



Armlifting USA Newsletter

2023 Volume 7

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by **Riccardo Magni**

The 2023 SUPER SERIES STAGE 2 is here.

I hope that you have a great experience. BRING A FRIEND. New lifters are always welcome.

PLEASE READ BELOW FOR SOME IMPORTANT UPDATES.

Enjoy this month's newsletter!

RICCARDO

Ways to improve lifts for Stage 2

- Understand what a lockout means
- Getting your head up at lockout
- Watch the rules videos
- Read the written rules
- Ask questions if you don't understand what is going on
- Taking the videos on a tripod instead of from the floor

Changes for Stage 2

- **All lifters are responsible for providing video shortly after the contest. Video can be sent to Riccardo Magni**
 - Via IG
 - Facebook Messenger
 - Email to riccardo@armliftingusa.com

World Championships Invitation Schedule

September 1-10: The top 6 lifters in all female weight classes and the top 10 lifters in all male weight classes in the 2023 Super Series. The top 4 lifters at the 2023 Arnold Classic PRO.

September 11-20: Anyone else that competed in the 2023 Super Series but wasn't in the first wave of invitations (if there is space in your weight class).

September 21-28: Anyone else that wants to compete but didn't compete in the Super Series (if there is space in your weight class).

5 Questions with Andrew Nguyen



What is/are your favorite lifts to train?

I really like all of them. I'm somewhat new to armlifting, but there is just so much variety and I think they all contribute towards training different but important aspects of grip and hand health. With this being said, I tend to spend much of my training time on rolling handles because they seem quite novel yet pose a healthy challenge to me. I especially like the ones where I can swap out different diameters, allowing me to get more volume and variety. I love the Raptor handle (I have all of its interchangeable handles) mainly because I don't need to chalk up (I already have dry hands) in order to use it - and I like doing high reps, so it's great that I don't have to worry about chalking up mid-way through my sets. When I'm wanting to add a little more weight to my tendons, I'll also work in the Napalm handle (I also have all of its interchangeable handles) which has a grittier texture and a little more friction on the spin. Both handles are great and have their own place in my toolkit.

Why do you compete in Armlifting?

I think competing is critical not only for my physical health, but also for the growth of the sport. I'm on the lighter side (hovering around 60 kg), but I think I can show the bigger guys that I can also have a strong grip. Most importantly, I love the energy and positivity of the grip community. Everyone is so supportive and is always open to help out. And I really like how the community connects together globally through multi-venue competitions. I think this is a great way to help reduce barriers and be environmentally friendly.

What are your current goals?

To have stronger wrists! I've always had really small and weak wrists (genetics from my parents) and it's been a challenge to excel in other grip-intensive sports, such as climbing and previously racquet sports. When I discovered armlifting, I noticed that there were so many implements that strengthen the wrists, such as wrist wrenches, saxon blocks and rolling handles. I plan on focusing a lot of my training and conditioning in this area so that my wrists become less prone to injury in the long term, regardless of my sport ventures or even old age!

Can you please describe your training plan?

I am definitely a person who does not plan things out! I tend to go a lot by feel and make sure I'm honest with myself. Basically, each week, if I'm feeling weak in a certain area (i.e. pinch strength, wrists, grippers or whichever it may be), I will focus that week training that specific area of weakness. Then I repeat the process for the following week, but selecting a new weakness to focus on. Sometimes when I feel very behind on a certain grip type, I'll double it up and do 2 weeks in a row. I would always force myself to find a weakness each week - there's never a time when I'm all strong across the board.

What lifters do you think are ones to watch for 2023?

Haha, I'm not quite familiar with all the competitors yet. I'd love to get to that point though, where I can feel connected to everyone and be able to share insights, stories and success. Of course, I'll be cheering on my Canadian colleagues, but overall I'm a fan of every competitor in this sport because they are similar to me in wanting to get stronger and have a good time in the process.

5 Questions with Kwai Leong



What is/are your favorite lifts to train?

My favorite lift to train is Saxon Bar. It was the very first grip implement that I tried, and the one that made me realize that armlifting could be something I could be good at.

I also love training DOH Axle deadlifts.

Why do you compete in Armlifting?

I've only been training/competing in armlifting for about 7 months now. I've always had a stronger than average grip from growing up on a farm and working as a Heavy Equipment Technician for years, but I never really knew anything about the sport. I have been competing in strongman for about 3 years, but I injured my knee last year and so I had to shift my training to stay active and competitive. A local armlifting comp came up so I decided to try it out, and ended up in first place. This comp showed me that not only can I be competitive in armlifting, but also that it's really quite fun. Since that comp I've completed 2 others, plus stage one of the SuperSeries, and will be doing stage 2 shortly.

What are your current goals?

My goals for this year are pretty simple. Continue to train and grow in the sport. Compete as often as possible to gain the experience and exposure to the sport and learn from the experienced guys.

I would like to qualify and Compete in the Olympia this year, my first year in the sport. I think that would be an incredible achievement for me, and solidify my decision to focus on grip.

Can you please describe your training plan?

My training plan is continuously evolving as I get more and more focused on armlifting. My coach (Denis with Valkyrie Strength) has me doing a lot of strongman training still, but mixing in grip specific implements and wrist/arm training. I'm sure as I progress in the sport my training will shift as well, but as of now it's not anything revolutionary. I train mostly at home, and have fabricated most of my grip implements myself.

What lifters do you think are ones to watch for 2023?

Being so new in the sport, I'm not familiar with too many people outside of my local area when it comes to armlifting. A few of the guys I've been fortunate enough to meet and compete against, that I found were not only incredible armlifters, but also great people are fellow Canadians Eric Roussin and Brad Provick. Ian Wheat and his partner Jessica Pietrzyk are super talented, and have helped me out a lot so far with tips and tricks, as well as access to the sport. It was their contest where I first competed. Watching Andy Munsey while competing against him at Wild Stampede a few weeks ago was quite a treat. That guy is so talented. But also, there are a few

younger guys, rock climbers, that I've met with and competed against who are brand new to the sport as well, that I think have incredible potential to be great.

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Have more questions or want to contribute to the next issue?

Email Riccardo Magni for more info: riccardo@armliftingusa.com