



Ernie Frantz's Ten Commandments of Powerlifting Second Edition

By Ernie Frantz

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Ernie Frantz's Ten Commandments of Powerlifting Second Edition By Ernie Frantz

This book covers it all for beginning and advanced powerlifters, bodybuilders, casual weightlifters, and those interested in the correct form of the big three lifts. It contains most of what Frantz learned in over 50 years of powerlifting. The book stresses the basics because so many lifters forget them in clutch situations. People are not machines. The only way in which a human can master a set of instructions is to do them and do them and do them. This book covers everything from the proper method of performing the big three (squat, bench press, and deadlift), the Frantz routine, supplements, diet, rest and relaxation, spotting, selecting training partners, injuries and rehabilitation, women in powerlifting, and common physical and psychological complaints. It also covers powerlifting myths, common official competition rules, and includes interviews with some of the sport's greats. If you have spent decades in the sport or are just considering a start for improving yourself in your sport or general health, this book is for you.

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Editorial Review

About the Author

Bodybuilder, then World Champion Powerlifter, **Ernie Frantz** is the founder of the Frantz Powerlifting Team and the World Powerlifting Congress. Inventor, adventurer, gym owner, and a genuine kindhearted leader, Ernie Frantz has trained some of the top powerlifters in the world. He embodies the sportsman that most athletes aspire to be and continues to contribute to the sport out of sheer passion.

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