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All About Powerlifting The Book

"I would jet off all over the place for my powerlifting events and to Germany ... who also wrote a book called A Living Miracle. "I've had to adapt my training within my capabilities since the ...

Tough Grandma Cheats Death 3 Times, Becomes Powerlifter

It's Monday morning. GNN has your inspiration fuel for the week. Nora Langdon is a world champion powerlifter at 78-years-young, holding 19 world records, with personal records of 413 pounds in ...

78-Year-old Iron Woman Is Powerlifting Champion Who Does 400 Squats and Holds 19 World Records

A JOHNSTONE man's sporting achievements are going from strength to strength as he makes a big impression in the world of powerlifting. Shaun Murney, 40, only started competing in the sport last year ...

Shaun Murney makes big impression after taking up powerlifting

Champions are now being crowned in Alabama. The World Games is officially underway in Birmingham. Started in 1981, athletes from 37 countries traveled to the Magic City to compete in various ...

In photos: World Games 2022 women's lightweight powerlifting competition

I was thrilled by the fight of every lift, the intensity of it all. I knew then that I wanted to be a lifter." And Surina hasn't looked back since. Now a registered powerlifter with the South ...

Joburg female powerlifting champion desperate to compete on the international stage

I pictured all these tattooed meatheads who would just scoff at a chick in a wheelchair. But I decided to give powerlifting a go, and when I saw I was able to do something independently from my ...

'I overcame cancer to be a drag racer'

AS a British Junior champion and five-time British record holder, powerlifter Edward Butcher ... he also demolished all five British records for his age and weight. Competing in the Under-16s ...

Wolsingham powerlifter Edward Butcher ready for World Junior Championships

Police can book the culprits and they can ... "I was heavily criticised by all segments of society, but my family members stood shoulder to shoulder with me." In a milieu where powerlifting is ...

Kashmiri Powerlifter Arifa Bilal Starts Women's Gym

LONDON Paralympian and bemedaled powerlifter Achelle "Jinky" Guion will be the country's flag bearer during the opening ceremony of the 11th Asean Para Games on July 30 in Surakarta, ...

Powerlifter Guion named flag bearer in Asean Para Games

Aditi Nandy had been yearning for a gold after a silver-medal finish in her maiden appearance at the nationals back in March Bengal powerlifter Aditi Nandy with ... my first full power championship as ...

Pain overcome, lifter bags gold in national championship

Warren, of Mattoon, and more than three dozen other weightlifters tested their strength in front of such spectators when Relentless Fitness debuted its Battle for the Bagel powerlifting meet ...

Battle for the Bagel powerlifting debuts at Mattoon Bagelfest

PORTSMOUTH — A regular part of Dele Atoro's lifestyle is working out, training and staying in the best shape possible, but he never thought it would lead to national powerlifting competitions.

'Shocked': Portsmouth's Dele Atoro a national-level powerlifter. He didn't see it coming.

But three hours of hunger pains was nothing, compared to all the work he had put in every day for several months to master powerlifting ... Now that his name is in the New York State record books, ...

A beginner turns champion: Scarsdale weightlifter sets five NYS records in first competition

During his time at the fire department, he eventually became assistant to the fire chief and won a gold medal in powerlifting ... market for Jewish books: nearly all Jewish books published in ...

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