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Powerlifting Training Basics
Part 1: Survey Totals

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Introduction

This is part one of the powerliftingcast.com training basics survey results. The purpose of part one is to summarize the result totals. Part two will examine the data in more detail, comparing it across different groups.

Demographics

Table 1 *Survey Response*

Survey Response	
Visitors to page	412
N	130
% of return	31.6%

Table 2 *Participant Ages*

Participant Age	
Ave	32
SD	10.27
Max	68
Min	16

Table 3 *Participant Gender*

Gender	N	%
Male	126	96.9
Female	4	3.1
Total	130	100

Powerlifting Background

Table 4 *Years Training for Powerlifting*

Training Years	
Ave	15.58
SD	11.77
Max	45
Min	1
n=129	

Figure 1 *Primary Federation*

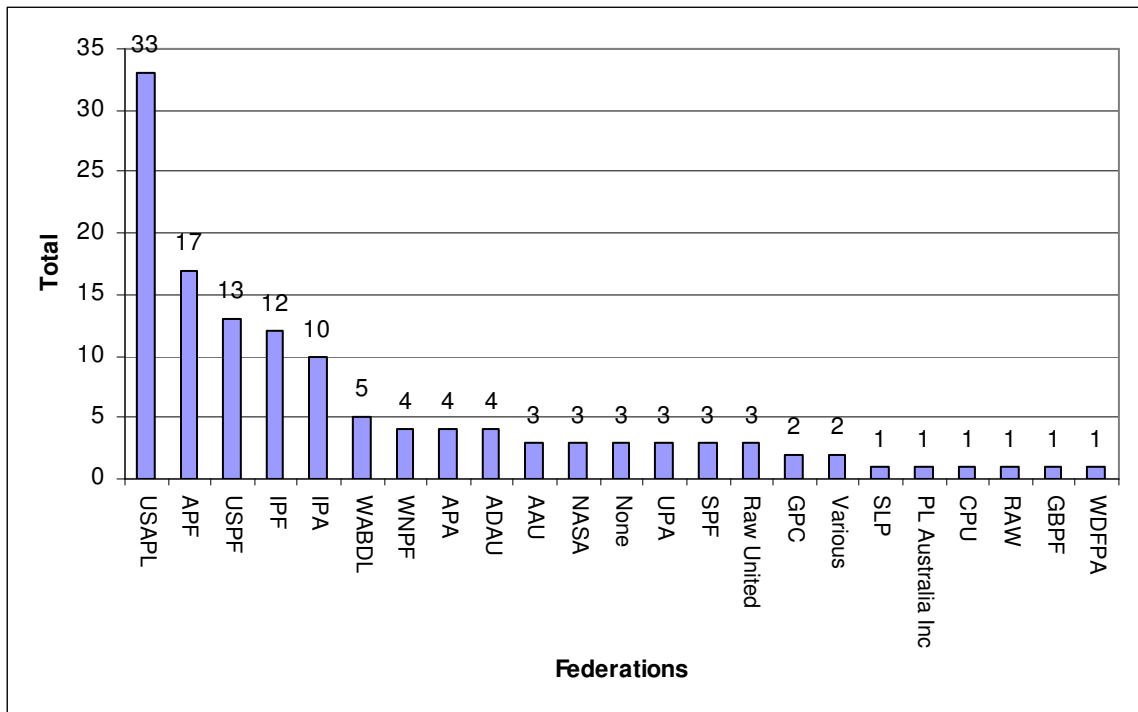


Figure 2 *Type of Gear Used*

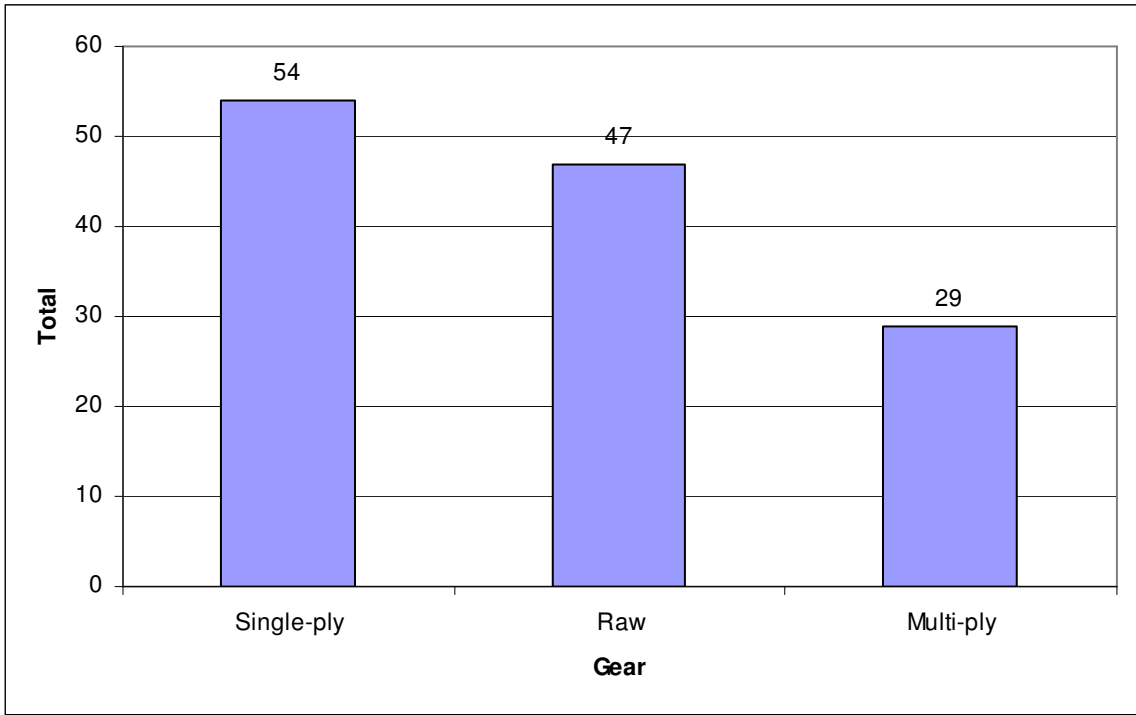


Figure 3 *Main Weight Class in Competition*

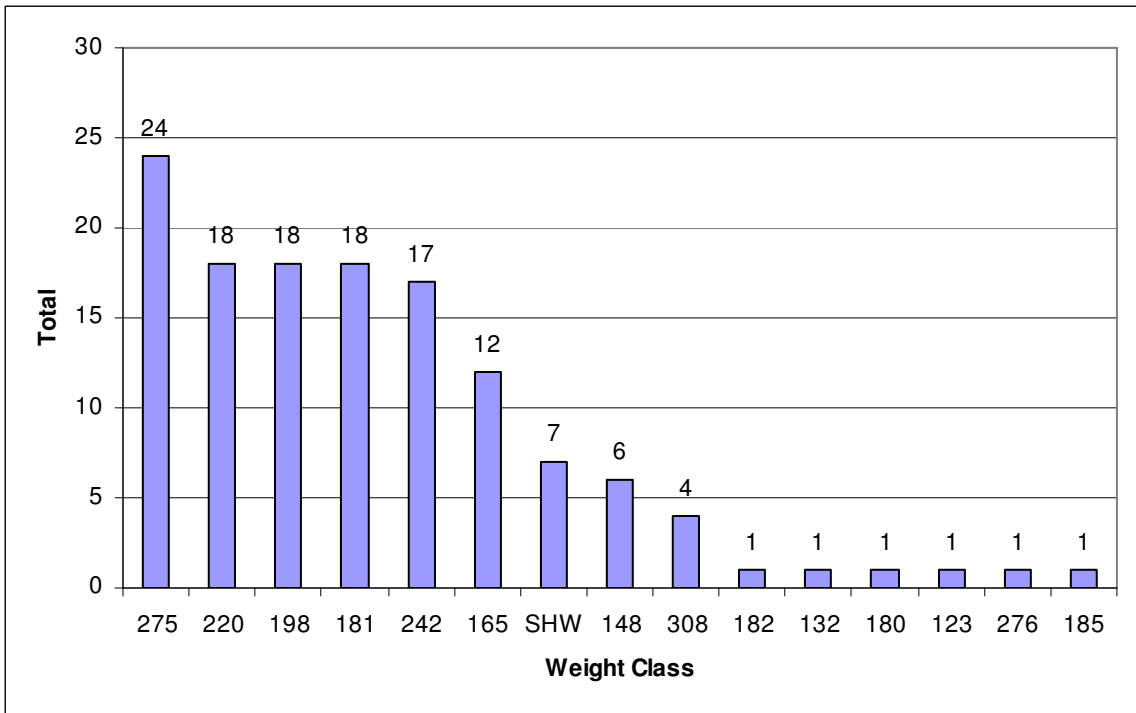


Figure 4 *Multiple Weight Classes*

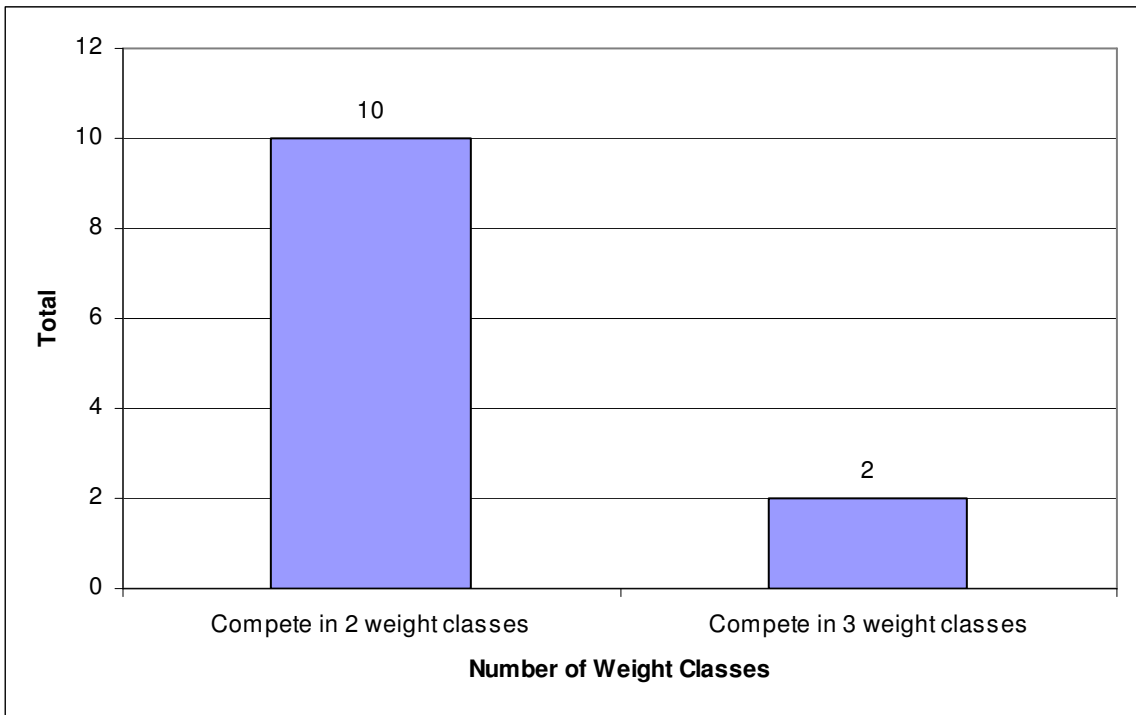


Figure 5 *Main Division in Competition*

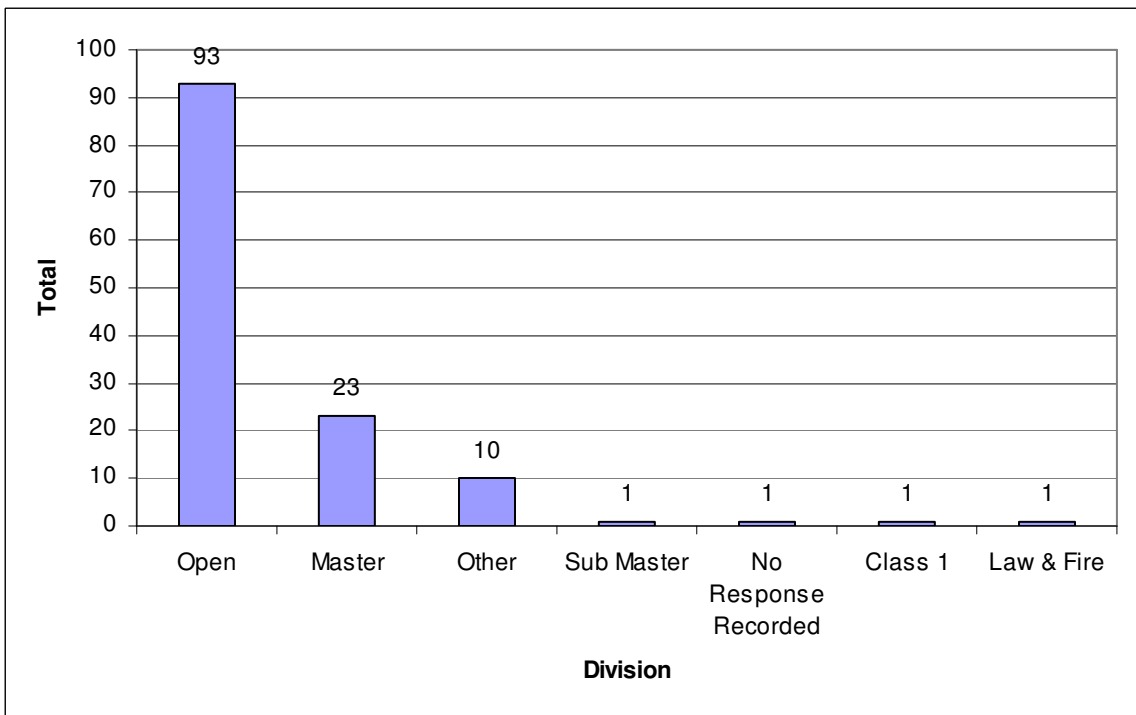
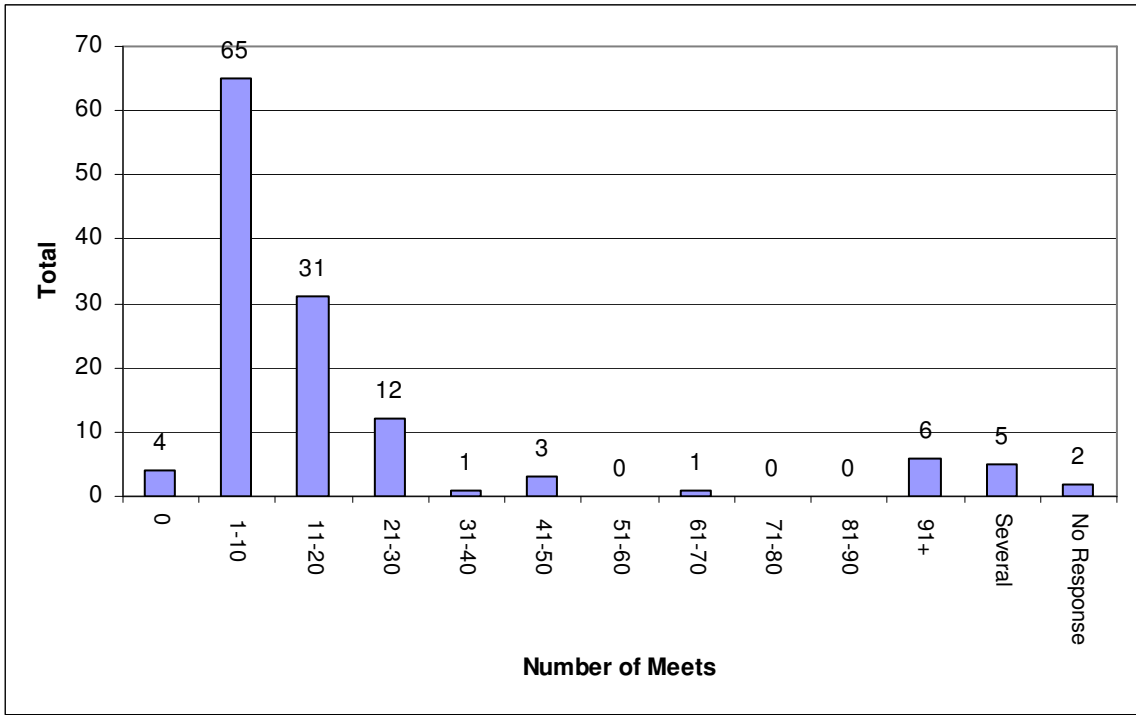


