THE CARTOON BOOK OF

STRONGMAN AND POWERLIFTING



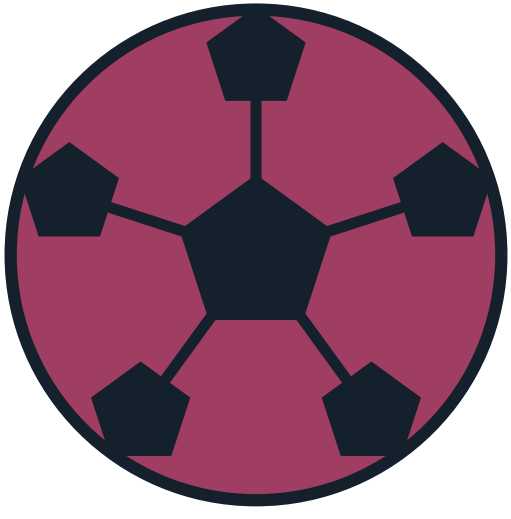
SPORT ON EARTH

Sport on Earth Books · The Athletics & endurance Family

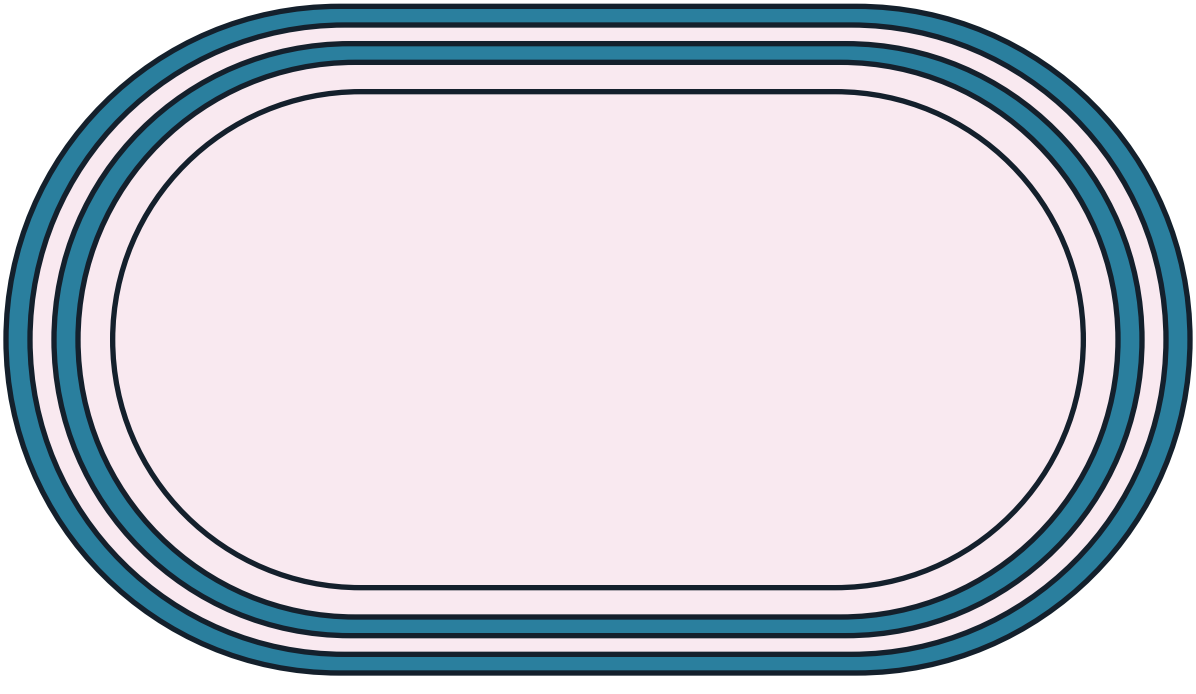
Original illustrations · No characters were copied in the making of this book

Meet Strongman and Powerlifting!

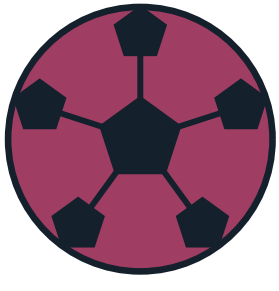
Strength sports of heavy lifts and carries.

