

## **Profile - Jean-Louis Malotteau**

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

I am 45 years old; I live in Belgium, married, two sons.

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

For me, it's just question of honesty, make sport naturally without doping.

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

Squat my weakness: 230kg when I was junior class 100kg

Deadlift: 275kg in the same class.

Bench-Press: 222,5kg last year.

I was obliged to stop powerlifting after a crash car 22 years ago, but I continued bench-press.

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

I am Belgium Champion for twenty five years. I was some times European and World Champion in the past.

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

Some European and World records in the past. I have still Belgium records.

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

Usually, I train alone at home and in club just before competition.

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

I train and compete now for twenty six years

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

It's important to have partners for motivation.

### **What made you become a powerlifter?**

My first time in club, it was just for curiosity, and after...

### **What is your favourite assistance exercise?**

Bench-Press, of course

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

To want to go too quickly and don't take sufficient time for learning a good technique.

### **What is your advice for beginners?**

Take sufficiently time to reinforce his muscles and learn the good technique to avoid injury.

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

Many unforgettable events during all of these years.

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

A guy who forgot to put his feet on the ground when he pushed 260kg unequipped in bench press (1996 Chicago then disqualified for doping...)

**What are your future goals?**

Continue my training to keep my level.

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

Safety.

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

Yes, but unequipped.

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

I hope, with more people, drug free and unequipped.

**What does your diet consist of?**

Nothing special, I eat normally.

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

Of course, level of performance and duration.

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

Not too aggressive but regular, don't try maximum too often.

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

Yes, we need to reinforce all of our muscles, but with the specifics series for powerlifter.

**What are your favourite supplements?**

Sometime, I take some vitamins, proteins and creatine.

**What has powerlifting taught you?**

Perseverance, humility, self-control...

**What does powerlifting mean to you?**

Many good times, meeting lots of interesting people, new friends...