Figure 6 *Number of Powerlifting Meets*



Training Basics
 Figure 7 *Number of Training Days*

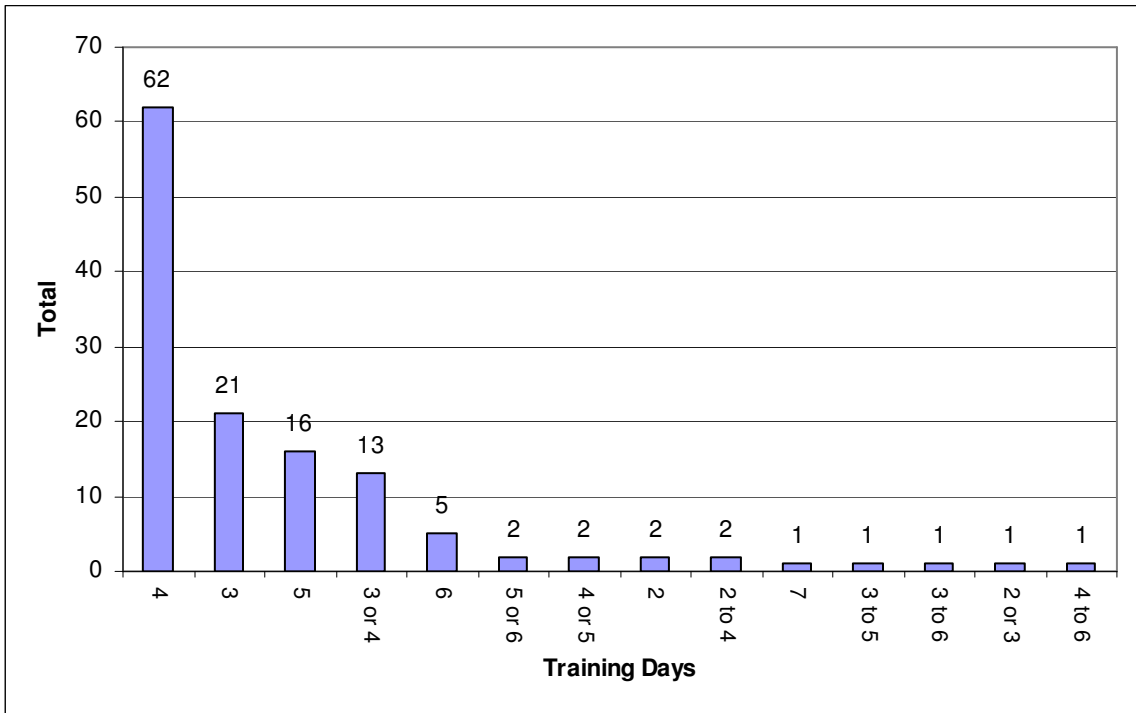


Figure 8 *Number of Squat Movements per Week*

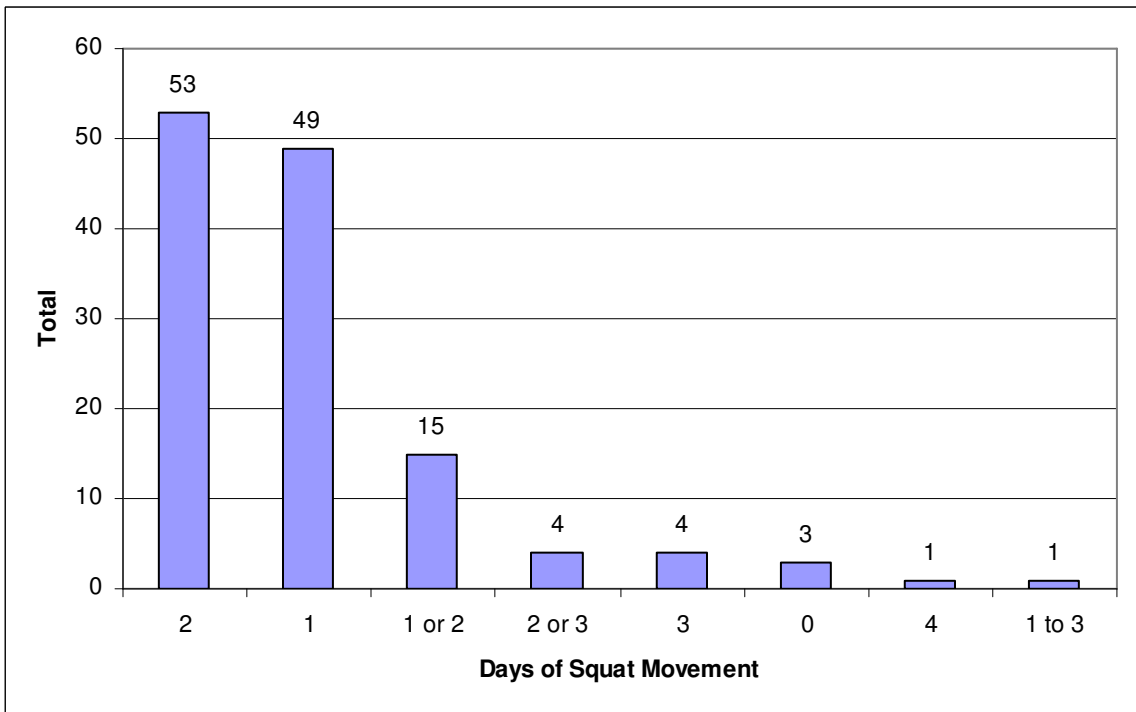


