



Is powerlifting a viable method for engaging adults of all ages and ability levels in resistance training? A retrospective, longitudinal, population analysis with comparison to community strength norms.

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Table S1. Frequency distribution of the number of calendar years participants competed at least once in Australian powerlifting competitions.

Number of calendar years participated in	n	Percent of total	Cumulative percent of total
1	13758	63.9	63.9
2	3797	17.6	81.6
3	1718	8.0	89.6
4	912	4.2	93.8
5	513	2.4	96.2
6	308	1.4	97.6
7	186	0.9	98.5
8	123	0.6	99.1
9	64	0.3	99.4
10	35	0.2	99.5
11	24	0.1	99.6
12	13	0.1	99.7
13	13	0.1	99.8
14	7	<0.1	99.8
15	11	0.1	99.8
16	5	<0.1	99.9
17	3	<0.1	99.9
18	4	<0.1	99.9
19	7	<0.1	99.9
20	2	<0.1	99.9
21	4	<0.1	100.0
22	3	<0.1	100.0
23	2	<0.1	100.0
24	2	<0.1	100.0
26	1	<0.1	100.0
27	1	<0.1	100.0
30	1	<0.1	100.0
Total	21517	100.0	100.0

Table S2. Distribution of athletes competing in Australian powerlifting competitions for periods of 1-30 years.

Period of participation (calendar years)	n	Percent	Cumulative percent
Total Sample			
1 – 5 years	20698	96.2	96.2
6 – 10 years	716	3.3	99.5
11 – 15 years	68	0.3	99.8
16 – 20 years	21	0.1	99.9
21 – 25 years	11	0.1	100.0
26 – 30 years	3	<0.1	100.0
Females			
1 – 5 years	6598	97.0	97.0
6 – 10 years	187	2.8	99.8
11 – 15 years	10	0.1	99.9
16 – 20 years	3	<0.1	100.0
21 – 25 years	1	<0.1	100.0
26 – 30 years	1	<0.1	100.0
Males			
1 – 5 years	14100	95.8	95.8
6 – 10 years	529	3.6	99.4
11 – 15 years	58	0.4	99.8
16 – 20 years	18	0.1	99.9
21 – 25 years	10	0.1	100.0
26 – 30 years	2	<0.1	100.0