

Steve Cotter Kettlebell

Wikipedia:WikiProject Martial arts/Article Review/3rd June 2010 Janggeom (talk) 14:05, 5 June 2010 (UTC) Steve Cotter: American martial artists; Notability Unsure There are no independent. reliable sources can be found c4300fdec1

Deadlift The all-time world record deadlift stands at 505 kg (1,113 lb), achieved by Iceland's Hafþór Júlíus Björnsson. Champaign: Human Kinetics. "Single-leg kettlebell deadlift". p. Kinetics. Kettlebell Training. It is one of the three powerlifting movements along with the squat and bench press, as well as a quintessential lift in strongman. ISBN 978-1-7182-1182-7. Cotter, Steve (2014). 390. 102 The deadlift is a strength training exercise in which a weight-loaded barbell is lifted off the ground to the level of the hips, with the torso perpendicular to the floor, before being placed back on the ground. p c4300fdec1

Two styles of deadlift are commonly used in competition settings: the conventional deadlift and the sumo deadlift. While both of these styles are permitted under the rules of powerlifting, only the conventional stance is permitted in strongman. c4300fdec1

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