Figure 9 *Number of Bench Movements per Week*

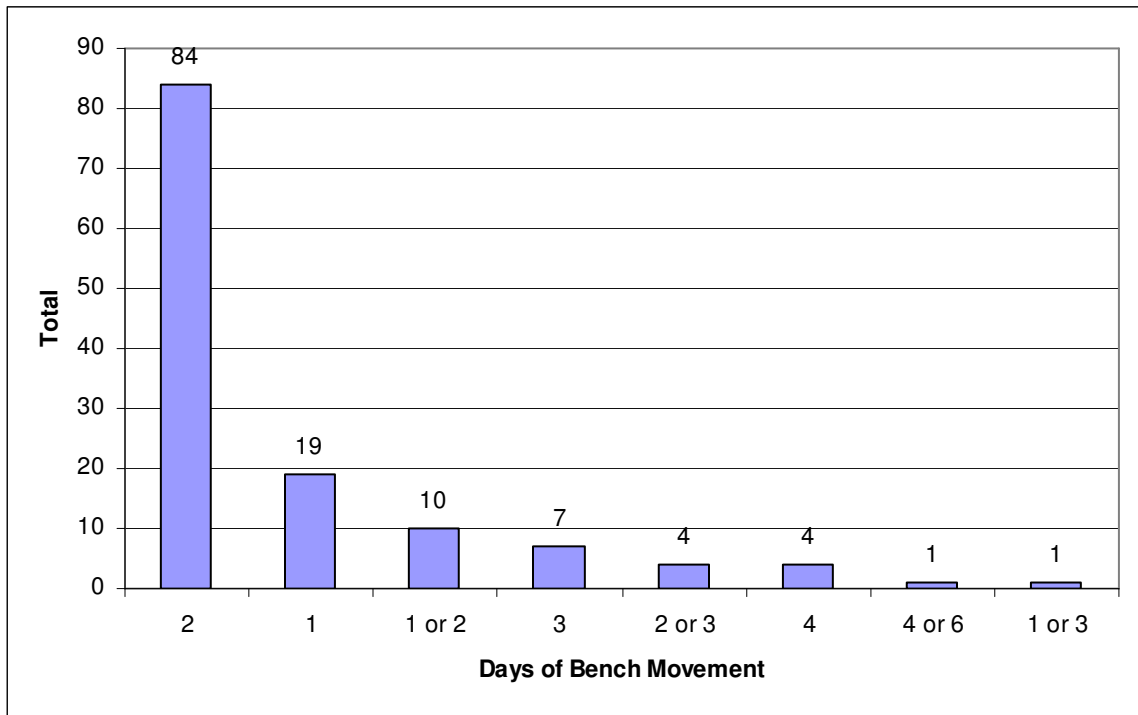


Figure 10 *Number of Deadlift Movements per Week*

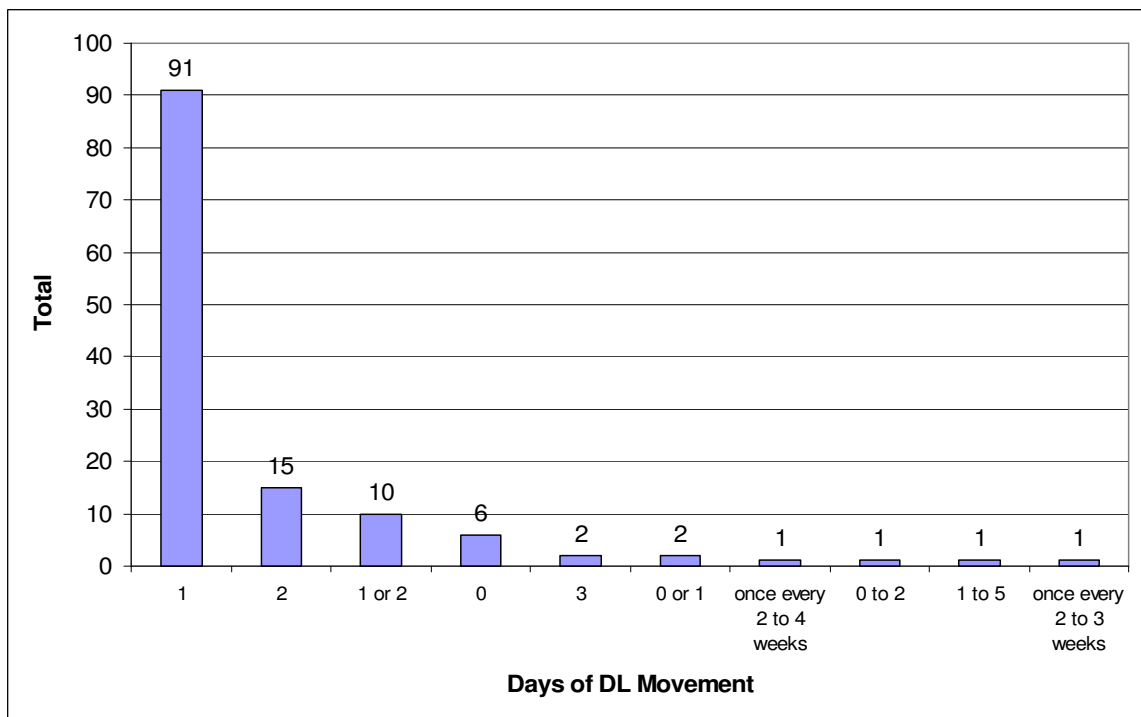


Figure 11 *Main Squat Exercises*