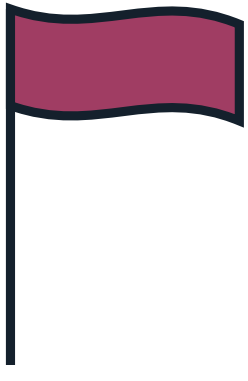


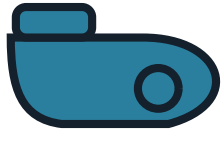
Where It Is Played



The Gear



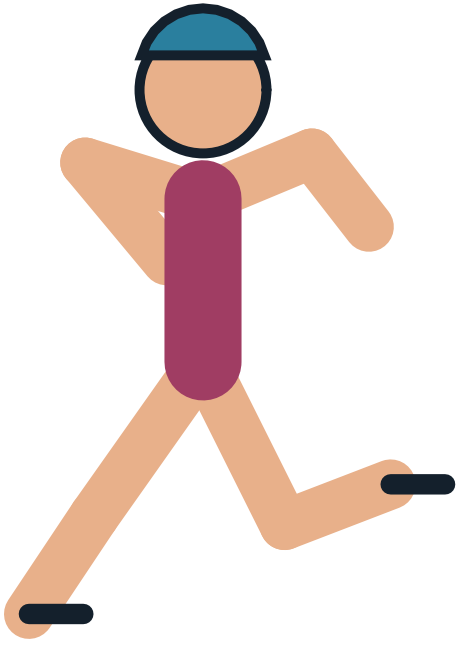




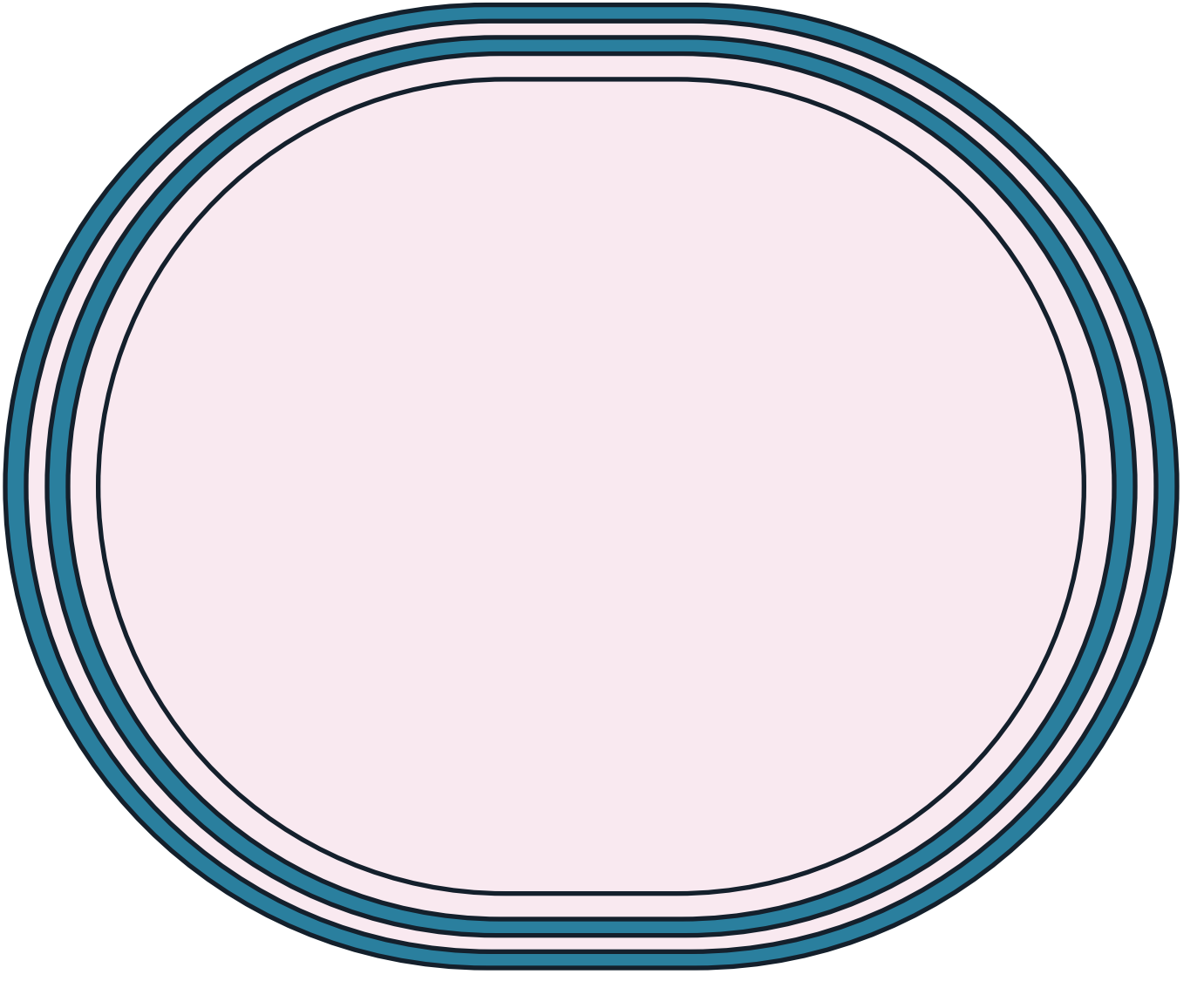
Meet the Athletics & endurance Family

- Athletics (Track & Field) — Running, jumping, and throwing events measured by time, height, or distance, plus combined even.
- Cycling — Road, track, mountain bike, and BMX racing; road stage races reward overall time across days.
- Swimming — Four strokes (freestyle, backstroke, breaststroke, butterfly) raced over distances from 50 m to.
- Marathon and Road Running — 42.195 km road races, with the World Marathon Majors.
- Triathlon — Swim, bike and run in one race.
- Ultrarunning and Trail Racing — Races longer than a marathon on trails; UTMB is the best known.

Action!



The Playing Area



Good to Know

Strongman is promoter-led (the World's Strongest Man format and national federations) with event-specific rules per competition; powerlifting is federation-fragmented (IPF and rivals) with equipped/raw divisions and drug-tested/untested splits that matter more than any single law change. The honest framework: both sports are defined by their federations' technical rulebooks (squat depth, bench press pause commands, deadlift suits in equipped lifting) rather than by a dated canon of changes. No major documented rule change is carried for strongman and powerlifting.

