

## **Ways to overcome confounding factors in powerlifters' training workouts**

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### **Abstract**

Training activities in powerlifting involve a variety of circumstances that constrain their optimal procedure. Exploring ways to overcome the confounding factors reveals possible ways to solve the problem. The study comprises observation and interviewing 80 men and 80 women involved in powerlifting. The analysis of the questionnaires shows that the top position is occupied by the method "coach's assistance". Following it in the hierarchy arranged according to the order of significance for athletes-powerlifters are: 2nd - mental attitude, 3d - selection of partners for training, 4th - instructional techniques, 5th - changing the training methods, 6th - medication, 7th - social isolation, 8th - selective communication, 9th - home-like behavior. The study is a discussion of the top five ways to overcome the confounding factors in the conditions of training activities that are most important from the standpoint of powerlifters.

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### **Keywords**

Confounding factor, Powerlifter, Powerlifting, Training activities, Ways to overcome