



Armlifting USA Newsletter

2022 Volume 4

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by **Riccardo Magni**

Do you hear that? The 2022 Armlifting World Super Series is around the corner!!

The 2021 Armlifting World Super Series was a huge success!

We want to make it an even bigger event in 2022. 19 venues worldwide so far. We need more venues. Please contact me if you are interested in hosting a venue.

Enjoy!

RICCARDO

Want one of these?



You have to compete in the 2022 World Armlifting Championships in Las Vegas.
More information to follow...

Order your gear!

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<https://drive.google.com/file/d/1-BuNdMSm1QcgJ7I3q7ZD4lyNkl4YMhPv/view?usp=sharing>

5 Questions with Steve McBride



1. What is/are your favorite lifts to train?

I am a big fan of the pinch lifts, Saxon bar, pinch block, hub (traditional grip), so I enjoy training those lifts. I think my favorite lifts overall are axle bar high pulls, and axle bar cleans. I struggle with speed off the ground so, these movements help me work on explosivity, which I hope carry over to my deadlifts in general. And, it doesn't hurt that they are brutal on your forearms!

2. Why do you compete in Armlifting?

Glory!!!!!! And, camaraderie. My friend Jay Ripley hosted a meet last year and it got me started. Chad Clark has organized a bit of a grip collective here in Virginia and I have met a bunch of local athletes that have helped me develop as a competitor. After volunteering and competing in the open event at The Arnold I found out that armlifting just has a bunch of super cool people in the sport, and it is super fun!

3. What are your current goals?

From a specific numbers standpoint, I am hoping to break 400 lbs on my DOH axle Deadlift within the next year, and to break 200 lbs on my saxon bar deadlift by the end of 2022. I have a couple of other goals that are more for personal accomplishment, e.g. being able to do pull ups from a pair of Rolling Thunders, competing in a strongman and powerlifting event, and getting the invite to one of the big Armlifting events.

4. Can you please describe your training plan?

Mondays are axle bar training days at elite Fitness in Roanoke. I usually do a nearly full body session with the axle, that means deadlifts, high pulls or cleans, rows, push press, and curls, then I finish out with some sort of squat movement (front, back, zercher, or hack squats). Then I usually try to get a day of full body accessory work, and one to train the lifts for whatever meet I have coming up. I have just hired a trainer to help with my programming, because I am really coming into this from a place of ignorance. I think I have progressed about as far as I can without getting some additional help. I look forward to seeing what that looks like.

5. What lifters do you think are ones to watch for 2022?

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I look up to so many armlifters! I think my favorite lifter is Jay Ripley (@Horse_power_pullup). But, I really enjoy watching @ZacharyMullins, and @Sams_grip_garage (Sam Taylor) videos on instagram. And, I am excited to see what my friend @power_bear_claire (Claire Steger) does. She is a powerlifter that is branching out to armlifting and I think she has a ton of potential!

See you on the Platform,
Steve McBride (@DrPinchGrip)

5 Questions with Delan Halmat



1 What is/are your favorite lifts to train?

Wait, isn't every day arm day? LOL

All lifts are important in their own special way, but I'm a huge fan of back day.

Deadlifts, rows, rack pulls, reverse hypers, etc.

As the mighty Chad Clark would always say. "Building a strong back is key to being a strong athlete in strength sports".

As far as my favorite Armlifting lifts to train on, that's tough because I love them all, but I recently have been enjoying the country crush implements, the Napalm nightmare and Logan lift by Arm Assassin, and the shrunken skull and alien skull by YouPumplt.

2 Why do you compete in Armlifting?

Other than it being fun, it's an adrenaline rush. I also love to see where I rank amongst the best and use that as motivation to improve my lifts and numbers.

It also goes hand in hand with my strongman training/competitions when there is a farmers walk, dinnie rings hold, or even a Hercules hold event happening.

3 What are your current goals?

To increase my numbers for each lift I come across for armlifting and strongman competitions that I compete in. Other than myself, one of the goals I have, or I should say currently working on is to get more people into armlifting and share what knowledge I have to help them stick with and be consistent in the sport.

4 Can you please describe your training plan?

I usually train 4-5 days a week doing mostly compound movements with some accessory lifts and a grip lift at the end of the training session.

A push day/pull day split, then in the middle of the week as an active rest day I concentrate strictly on grip training.

5. What lifters do you think are ones to watch for in 2022?

There are so many awesome lifters in this sport who are some of the coolest people I've ever met.

So I will name two lifters that stand out in my mind.

First, Steve Laser. Met this Jason Mamoa look alike grip monster at the Open Armlifting comp day at the Arnold. First time competing, and he dominated the whole comp that day. Watch out for him, because he will surprise you with all the weight he lifts.

The other is Sam Taylor who always surprises the crowd and impresses me with the weight he lifts. Each time I've competed with him, he always improves. I can definitely see him moving up in the rankings.

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

Email Riccardo Magni for more info:

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