

## Glossary of Terms

Term	Definition
Adaptation	Body/muscle adjust to increased workload or training stress
Ascent	Raising of the bar in any lift
Commands	Referees instructions prior to, during and after lifts, as per the International Powerlifting Federation Rules
Descent	Lowering the bar in any lift
Erect Position	Standing upright, legs locked
Hitching	Excessive supporting of the bar on the legs during the dead lift, usually as a ratcheting motion up the leg
Leverage	The mechanical advantage or disadvantage applied during the lift by the position of the body part (upper leg, upper arm, lower back) based upon hand placements, foot placement, or joint positioning
Muscle Endurance	Ability of muscle to produce work for a relatively long period of time
Negatives	Exercises that focus most of the energy of the lift toward the extension of the muscle and not the contraction. An example is allowing the lifter to lift the bar in the bench press from extended position to the chest and then have spotter assist to extension. Negatives can result in soreness and injury and should be avoided
Overcompensation	Tendency of body to elevate performance capability as a response to workload or increased training stress
Overload	Workload exceeds that previously experienced



<b>Parallel</b>	The point in the squat where the lifter's hip joint is even with the knee joint. To perform an acceptable lift, the lifter must go lower than parallel
<b>Peaking</b>	Training at 90 percent or higher, usually only in the last three to four weeks prior to competition
<b>Periodization</b>	Change in volume and intensity of workload over time
<b>Power</b>	Strength with speed
<b>Primary Lifts</b>	Squat, bench press, and deadlift or exercises that are basically irreplaceable for their contribution to overall strength development
<b>Primary Muscles</b>	Largest muscles capable of producing the most work in the squat, bench press, and deadlift (thigh, chest, and back muscles)
<b>Recuperation</b>	Muscles return to normal state or homeostasis
<b>Repetitions</b>	Number of consecutive movements in an exercise between rest periods
<b>Secondary Lifts</b>	All supplementary lifts other than the squat, bench press, and deadlift or that directly contribute to overall strength development (bent row, stiff leg deadlifts)
<b>Secondary Muscles</b>	Smaller muscles (sometimes called synergists) that contribute to the work produced by the primary muscles directly or help with balance or control
<b>Sets</b>	Number of times a group of repetitions is performed
<b>Spotting</b>	The process of closely following the movement of the athlete during the lift with hands ready to assist if necessary. Except for during the learning period or for assisting when the athlete appears unable to make the lift, the hands should not be placed upon the bar or the athlete's body
<b>Strength</b>	Ability of muscle to produce force



<b>Top Set</b>	Heaviest set
<b>IPF Formula</b>	Formulas that use historically based numbers by which different body weights can be reconciled or levelled to compare lifting competition results. A coefficient is calculated based upon the lifter's formula number and the amount of weight lifted. The resulting coefficient score is used to place the lifter. The IPF Formula has one table for male lifters and one table for female lifters