More of the Athletics & endurance Family

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A Note on the Rules

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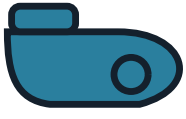
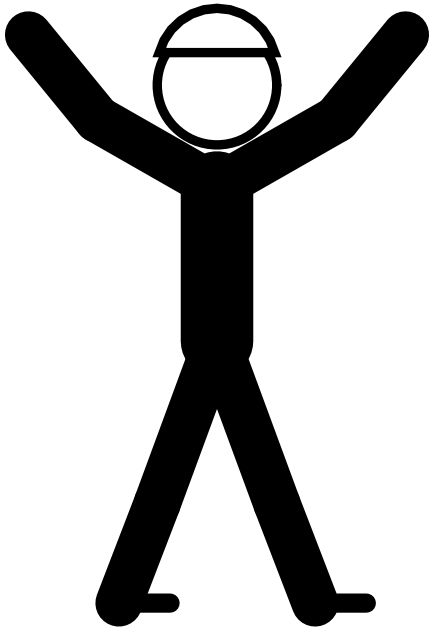
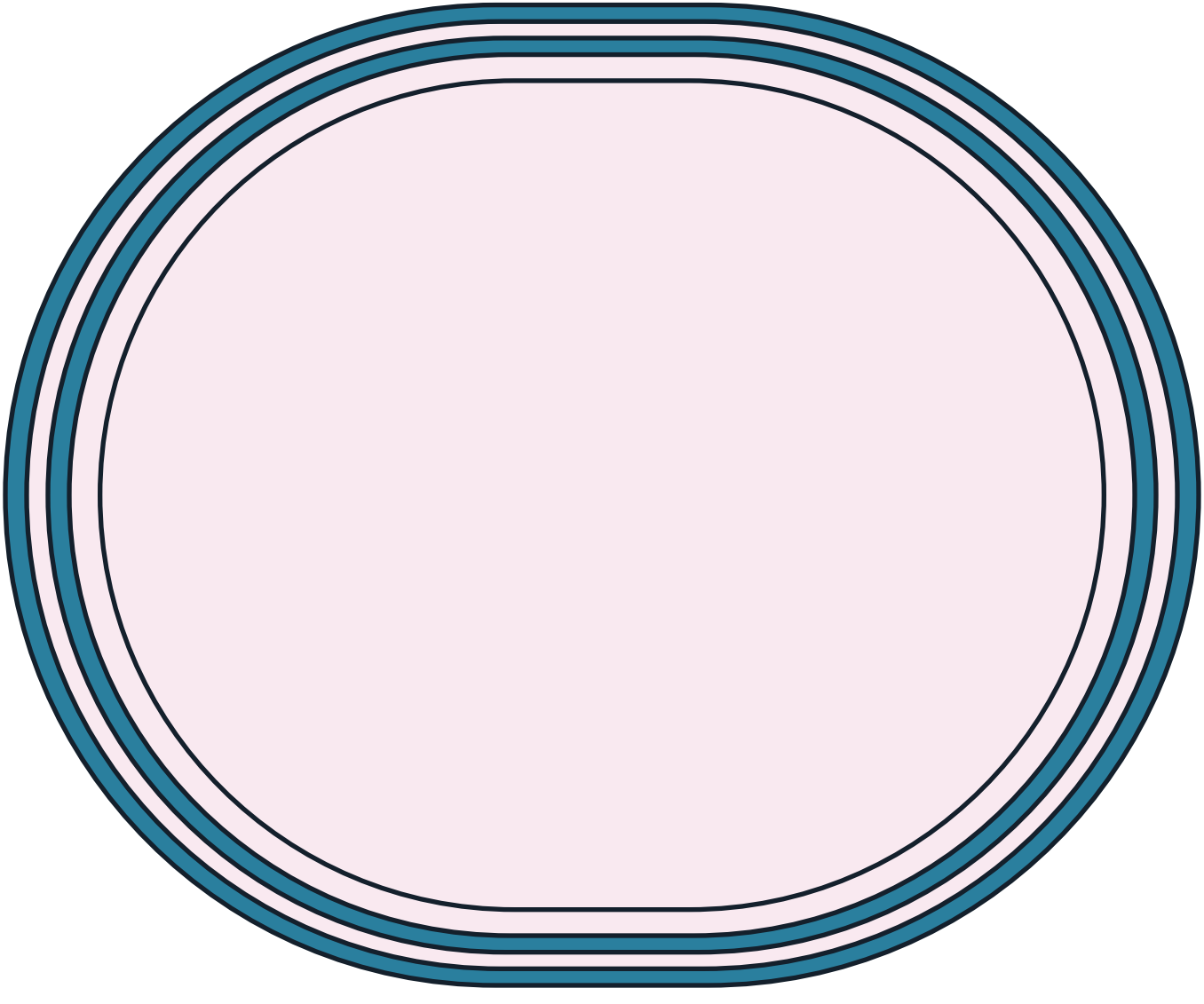


Colour the Action

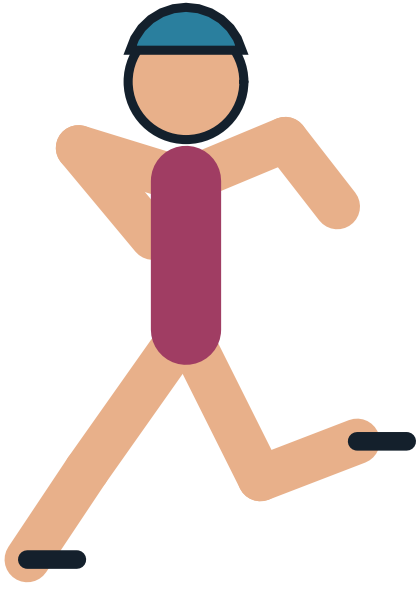


Psst — this page is a colouring page!