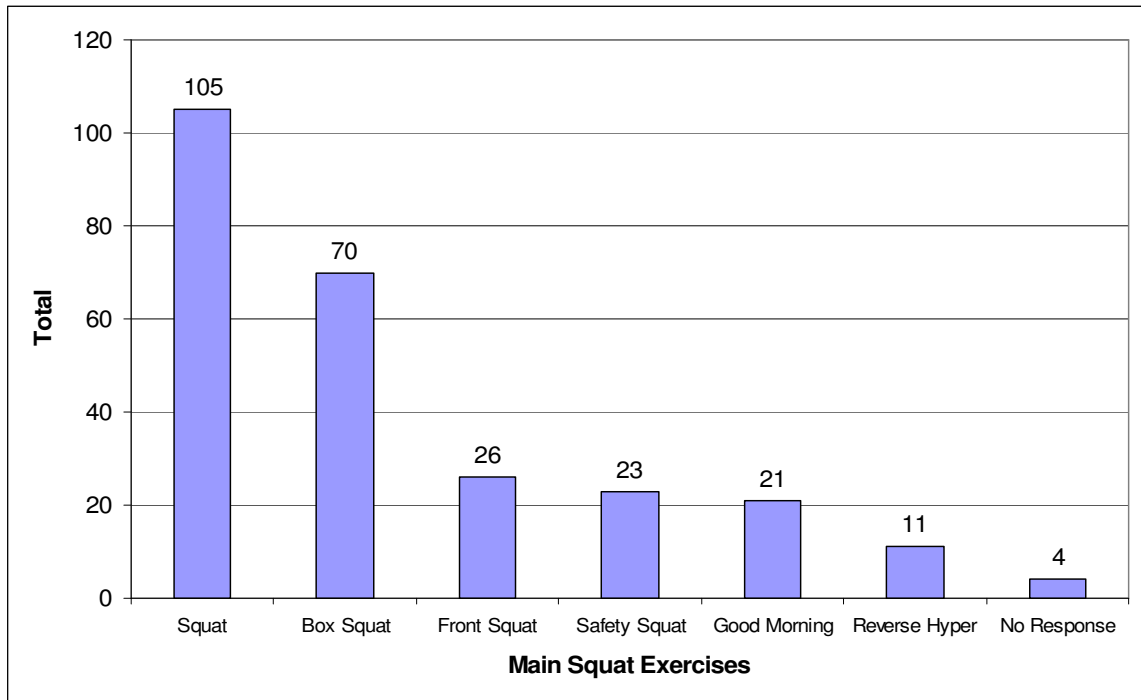


Figure 12 *Main Bench Exercises*

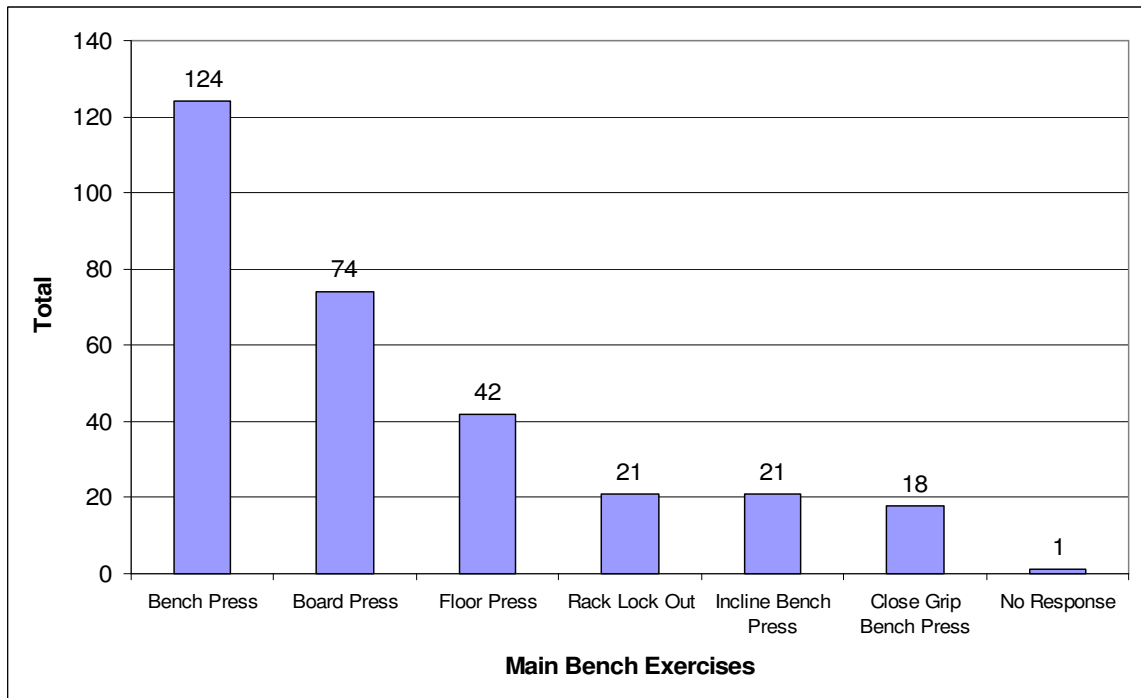


Figure 13 *Main Deadlift Exercises*

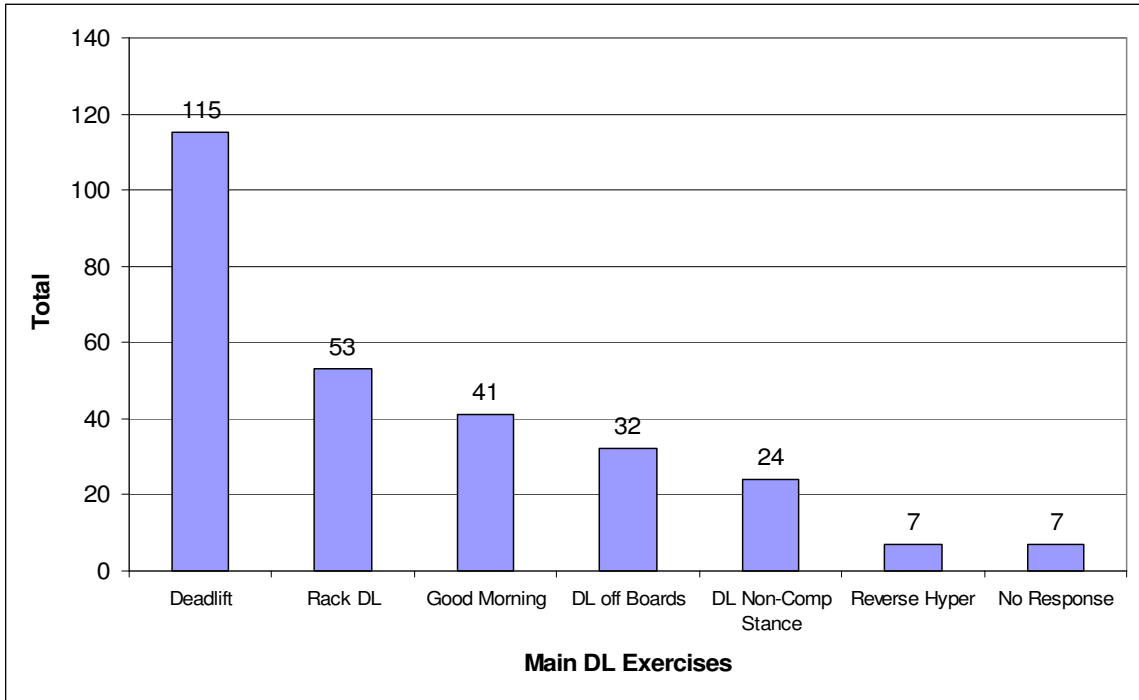
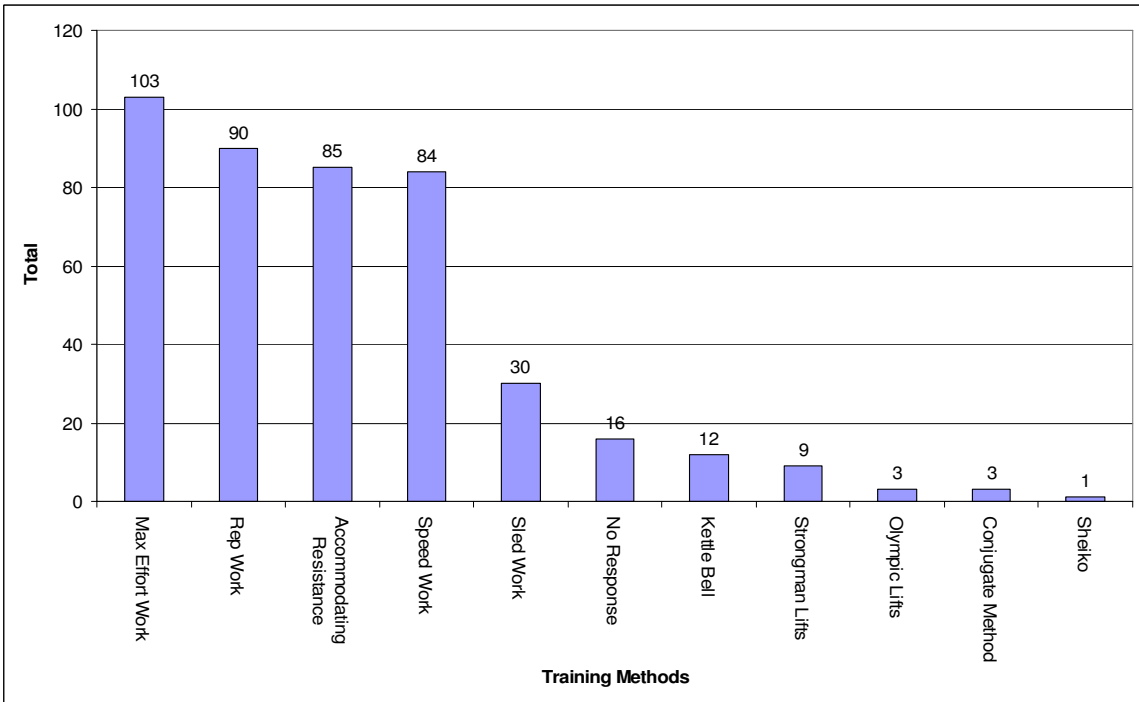


