



Armlifting USA Newsletter

2024: Volume 7

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by **Riccardo Magni**

The 2024 Armlifting World Super Series is in progress, and the results are nothing short of amazing. HOWEVER, I am missing a lot of videos.

We already have **45 venues** sanctioned, with more on the way. I get asked daily about venues all over the world. If you have even thought about hosting a venue, it is not that hard. You can do it! Send me an email and we can talk on the phone to discuss. Read and watch videos here:

<https://armliftingusa.com/world-super-series-info>

Super Series Reminders:

- Video your lifts. Send your best ones to the Armlifting USA IG/Facebook Messenger/or this email.

- Read the rules.
- Let me be clear:
 - No video, no prize money.
 - No video, no 2024 World Armlifting Championships invitation.
- Go on YouTube and watch the 6 Super Series videos.
 - <https://www.youtube.com/@ArmliftingUSA>
- Try your best and have fun!

Timeline for the next couple of months:

June 23-30 - Super Series Stage 1 continues

July 1 - World Armlifting Championships events and registration announced

July 2 - Super Series Stage 1 results released

August 1-31 Super Series Stage 2

5 Questions with Gina Cravedi



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

Overall, deadlifts are my favorite - almost any variety! For armlifting specifically, I do like the axle and although still learning it, I'm enjoying the Saxon Bar. There's a lot of personal technique that can be done to maximize an individual's performance with the Saxon and still need to fine tune what ultimately works best for me.

2. Why do you compete in Armlifting?

Having competed in strongman for 14 years, I like that armlifting provides an opportunity to lift heavy, odd objects but is less taxing on your body overall. Additionally, there are a lot of different lifts so it provides variety to training.

3. What are your current goals?

With it being my rookie season, my goal is really just to learn. Of course I'd love to be highly ranked in my 60kg weight class but learning and understanding the nuances/techniques of the lifts is my main goal this year.

4. Can you please describe your training plan?

Overall, I strength train 4 days a week which consist of the general squat, bench, deadlift and overhead presses plus some strongman still mixed in. For armlifting, I try to mix in 2 implements a week into my overall training. 3-5 sets of doubles or triples ~80% for the lifts I know a max on. There are still so many lifts that I need to get familiar with and find my high range, which I try to test every 3-4 weeks. I can very easily overwork my right forearm due to an injury in 2017, so I'm surely not doing as much focused work as many others likely are.

5. Which lifters are the ones to watch for in 2024?

I'm still getting to know a lot of lifters in this sport but I am always looking forward to seeing what amazing feat or world record Sarah Chappelow might break! Also, I've been really impressed by the numbers Vince Broderick has been putting up in training - I think it's going to be a big year for him.

5 Questions with Kyle Mitchell



1. What are your favorite lifts to train?

I love all lifts, even the ones I'm still not very good at. My favorite would probably be the axle deadlift and I have a love hate relationship with the Hub and my oddball claw grip.

2. Why do you compete in Armlifting?

Armlifting is such a great test of physical ability and so important yet often overlooked. It carries over to so many other strength sports and life in general.

3. What are your current goals?

It's me vs me everytime I train or compete. I always want to do a little better than the last time or make improvements in efficiency and technique. I'd consider myself still quite new to the sport so I've enjoyed a lot of newbie gains/PRs. I have short term and long term goals on my war board for each lift. Example: current PR on the Saxon is 201lbs, my short term goal is 210-215lbs and long term goal would be to reel in 250lbs.

4. Can you describe your current training plan?

I'm involved in multiple sports that all benefit from a solid grip. I train basically every other day.

Squat+strongman event/movement training,

Bench+Highland Games throws+2 Armlifting implements (either for reps or timed holds),

Deadlift+stones or sandbag work,

Overhead Press + olly lifts or Highland game throws + 2 Armlifting implements

Aside from actual implement lifts I'll cycle in some wrist rehab work on deload weeks.

5. Which lifters are ones to watch in 2024?

Not just a biased opinion here but I think there will be a boom in even more female athletes jumping into the sport.

Specific names: obviously my better half Gina Cravedi (no, she didn't pay me to say that). There are so many but I gotta shout out to the New England crew in general! Hoping to see you all throw up some big numbers this year! No mercy!

[READ MORE ON OUR WEBSITE](#)

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

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