



Armlifting USA Newsletter

2023 Volume 6

July 1, 2023

by **Riccardo Magni**

The 2023 SUPER SERIES STAGE 1 is complete.

I hope that you had a great time at your venue. I held 2 venues and they were each delightful in their own way.

PLEASE READ BELOW FOR SOME IMPORTANT UPDATES.

Enjoy this month's newsletter!

RICCARDO

Feedback from Stage 1

The results are NOT final. As you can see, over 30 people have not sent in their videos. Results may change as videos emerge. Lifters in red are non-members and will be deleted from the final results if they don't join.

No one is going to win prize money or be invited to the World Championships in the first round of invites without videos of their lifts.

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 Scott Pirsak



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

I like them all. However, in order of all griplements

1) Grab Ball I would do that for lockout too

2) country crush block

3) axle

309) finnish ball 🤸

2. Why do you compete in Armlifting?

It is Family oriented! My daughter and I train together and compete together.

I compete because our circle of friends enjoy grip competitions and I felt this would be a great addition. Everyone loved our first competition at Stage One Super Series

3. What are your current goals?

Stay at a competitive level with the top Master's and continue to enjoy staying active.

Set more records when possible. :)

4. Can you please describe your training plan?

If I am training for just one competition, I do 2-3 sessions per week initially at around 14-12 wks out. Once I have the technique mastered, I then do one competition style session per week and one on my accessory lifts. I usually deload 10 days out. I put a lot of time into pre-prep, visualization and focus.

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

I will say that our local circle of athletes has some very powerful competitors. There isn't one in particular. They all are 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