Figure 14 *Training Methods*



Training Support
Figure 15 *Training Partners*

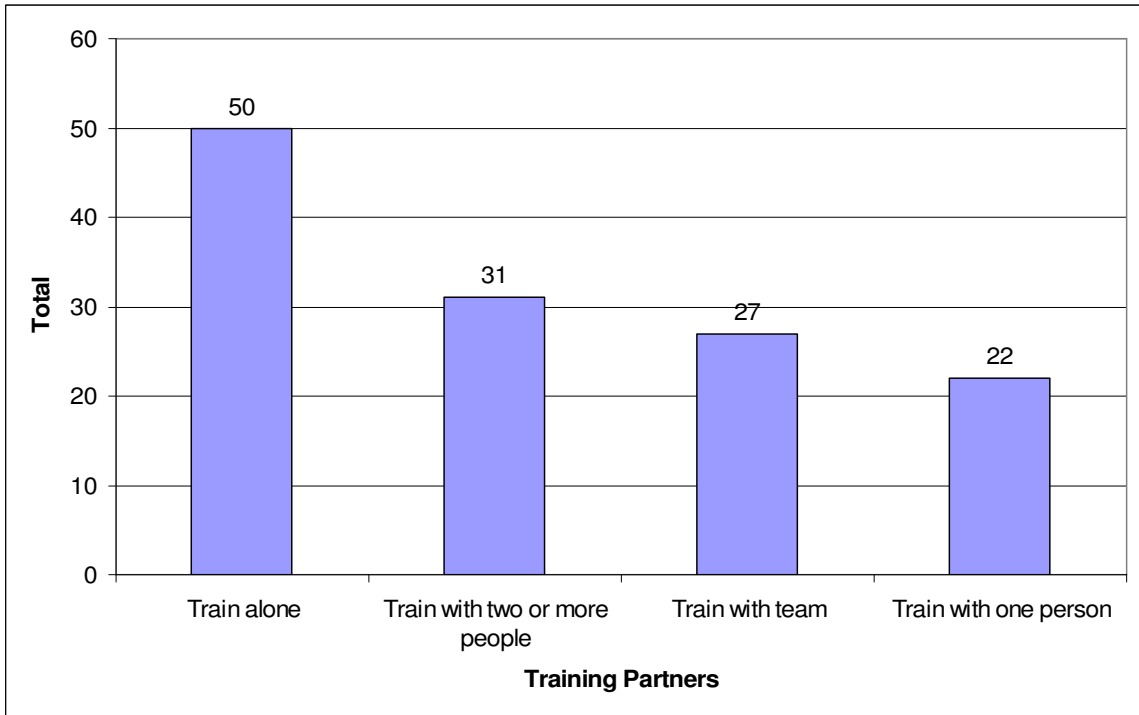


Figure 16 *Training Environment*

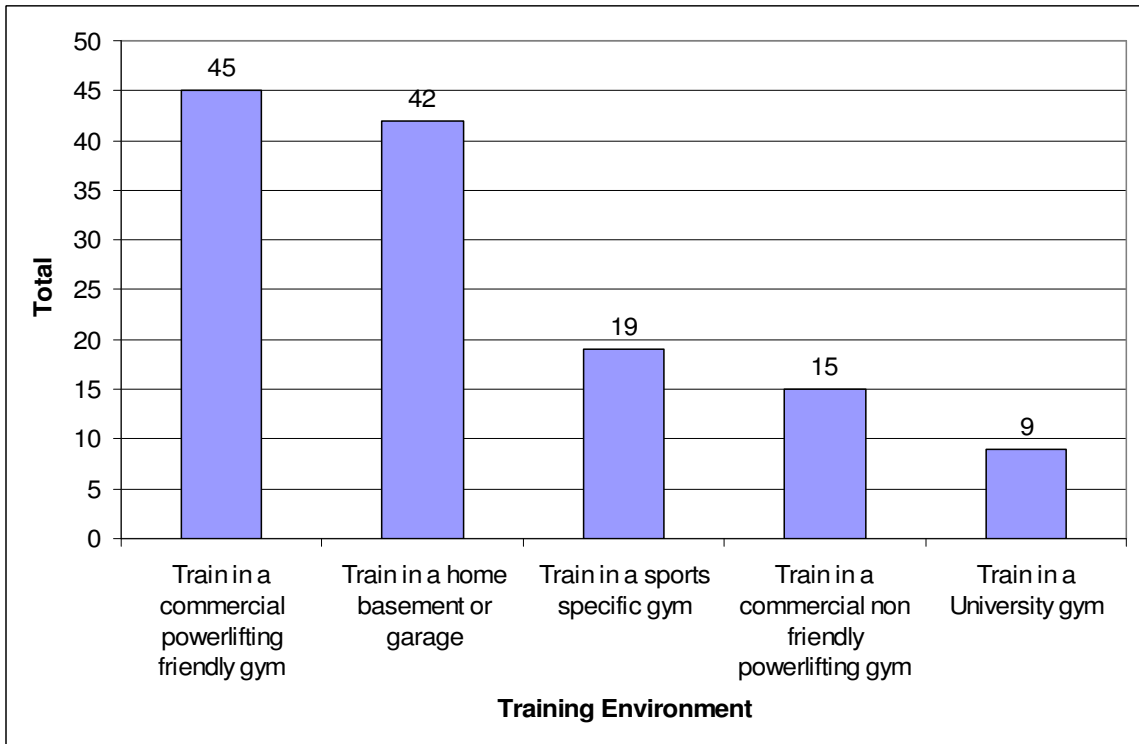


Figure 17 *Training Journal*