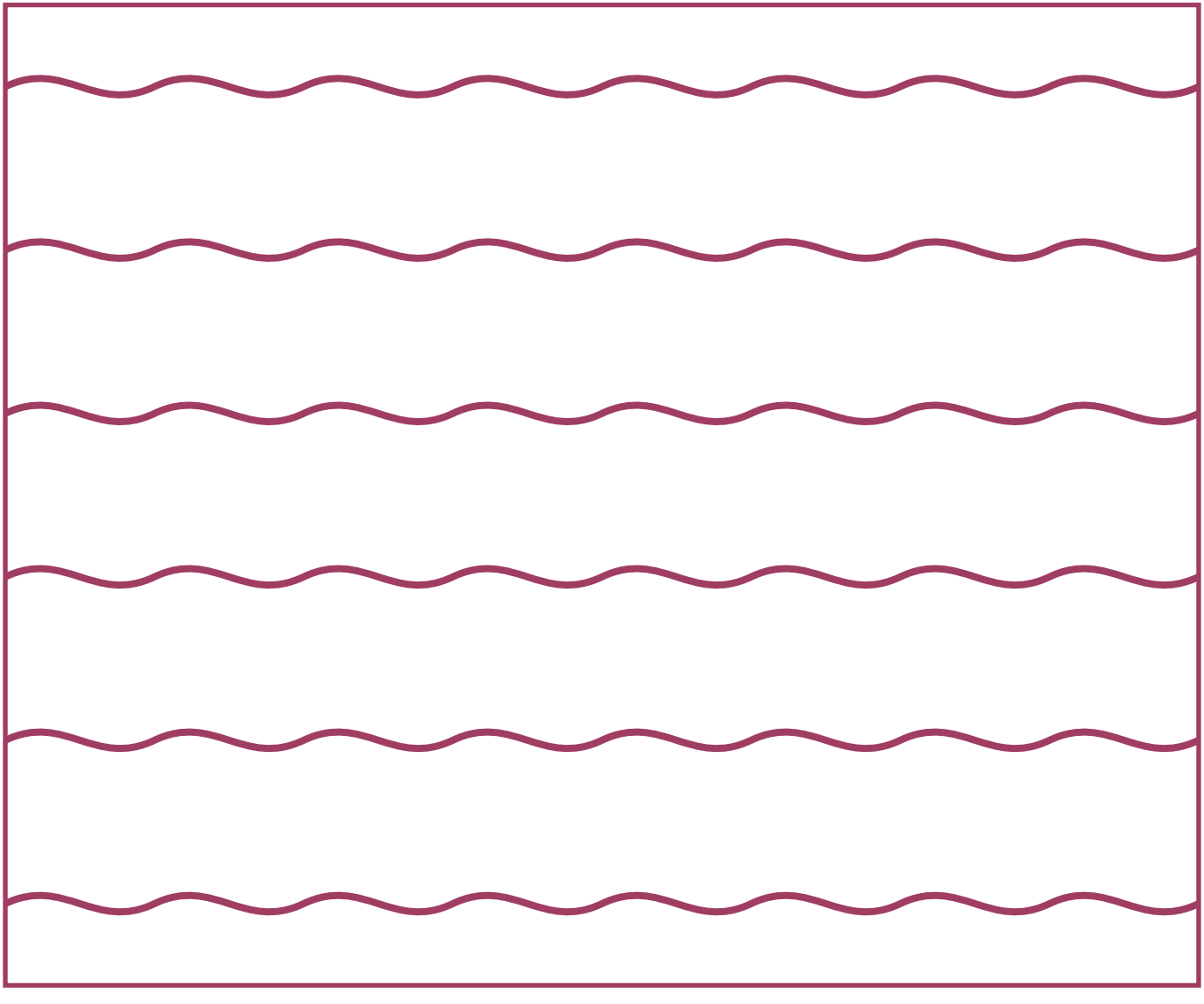
The Sport Today



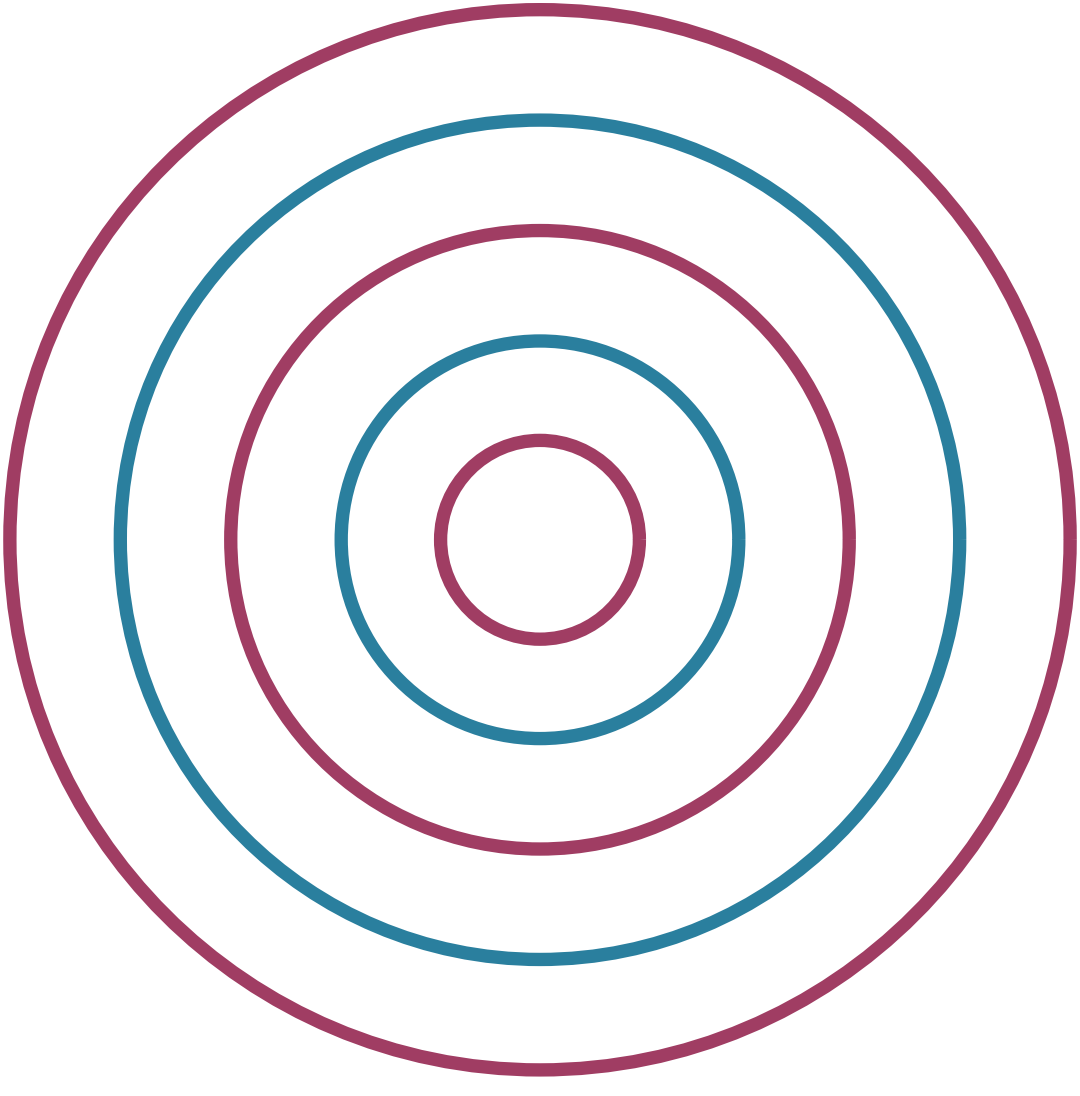
At School and College



Play It Near You



Through the Year



The Athletics & endurance Family

Every sport belongs to a family of games that share its shapes and skills. Here are some of this book's closest relatives — each with a cartoon book and a colouring book of its own.

