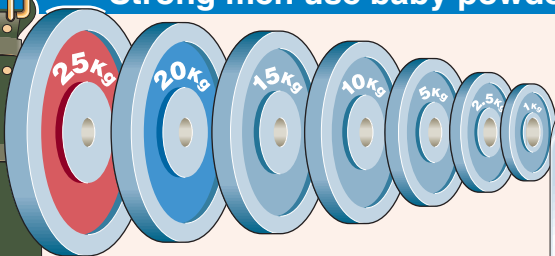


Strong men use baby powder



Weights: Cast iron discs ranging from 25kg down to 1.25kg. Loaded on to the bar with the largest on the inside and smallest on the outside so that gradual increases in weight can be made quickly following each successful lift

Back support: Belts up to 12cm wide are worn to protect and support the back and stomach

Baby powder: Weightlifters use fine talcum powder on their hands, thighs and shoulders to help the bar slide across their bodies



Bar: 2.2 metres long, 2.8cm in diameter, weighing 20kg



Boots: Designed to support ankles and Achilles' tendons. Heels must not exceed 4cm in width