters come into a meet over-trained, leaving their best lifts in the gym. This makes no sense whatsoever because nobody cares what you lift in the gym!

I have never squatted more than a grand in the gym, but the record books show I have squatted 1214lbs in competition. That's smart training.

Squatting a grand in the gym and struggling with 930lbs at the competition – that's dumb training.

As a rule of thumb, de-load for 7 days coming into your competition. This means that you can train HARD up until you are 8 days out from your meet. But from then on in you take it easy.

Here are 3 ideas for de-loading:

1. Total Rest

Some lifters like to do nothing other than rest during their de-load week. Not much more to say really – eat, sleep and well... you get the idea.

2. Mobility drills, Stretching, Massage etc

I like this option. Instead of doing nothing, you keep doing all the stuff that makes you feel good (and quite possibly do more of this than usual).

So still go to the gym, but instead of lifting, you do some stretching, some mobility drills, maybe some pre-hab drills and then finish with a sauna or massage – whatever makes YOU feel good and whatever you think will help your performance the most on 'comp' day.

3. Work Up To 60%

Some lifters like to keep lifting right up until meet day. This can work, but you have to be careful. The way to be careful is simple – keep your

weights light, up to 60% of your max. Once you are 2 days out, only go up to 50% of your max at the most.

Rule #3: Pack Your Bag The Night Before

There is nothing worse on meet day than waking up in a blind panic and not being able to find all the stuff you need.

The easy way to solve this problem is to pack your bag *the night before*. I always do this.

What it means is that I can relax and focus on the task ahead, whilst my competitors may very well be getting themselves stressed because they can't find their lucky pants. Meanwhile, I'm happily visualizing my next 1000lbs + deadlift.

Here's what should be in your powerlifting bag as a minimum:

- Water
- Food
- Lifting singlet
- Squat suit, bench shirt, deadlift suit (if applicable)
- Wrist wraps, knees sleeves/knee wraps, belt (if applicable)
- Towel
- Appropriate lifting shoes
- Chalk (I have known meets to run out of chalk, so take your own!)
- Change of clothes (to go home in afterwards)

Rule #4: Get Yourself A Good Handler

A good handler is one of the best weapons you can have in your arsenal at a powerlifting meet. Your 'handler' is the guy (or gal) who *looks after you* during the competition.

Ideally your handler should:

- Know you and your lifts very well
- Be your training partner

During the competition, here are some of the jobs your handler should do for you:

- Carry your bag
- Load the bar for you when you are warming up
- Keep an eye on the time
- Keep an eye on your competitors totals and help you work out what you need to lift to WIN (this is very important in a closely contested meet)
- Get you psyched up
- Do your knee wraps
- Help you choose your attempts

The worst thing you can do in the world is get a handler who pisses you off or annoys you. If that's all you can find – FIRE them. You're better off without that.

The bottom line is that a good handler is worth his (or her) weight in gold. He's your *right hand man* on meet day.

Choose wisely and treat him (or her) well.

Rule #5: Warm Up At The Right Time

Most powerlifters understand the purpose of the warm up on meet day – *to prepare yourself to smoke your opener.*

Some lifters like more reps on their warm up sets, others like less. Some like more sets, others like fewer. That's cool, everyone is different.

The big mistake is either warming up too soon or too late. Of the two, too LATE is a much worse mistake because you will start rushing.

TIP: If you warm up too soon – finding that you have finished your warm ups and there is still 20 minutes before you lift, simply reduce the bar weight 20 – 50kg and do a couple of singles to keep you warm. Sometimes you may warm up too soon because of a meet delay, not due to any poor timing on your part.

With all that said, here's how to warm up properly...

- Find out when you are lifting
- Count your number of warm up sets
- Allow 5-8 minutes between each of your warm up sets and work backwards

So, let's say your opening bench is 120kg and you are second in your flight. The flight is due to start at 11am and you allow 3 minutes between lifts, meaning you'll lift at 11.03am.

Here's how to time your warm-ups:

- 10.25am -- Bar x 20
- 10.30am -- Bar x 20
- 10.35am -- 40kg x 5
- 10.40am -- 60kg x 3
- 10.45am --80kg x 3
- 10.50am -- 90kg x 3
- 10.55am --110kg x 1 (final warm up)
- 11.03am -- your 120kg opener

There is nothing worse than rushing in the warm up room and there is no reason to do so, providing you plan correctly!

