

Powerlifting

The work was done by Danelian
Gevorg



Good afternoon ladies and gentlemen.

My name is Danelyan Gevorg. I'm a student of the 311p-FKz group. My aim for today's presentation is to give you information about my sport – is Powerlifting.

1. First I would like to talk about how I got into this sport.
2. Then I would like to take a look at the modern conditions of my training.
3. In conclusion we will see my achievements.



In powerlifting, I got when I was 15 years old. Learning about the fact that the school has a gym, we decided to go with the guys for themselves. In the long term, we liked to lift weights, in particular, for whom the bar is heavier the steeper and steeper, it turned out that we started to do powerlifting.

After all, powerlifting is the kind of sport in which people raise unthinkable weights on the bar.



Now I'm training in the sports school of the Olympic reserve number 2 in the city of Syktyvkar. Our Powerlifting Hall is the best in Russia, it is equipped with everything necessary for classes. Training is 4 times a week.

We pass to our last point. At present I am a Candidate for the Master of Sports of Russia. I have set the current records of the Republic of Komi in separate powerlifting movements such as: Squat with a bar, Bench press, Deadlift. I am also a bronze medalist of the Championship of Russia among sports schools in 2016

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In conclusion, I would like to say that powerlifting is the best sport. Powerlifting is the sport of the strong



Thank you for attention