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 All About Powerlifting and Two Other Book Reviews  
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Powerlifting: The complete guide is essentially the sport's version of Greg Everett's book on Weightlifting, though perhaps not quite as detailed, but it is close. This book is a start to finish manual on the sport, explaining everything under the assumption that you were reading it to truly learn what Powerlifting is, and how to compete in it.

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All About Powerlifting and Two Other Book Reviews Today I want to do a short review of three different books. The first is Bondarchuk's "Olympian Manual for Strength and Size." The second is The White Prisoner: Galabin Boevski's Secret Story" And the third is "All About Powerlifting" by Tim Henriques.

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