Rule #6: Don't Burn Yourself Out In The Warm Up Room

This rule is one for the *beginners*...

Don't burn yourself out in the warm up room!

Remember the purpose of a good warm up – to get you ready to smoke your opener. Nothing more, nothing less.

It's not to 'get a sweat on' or to see how many reps you can do with 225lbs. It's to warm up for your OPENER.

Here are a few rules for planning your warm ups:

- Don't do more than 5 reps on any warm up set (other than the bar)
- Don't do two sets with the same weight unless it's 60kg or less
- Once you get to about 80% of your opener, drop the reps to 2 or 3
- Make your final warm up a powerful, confidence building single
- Don't make your final warm up any more than 95% of your opener

Learning to warm up correctly is definitely an art, as well as a science and everybody is different. That said, try to practice your warm up routine in the GYM and don't leave it until meet day to try and figure out what makes you feel the best.

Rule #7: Know The Rules!

The worst way to miss a lift in a powerlifting meet is to absolutely smoke it and then *break one of the rules* and thus receive 3 red lights from the judges and gain no credit for your efforts.

Do not give your competitors the satisfaction of seeing you do this.

Here are the most common ways to smoke a lift and then fail to get credit because you break the rules:

- On the **squat**... walking back towards the rack BEFORE receiving the 'rack' command from the head judge
- Racking the bar on the **bench** BEFORE receiving the 'rack' command from the head judge
- Putting the bar down on the **deadlift** BEFORE receiving the 'down' command

I have a training partner who repeatedly made the 3rd mistake on that list. This proved *disastrous* for him because his GPP was terrible, so he was usually no good for a second deadlift.

The bottom line is this... read the rule book for *your* federation before you compete. This way you won't make any silly mistakes on meet day, mistakes that could stop you WINNING.

Also, do this...

Practice your lifts with the judge's commands *in the gym*. Get your training partners to give you 'the commands'. Do these 4 weeks out from every competition, on your top 3 sets of your squats, benches and deadlifts.

It just makes sense and takes very little effort. Oh, and you can guarantee that some of your competitors *won't* be doing it and *will* make silly mistakes.

Rule #8: Don't Open Light, Open Sensibly

Many experienced powerlifters tell novices and beginners to open with a light weight at a meet, to make sure they do not bomb. Whilst I understand this well-meaning advice, it is not the way to go if you want to be a dominant CHAMPION.

The trick is not to open light, but rather to open sensibly.

If you open too light all you do is make it tough to set a PB. I know 240kg squatters who open at 180kg. But what's the point in that? All that forces them to do is take huge jumps to set a PB, which is a risky strategy.

What you should do is follow one of the simple rules that follow when choosing your opener:

- Open at your best triple

or...

- Open with a single you know you could hit even on a really bad day

Whichever option you choose, it will probably put you around the 85-90% mark – a solid opener that ensures you won't BOMB, but also allows you to get into the competition, hit some PB's on your 2nd/3rd attempts and hopefully take home the trophy!

Here's an example...

Let's say your previous squat PB was 200kg. Here's how I would have you lift in a power meet:

- Opening squat attempt 180kg
- 2nd attempt 192.5kg
- 3rd attempt 202.5kg (a solid PB)

Get it?

Good.

Let's move on...

Rule #9: Fuel Yourself For Maximum Performance

Powerlifting meets are usually full of chocolate bars, sweets, white bread sandwiches with cheap cheese and ham and bacon on the side. Said differently – hardly optimal eating habits!

But if you go to the trouble of training your ass off for 12 or 16 weeks to enter a meet, doesn't it make sense to do everything possible to MAXIMIZE your results (and crush your competition) on the day?

Of course it does.

With Elliot's help, I've come up with the following eating plan for meet day. We've both used it with success – feeling mentally sharp and highly FOCUSED all day long, even after several hours of lifting with deadlifts still to come...

