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Belle of the Bar Powerlifting Manual

Becca Abrahams

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Belle of the Bar Powerlifting Manual Becca Abrahams
This powerlifting manual provides you with a 14-week program that will give you all the tools that you need to prepare for your next (or first!) powerlifting meet. In addition, it is packed with information on preparing for a powerlifting meet, coaching cues, weight classes, equipment, recovery, and nutrition. It is my vision to provide women with an affordable source of information and a quality program which has been tested and proven to bring results for a number of female athletes. This program is a great meet preparation program, but may also be used during the offseason to build general strength. Enjoy!

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