

## POWER LIFTING

### Events Offered:

- 🌀 Modified Push-ups
- 🌀 Sit-ups
- 🌀 Bench-press
- 🌀 Dead-lift
- 🌀 Squat
- 🌀 Combination II:
  - ⚡ Bench-press, Dead-lift
- 🌀 Combination III:
  - ⚡ Bench-press, Dead-lift, Squat



### When:

- 🌀 [Summer Games](#)

### Resources:

- 🌀 Official [Powerlifting webpage, including sports rules and coaches guide](#)
- 🌀 Powerlifting [Registration](#)

*\*Events designed for lower ability athletes.*