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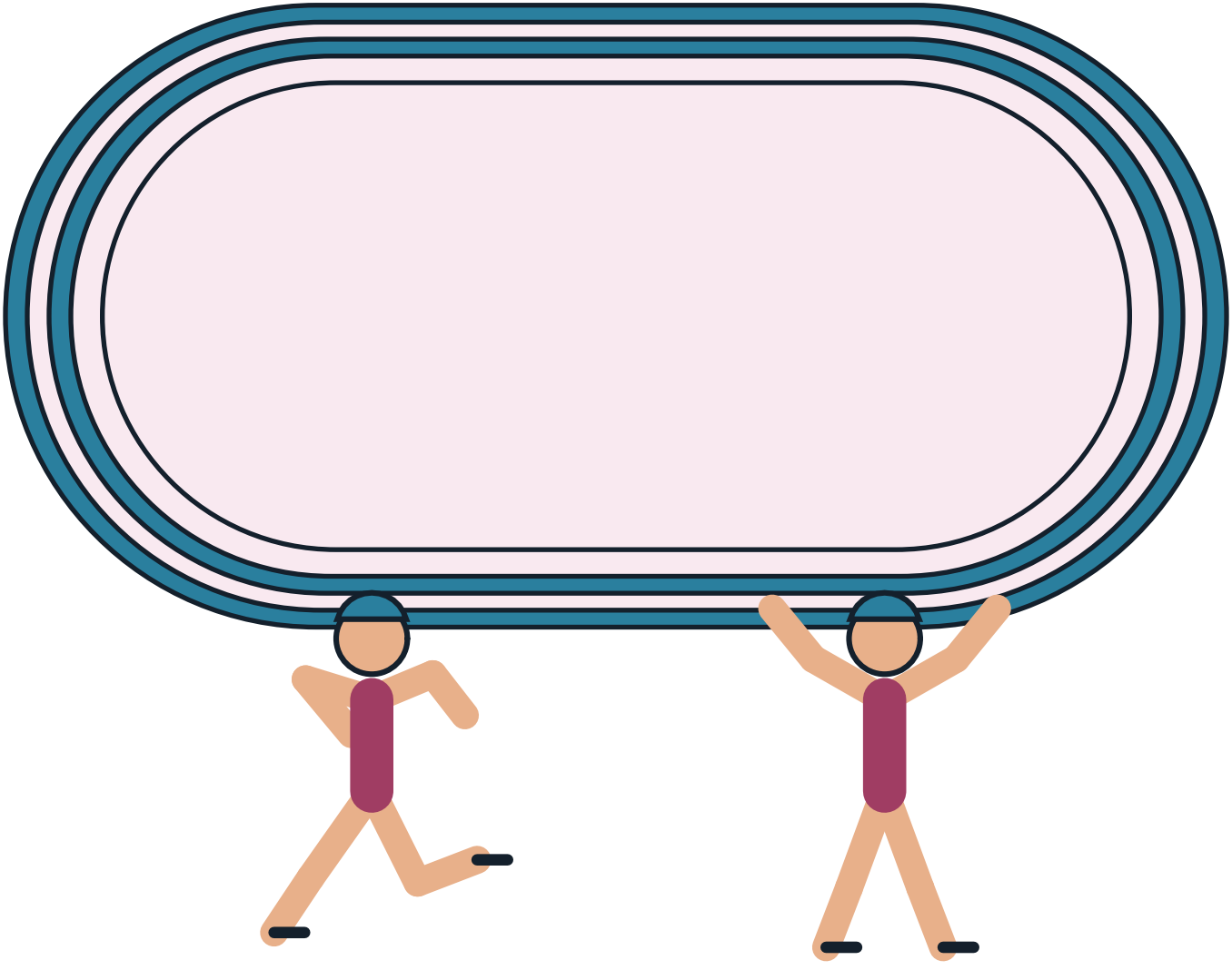
Game Day!

