



Ernie Frantz's Ten Commandments of Powerlifting Second Edition

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I wrote this book because I have something to contribute to the sport of powerlifting. I do not plan to waste your time, and I certainly do not want to waste my own. This book covers it all for beginning and advanced powerlifters, bodybuilders, casual weightlifters and those interested in the correct form of the big three lifts. It contains most of what I have learned in over 50 years of powerlifting!

Over the years, I have seen many men publish their 'secrets.' I have no secrets. What I do have is a successful way in which you can further (or start) your powerlifting career. I will not tell you to do anything that I have not done with success in the past.

I have trained many champions. All of them achieved their success through the use of my Ten Commandments. I stress the basics because so many lifters forget them in clutch situations. People are not machines. The only way in which a human can master a set of instructions is to do them and do them and do them...

This book was written for future champions. The sex or gender of the reader is not important. What is important is a spirit and drive to advance oneself. If your goal is POWER, I suggest you read on.

This book covers everything from the proper method of performing the big three: squat, bench press, and deadlift. The ten commandments and details of overcoming challenges and solid advice. Concepts of mindset and psychological and philosophical approaches to strength training. An outline of the Frantz routine, supplements, diet, rest and relaxation, spotting, selecting training partners, injuries and rehabilitation, women in powerlifting, and common physical and psychological complaints. Powerlifting myths, common official competition rules and interviews with some of the sport's greats!

If you have spent decades in the sport or are just considering a start for improving yourself in your sport or general health, this book is for you.



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