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KINGS OF THE BENCH 5 CLASH OF THE TITANS IV

PRO POWERLIFTING AT THE

RONNIE COLEMAN CLASSIC EXPO SAT. APRIL 2ND, 2011

THE **HARDCORE** POWERLIFTING **BASICS** QUESTIONS AND ANSWERS

Q: WHAT TYPE OF POWERLIFTING GEAR CAN THE COMPETITORS WEAR/USE AT THIS EVENT?

A: COMPETITORS WILL BE WELCOME TO USE WRIST WRAPS AND KNEE WRAPS. THEY CAN USE ANY WRIST/KNEE WRAP THAT IS SOLD BY TITAN SUPPORT SYSTEMS, INZER ADVANCE DESIGN, APT PRO POWERLIFTING GEAR OR METAL. NO OTHER BRAND OF WRAP CAN BE USED. COMPETITORS CAN ALSO USE CHALK ON THEIR HANDS AND THEY CAN WEAR ANY STYLE OF POWERLIFTING OR BODYBUILDING BELT THAT'S MFG BY TITAN, INZER, APT, METAL OR CARDILLO. NO OTHER BRAND OF POWERLIFTING/BODYBUILDING BELT CAN BE USED. BENCHPRESS SHIRTS, SQUAT SUITS, DEADLIFT SUITS, POWER PANTS/HALF SUITS AND POWER BRIEFS ARE **NOT ALLOWED. LIFTERS ARE ALSO NOT ALLOWED TO PUT OIL OR WATER ON THEIR LEGS BUT THEY CAN USE TALC WHEN DEADLIFTING.**

IF YOU DON'T YET HAVE TITAN/APT/METAL/CARDILLO BRAND WRAPS AND/OR BELT THEN HERE ARE THE LINKS TO THOSE COMPANIES' STORE WEBSITES:

TITAN SUPPORT SYSTEMS [HTTP://WWW.TITANSUPPORT.COM/](http://www.titansupport.com/)
APT PRO POWERLIFTING GEAR [HTTP://WWW.PROWRISTSTRAPS.COM/](http://www.prowriststraps.com/)
METAL SPORT & WEAR [HTTP://WWW.GOMETAL.COM](http://www.gometal.com)
AND ELITE FTS (METAL BRAND DISTRIBUTOR) [HTTP://WWW.ELITEFTS.COM](http://www.elitefts.com)
CARDILLO USA [HTTP://WWW.CARDILLOUSA.COM/](http://www.cardillousa.com/)
INZER ADVANCE DESIGNS (IAD BRAND DISTRIBUTOR)
HOUSE OF PAIN IRONWEAR [HTTP://WWW.HOUSEOFPAIN.COM](http://www.houseofpain.com)

Q. ARE THE COMPETITORS GOING TO BE WEARING SINGLETS AT THIS EVENT?

A. NO, EACH COMPETITOR WILL BE PROVIDED WITH AN OFFICIAL PAIR OF GYM SHORTS, AN OFFICIAL T-SHIRT AND A PAIR OF OVER-THE-CALF AND BELOW-THE-KNEE WEIGHT LIFTING SOCKS. EACH COMPETITOR, REGARDLESS OF HOW MANY EVENTS THEY'RE ENTERING, WILL BE PROVIDED WITH ONE OF EACH CLOTHING ITEM. COMPETITORS WILL BE WELCOME TO WEAR WHATEVER STYLE OF SHOE, BOOT OR SLIPPER THEY PREFER DURING EACH EVENT. COMPETITORS WILL BE REQUIRED TO WEAR THE OFFICIAL SHORTS, T-SHIRT AND SOCKS THAT **HARDCORE POWERLIFTING WILL SUPPLY TO THEM.**

Q. WILL ANY OF THESE EVENTS BE DRUG TESTED?

A. NO, **HARDCORE POWERLIFTING'S PROMOTIONS DO NOT CURRENTLY INVOLVED DRUG TESTING. THIS IS FOR VARIOUS REASONS: # 1 MANY EXPERIENCED WEIGHT LIFTERS KNOW HOW TO BEAT THE DRUG TEST. SO, IN OUR OPINION, DRUG TESTING ONLY TESTS WHO KNOWS HOW TO BEAT THE TEST AND WHO DOESN'T. # 2 SOME LIFTERS ARE ON DOCTOR PRESCRIBED HORMONE REPLACEMENT THERAPY AND WE DON'T WANT TO DISCRIMINATE AGAINST THEM. # 3 THERE ARE DRUGS ON THE MARKET, LIKE GROWTH HORMONE AND INSULIN, THAT DON'T SHOW UP ON A STANDARD ANABOLICS DRUG TEST. WE FEEL THAT INSULIN IS VERY DANGEROUS (FOR NON-DIABETICS) AND WE DON'T WANT LIFTERS TO CHOOSE THIS DRUG AS AN ALTERNATIVE TO STEROIDS. # 4 WE BELIEVE IN AN INDIVIDUAL'S PERSONAL FREEDOM AND **HARDCORE** POWERLIFTING IS NOT A DIVISION OF OUR NATION'S **DEA** AND SO WE TAKE THE "DON'T ASK DON'T TELL" APPROACH TO STEROIDS.**

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