



Name: Charlie Evans

NOT THE OTHER WAY ROUND!

Body Weight: At the moment around 125kg, maybe looking at the 140kg Class, next Year.

Diet: Yeah! Whatever?

Supplements: A good Protein Powder, Vitamin C & Multi-Vitamins everyday.

Competition Record:

Numerous Regional Titles

British Powerlifting Champion...2004

European Powerlifting Champion...1999

World Powerlifting Champion...2001

Competition Plans: To win the World's again.

Long Term Plans: To stay strong & injury-free, as long as possible.

Training Days: Tuesday, Thursday and Friday.

Favourite Lift: Has to be the Squat, Deadlift a very close second.

Lifters I Most Admire: Dave Carter, Carl Smith.

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