

POWERLIFTING COMPETITION PLAN

LIFTER _____ Weigh in Time _____ Pickup _____

COACH _____ Warmup Time _____

Assistant _____ Start Time _____

SQUAT

BENCH PRESS

DEADLIFT

Prev. Comp. _____ Prev. Comp. _____ Prev. Comp. _____

Training _____ Training _____ Training _____

Targets _____ Targets _____ Targets _____

Warmup

Time

_____ X _____

_____ X _____

_____ X _____

_____ X _____

_____ X _____

Warmup

Time

_____ X _____

_____ X _____

_____ X _____

_____ X _____

_____ X _____

Warmup

Time

_____ X _____

_____ X _____

_____ X _____

_____ X _____

_____ X _____

Attempts

1. _____

2. _____

3. _____

Attempts

1. _____

2. _____

3. _____

Attempts

1. _____

2. _____

3. _____

Keys _____

Keys _____

Keys _____
