

# **Profile**

## **Chris Lynch**

### **Can you tell us a little about yourself?**

I am 27 years old and live in Tamworth with my other half Anna. I am the son of former British Champion Ian Lynch. I have been watching powerlifting since before I could talk. I work for the family business working in education training teachers and installing IT systems. I love sport especially powerlifting. My other interest is music I play and sing in a rock band called Lost in Vegas.

### **Explain a little about drug-free powerlifting.**

It tests the strength of your whole body. Made of three lifts Squat, Bench Press and Dead Lift, lifters compete to see who can lift the most weight. Rules are strict so the lifts have to be undertaken in a controlled manner. Lifters compete in body weight classes like boxing. Drug tests are taken regularly to ensure the rules are upheld and everyone is competing on a level playing field.

### **What are your best lifts?**

All un-equipped: Squat 195 kg - Bench Press 132.5 kg - Deadlift 212.5kg

### **What titles do you hold or have held?**

British Teen 3, British Junior, European Junior

### **What records do you hold or have held?**

At one point all the junior British Records at 75kgs but I think some of those have gone now.

### **What is your training regime?**

When I am not away 5 times a week. Mon - Bench, Tue - Squat, Wed - Cardio, Thurs - Bench, Fri Deadlift. I vary things quite a bit, I bench twice a week but do two separate routines

### **How long have you been powerlifting?**

Since 1995: I was a kickboxer before powerlifting. The gym our kickboxing was at had loads of body builders and I wanted to put some muscle on to help the kickboxing so I started training. I enjoyed the weights more than getting kicked and punched every week so gave up the kickboxing for powerlifting.

### **How important are training partners to you?**

Very: the first training partner I had was a little bigger and stronger than me which was great as I always wanted to catch him up. More recently I have been training with my brother Ben and my Dad. It's very important to have a good spotter as it no joke if you drop a bar on your neck.

**What made you become a powerlifter?**

As before I was lifting weights to improve my kickboxing, my Dad said I should enter a competition as I got stronger, so I did and have never looked back.

**What is your favorite assistance exercise?**

Smith Machine Squats, in the racks you can set the spotter pegs to a certain depth I practice going down and touching them so I can judge my depth

**What is the biggest mistake that beginners make?**

Not training the lifts in a strict controlled manner. eg not touching the chest with the bench press bar, not going to the correct depth on squats

**What is your advice for beginners?**

Have a go, don't be too shy to enter a competition you will gain great experience from it.

**What are some of your most memorable powerlifting experiences?**

My dad lifting against Mike Shaw in the British.

**What is the craziest thing you ever seen in powerlifting?**

Audley Baker was coaching another lifter (I think it was Steve Flower), he was slapping him around the face before every lift. Before his last squat Steve was not paying attention but Audley did not realise and bang slapped him round the face. He almost knocked Steve into next week. He made the squat though.

**What are your future goals?**

To win a British Senior title. I had 3 years out of powerlifting after a very serious shoulder injury playing rugby so I am still getting back into things.

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

Having time to train properly for several weeks. With work my training can end up all over the place. I find if I can get a good 6-8 week routine under my belt with set targets my lifts improve.

**Do you think powerlifting should become an Olympic sport?**

If one day they can sort out all the cheating in the Olympics then yes I think it would be great for the spectators and for powerlifting.

**How do you see the future of powerlifting?**

I can see the numbers in the BDFPA increasing as more and more clean lifters find out about us. So I see competitions being full of entrants and the UK team becoming better and better.

**What does your diet consist of?**

Ideally Fruit for Breakfast, Pasta at lunch and Chicken/Beef/Turkey and rice for dinner. But when I am away with work or the band its supermarket sandwiches and pub food which is not great

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

Time to train, its hard if you have other commitments to be able to put in the time needed to be a champion

**What training style do you think works best?**

I have a weird style of a mixture of 4 sets of 5 increasing the weight by 2.5kgs when I succeed in doing that target and the pyramid style

**Do you think bodybuilding exercises should be in a powerlifters' routine?**

Yes, because they can help you gain or lose weight as well as build of secondary muscle groups

**What are your favorite supplements?**

I don't use them. I tried Creatine for a while but it just made me gain weight. I prefer to try and have a good diet.

**What has powerlifting taught you?**

You can be strong without being big

**What does powerlifting mean to you?**

It means great people who love their sport.