

Profile

Stephen Fisher

Can you tell us a little about yourself?

I am 35 years old. I have been powerlifting for 9 years, and I have been going to the gym since I was 16 years old. Even then I very rarely missed a days training. Played football, weight trained, boxed, tried and competed in Olympic lifting.

Explain a little about drug-free powerlifting.

Drug free powerlifting is a platform where athletes compete against each other in powerlifting exercises known as squat, bench and deadlift. There are also various... weight classes,...age classes and equipped and unequipped classes to suit any aspiring lifter. Now the drug-free part....in our organisation you compete on a level platform, if you lose its down to the lifter being better than you in there own right and not down tothe polite word is Substances they take.

What are your best lifts?

In the unequipped 110kg class: 262.5 squat, 172.5 bench and 272.5 deadlift. In the unequipped 100kg class: 245 squat, 167.5 bench and 270 deadlift.

What titles do you hold or have held?

British Champion 110kg class 2001. World Champion 110kg class 2001, British Champion 110kg class 2005, British Champion 100kg class 2006, World single lift Champion 110 kg class, squat, bench, deadlift 2004

What records do you hold or have held?

European squat record: Unequipped 110kg class 247.5kg in 2001.

What is your training regime?

I train squat Monday. Bench on Wednesday and deadlift on Friday. I do 10 week cycles on squat and deadlift. I do 14-16 week cycles on bench. I tend to work speed work on squat and deadlift. The gains made are less but it does allow my troublesome knee to heal quicker between squat and deadlift. Bench I do progressive routines. (The weight increases by 5kg each week).

How long have you been powerlifting?

I have been powerlifting for 9 years, and will continue to...

How important are training partners to you?

Very important if you get a good training partner. When I used to train with my twin brother Peter Fisher, we had some fantastic nights in the gym, and the gains were great, and still miss that now. But you do learn to train on your own, I have done for 3 years but can't deny I miss that atmosphere you get when someone shouting for you on a lift.

What made you become a powerlifter?

My brother Peter Fisher tore his knee ligament when we used to play football. He went to see a sports doctor, who advised him to squat so as to strengthen the muscle around the knee. We both stopped playing football and took up powerlifting.

What is your favorite assistance exercise?

I have 2 favorite exercisesstiff legged deadlifts and a grip routine given to me by Paul Golding (a lifter with the BDFPA) it works very well indeed.

What is the biggest mistake that beginners make?

Too heavy to quick ...simple mistake.

What is your advice for beginners?

Chain yourself to a squat rack...then come and see me in a year.....On a serious note talk to people who are season powerlifters and take their advice and try out many routines to see which is best. Go to a lifting show...speak to the lifters....experience counts for everything.

What are some of your most memorable powerlifting experiences?

Beating Les Piling for the first time in 2005 to become British Champion. (He's been beating me for 6 years) and dropping down to 100kg bodyweight and winning the 2006 British Championships.

What is the craziest thing you ever seen in powerlifting?

Derek Cope psyching up for a lift and then his reaction afterwards.....Fantastic!!!

What are your future goals?

To hit 700kg total raw at 100kg bodyweight.

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

Training hard, no matter what routine you choose, if you don't you will not up your lifts.

Do you think powerlifting should become an Olympic sport?

Part of me says "yes" but only because drug free powerlifting should be recognized. But the other part of me says "no" because with recognition comes sponsorship....comes money....comes the cheats.....A shame.

How do you see the future of powerlifting?

In Drug free powerlifting I see growing and growing as more and more people realise the benefits of drug free lifting.

What does your diet consist of?

Lots of fish, chicken, vegetables by the bucket load and pasta. Lots and lots of water. The odd chocolate cake now and again.

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

A champion will never be satisfied, even if they win.

What training style do you think works best?

Train hard as no matter what training style you choose.....if you train hard you will see gains.

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

As assistance exercises they can be beneficial, and they make you look good in the mirror.

What are your favourite supplements?

I like viper ...it's carb and protein drink taken with water whilst training. Since I put more thought into my diet I don't feel the necessity for supplements. And since I have 3 children I don't feel I have the money either.

What has powerlifting taught you?

That any age, shape, male or female can do powerlifting.

What does powerlifting mean to you?

EVERYTHING! Of ALL the sport I have done..... none have made me feel the way powerlifting does. From finishing a good squat or deadlift, whether it's down the gym or competition....for me, nothing else comes close.