- **Drink 1 litre of water upon waking**
- Have breakfast about an hour later (include plenty of protein and carbs, but go easy on the fats)
- **30 minutes before warming up for your squats drink 500ml of water with BCAA's and 'carb' powder. Also have 2 dessert spoons of raw honey**
- Immediately after your 3rd squat attempt have another 500ml of water with BCAA's and 'carb' powder...
- **...Do the same immediately after your 3rd bench attempt**
- After deadlifts – who cares? Eat what you like – the meet is over!

TIPS:

- If you need more carbs, have more RAW honey or rice cakes
- Drink water throughout the day, especially in between your warm up sets and your attempts on the platform

That is how to fuel yourself for maximum performance on competition day and I can guarantee you that 90% of your competitors *won't* be doing it – they'll be eating total CRAP instead... take advantage of their ignorance!

Rule #10: Get Inside Your Competitors Heads (WARNING: Not Morally Correct, But I Don't Care!)

Okay, so RULE 10 of “How To Win Any Powerlifting Competition” is a bit controversial. But if you do not mind a bit of controversy, it might just get you the trophy!

Here are 5 ways to *get inside your competitors heads* in the run up to the meet and during the meet... remember – all is fair is love and war...

1. Use Social Media (Facebook and Twitter)

Make sure you are friends with all of your nearest rivals on Facebook and Twitter and post regular updates about your training sessions leading up to the competitions. Then always, *no matter what* – update your status after every training session and make out like your training is going INCREDIBLY well.

Never say your training is going badly – you're trying to psyche them out.

2. Comment On Their Videos

When one of your rivals posts a video of their lifts in training, give a backhanded compliment.

For instance:

“John, your squats look pretty good. Quite high, but pretty good”

This will get “John” worrying about his squat depth.

3. If Your Competitors Ask You For Training Advice – Lie

I won't name names, but a few years back, after I squatted 1214lbs in competition, one of my nearest competitors asked me for advice on squatting. No surprise given I'd just smashed the world record.

I messed him up, telling him to do 10 x 10 (the old German Volume Bodybuilding approach which might be good for size, but is a terrible way to train).

Anyway, I didn't actually think he'd do it.

But he did.

I get an email a few weeks later saying:

"Andy I don't get it – I feel really weak"

I told him to keep going, re-assuring him that it would be alright come meet day. He kept going with the training program and BOMBED at his next meet!

4. Tell Your Competitors They Look Like Crap On Meet Day, But Do It In A Nice, Polite, Concerned Way

Okay, this one is pure gold, but you have to be careful with it otherwise you'll make enemies and make yourself look like a nasty bastard!

When your nearest rival is putting his lifting singlet on say:

"Hey man, you're looking really ripped. A bit small, but really ripped"
(emphasize the word small)

When he's warming up say:

"You need to get down a bit deeper on those squats"

When he's going out for his first attempt on the bench, say:

"Make sure you pause it, you know what the judges are like"

You get the idea – make out like your being nice and helping them, when secretly you *are getting inside their heads* and putting DOUBT in their minds.

5. Say This Right Before They Go Take A Personal Best Attempt...

“Go on mate, I hope you get it, just don’t hurt yourself”

How To Win Any Powerlifting Competition: Summary

To win powerlifting competitions you have to train HARD and compete SMART, utilising every advantage you possibly can.

In this report I have given you 10 techniques that you can use to help you WIN the next powerlifting meet you enter.

For the record – the suggestions I gave you in Rule 10 are not something I've personally used, but I've seen them used and they can work to devastating effect. It's up to you how comfortable you are with *getting inside your rivals heads*.

Now get back to the gym, train hard, get STRONGER and take home the gold in your next meet!

About The Authors



Andy Bolton is one of the greatest Powerlifters of all time. A multiple world champion in the WPC and WPO federations, one of only 5 men to ever Squat over 1200lbs and the first man to ever pull in excess of 1000lbs on the Deadlift.



Elliot Newman is a competitive Powerlifter who has competed in the BDFPA, WDFPF, BPC and WPC. He has competition best lifts of 255kg Squat, 157.5kg Bench and 260kg Deadlift. He is passionate about all things related to nutrition and strength training.

For more information on how YOU can develop herculean strength, explosive power and muscular size, check out:

www.andyboltonstrength.org