



Saturday March 12, 2016
APF Beginners Powerlifting Seminar
A 2016 APF Raw Nationals Qualifier



Place: 2XL Powerlifting - 8 Yorktown Convenience Center Lombard, IL 60148

Time: 10 a.m. start time - will run until approximately 3 p.m.

Who: Any aspiring or current powerlifter with 2 or less sanctioned meets completed

Description: 2XL Powerlifting staff and Team Stone powerlifters will cover everything an aspiring or beginning powerlifter needs to know to compete in a sanctioned powerlifting competition. 2XL and Team Stone includes world-champion powerlifters as well as APF sanctioned powerlifting referees to cover both the technique and strategy of a competing in a powerlifting meet as well as the logistics and rules of a sanctioned contest.

2XL Staff will start by explaining day-of logistics of a powerlifting meet, including weigh-ins, scheduling of flights, warm-ups, attempt selection and the flow of a typical meet. The rules, commands, and technique of the squat, bench and deadlift will be explained in a straight forward fashion. From there, each participant work through (3) attempts on each lift in a more informal fashion and pace than in a meet. Each lifter will have a chance to have their technique evaluated by certified judges and coaches. The lifting will take place on 2XL's competition quality equipment used in many area APF meets (monolift squat racks, competition benches, competition bars). Thus, lifters will have a chance to practice on some of the equipment they may not usually have access.

This event will be sanctioned by the American Powerlifting Federation (APF), and thus can serve as a qualifier for APF Raw Nationals May 6-8, 2016 in Lombard, IL. ***All lifters must have a one-piece lifting suit for all lifts.***

Cost: \$60 + \$30 for APF Membership if not already a member.

Registration: Online Registration is available at 2XLPowerlifting.com.