

Profile

Martin Green

What are your best lifts?

At 90kg squat 285kg bench 207.5kg deadlift 300kg.

What titles do you hold or have held?

Mainly BWLA titles 6 times British Bench Press Champion about 5 junior and U23 British Powerlifting titles. BDFPA 2003, 2003 bench press champion, WDFPF Euro and World Bench Champion 2002 and World 2003 WDFPF British and European record holder on the bench with 207.5kg.

What training style do you train?

Mon, Tues, Thurs, Fri. Mon - Heavy chest and biceps, Tues - back and shoulders, Thurs - Med chest and triceps, Fri - Legs.

How long have you been powerlifting?

15 years.

How important are training partners to you?

I don't have one as training in a non powerlifters gym, but always ask someone for a spot on bench and squats

What made you become a powerlifter?

My dads a referee.

What is your favorite assistance exercise?

Decline bench.

What is the biggest mistake that beginners make?

Training too heavy, you need to allow your body to rest.

What is your advice for beginners?

It's best to set lots of short term small poundage targets than set a long term target large poundage targets.

What are some of your most memorable powerlifting experiences?

Winning my 1st Junior British Title.

What is the craziest thing you ever seen in powerlifting?

People turning up to comps not knowing the rules.

What are your future goals?

To break the WDFPF bench single lift record of 215kg.

What do you think is the most important factor when it comes to upping your lifts?
Always think positive.

Do you think powerlifting should become an Olympic sport?
Yes - maybe not allow the bench shirts.

How do you see the future of powerlifting?
It needs more publicity maybe organisations should get together and not hold comps on the same day and have a press officer.

What makes the difference between an average lifter and a champion?
Dedication.

What does your diet consist of?
Not that strict really, i cut back on fatty food about 6 weeks before the comp.

Do you think bodybuilding exercises should be in a powerlifters routine?
Yes, you need an all round base for powerlifting so every muscle group needs to be trained

What are your favorite supplements?
Creatine

What has powerlifting taught you?
To think positive

What does powerlifting mean to you?
It means a lot but it doesn't get in the way of work as powerlifting doesn't pay.

Thanks Martin!!!!