

Profile - Wim Backelant

Can you tell us a little about yourself?

Born 02-04-63 – married – 2 children – Docker in Antwerp - Secretary BDFPF – President WDFPF

Explain a little about drug-free powerlifting.

Try to achieve the best performance in strength and prove that it is possible to have very good results without drugs.

What are your best lifts?

365kg squat – 265kg bench – 300kg deadlift in heavyweight category.

What titles do you hold or have held?

Several European and World titles in Bench Press M1 – M2.

What records do you hold or have held?

255kg bench M2.

What is your training regime?

Two times a week.

How long have you been powerlifting?

Start to train in October 1981.

How important are training partners to you?

Very important: I still train with the same partner since day 1. He gave me confidence, motivation and helped me through bad times. He has a great deal in what I achieved.

What made you become a powerlifter?

Curiosity, natural strength, and loving the sport.

What is your favorite assistance exercise?

It used to be Squat, but now Bench Press.

What is the biggest mistake that beginners make?

Impatience.

What is your advice for beginners?

Build up slowly, create a good strength foundation.

What are some of your most memorable powerlifting experiences?

My first World title was special, friends and family were at the airport to welcome me.

What is the craziest thing you ever seen in powerlifting?

An athlete who fell when he took the weight out of the squat stand.

What are your future goals?

Keep competing as long as I can.

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

Patience, good food, hard work, and health.

Do you think powerlifting should become an Olympic sport?

No.

How do you see the future of powerlifting?

I believe that Drug Free Powerlifting will grow. Most athletes are convinced that the drug taking days are over.

What does your diet consist of?

Low fat and lots of protein.

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

Talent.

What training style do you think works best?

The one that works the best. Besides a standard training the athlete needs to search for the best style which affects them the most.

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

Could be as an assistant exercise.

What are your favourite supplements?

Protein.

What has powerlifting taught you?

The value of 1kg.

What does powerlifting mean to you?

Relaxation, competition, friendship all over the world.