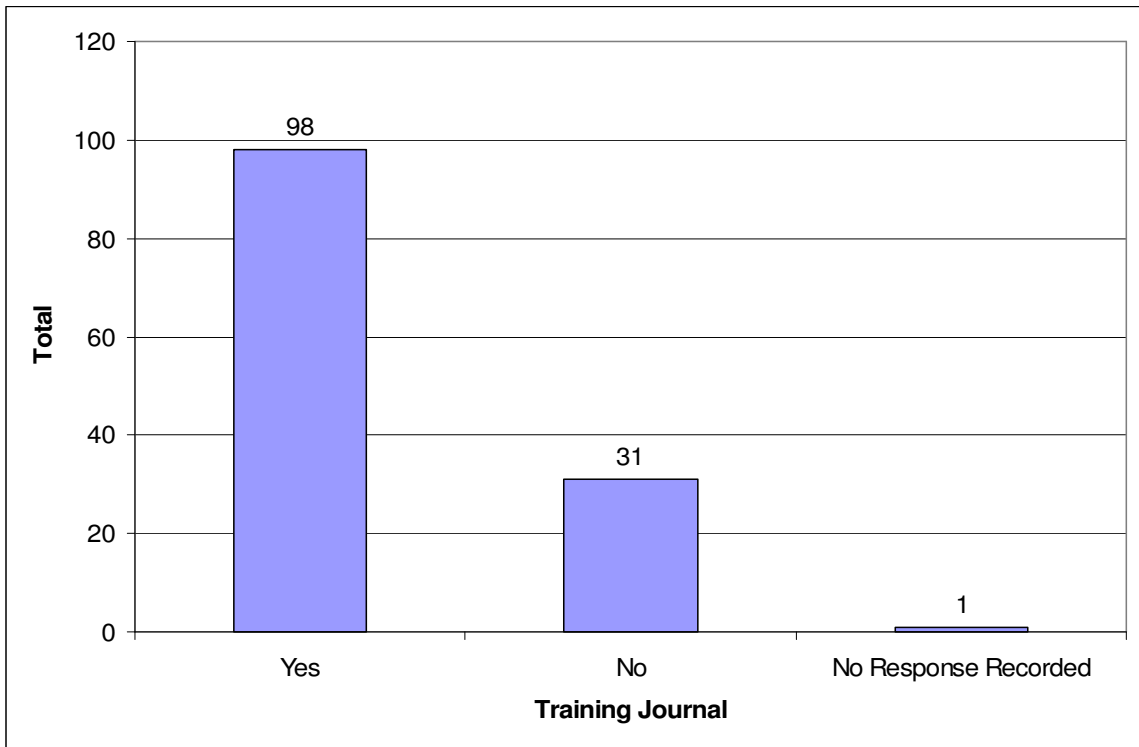
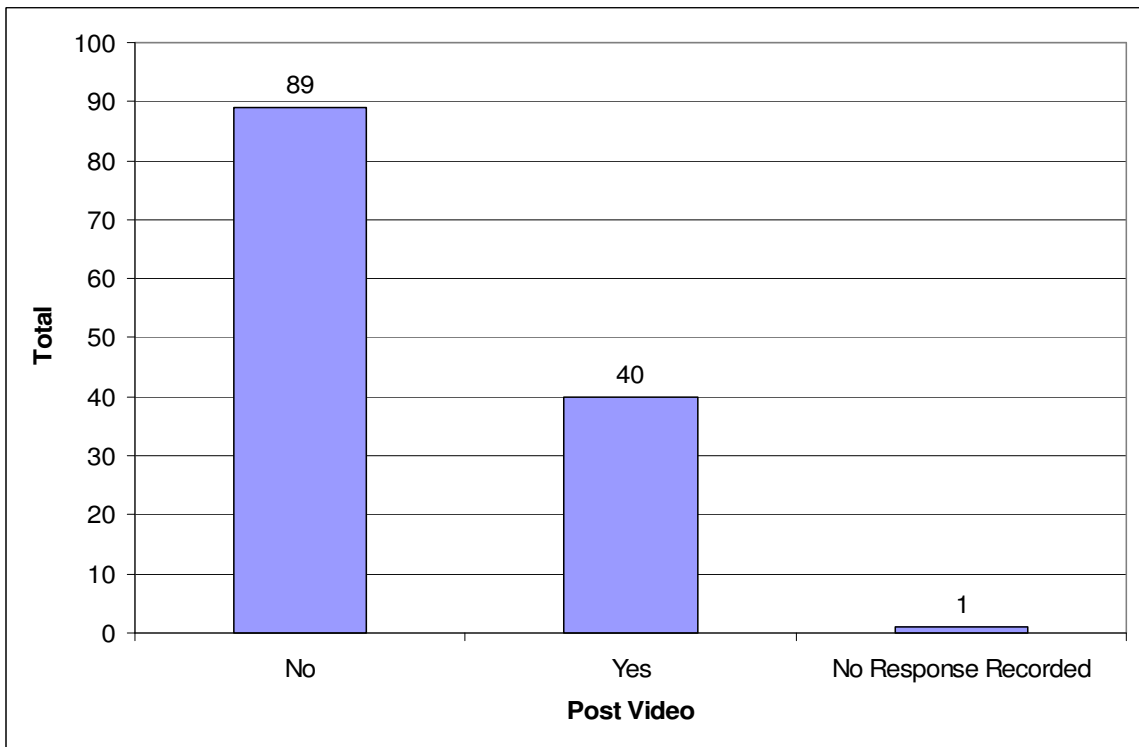


Figure 18 *Post Videos to Web*



Level of Competition

Figure 19 National/World Competition (finished top 3 in open)