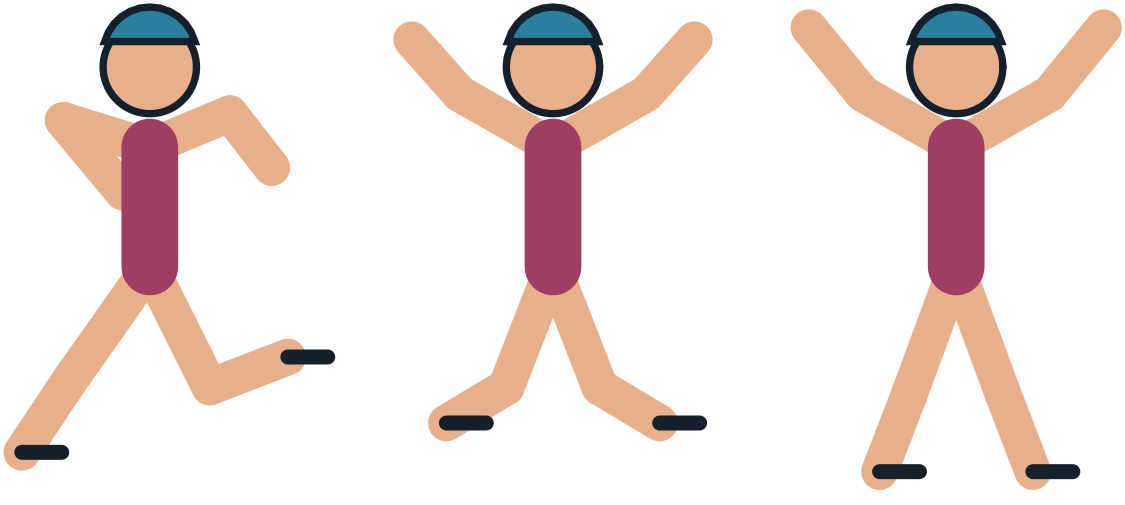


The Sport on Earth Mark

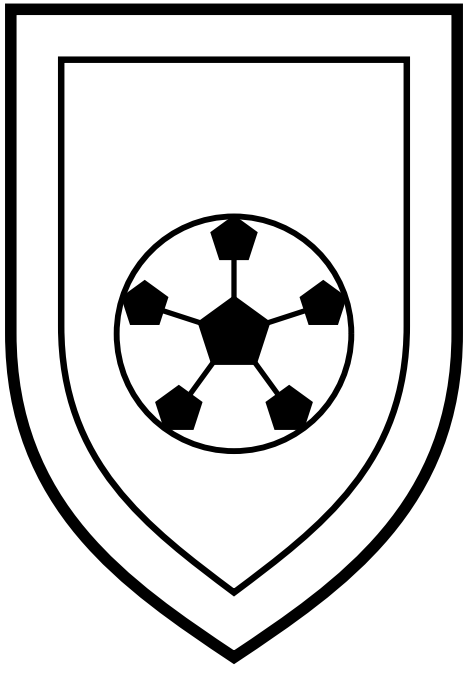
Every sport on Sport on Earth carries its own original mark, drawn for the site. Here is this sport's.



Moves of the Game

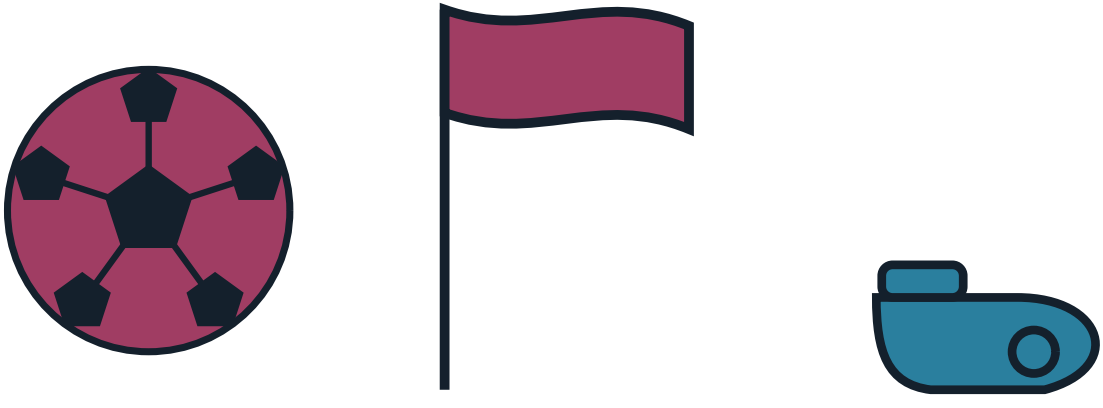


Design a Badge

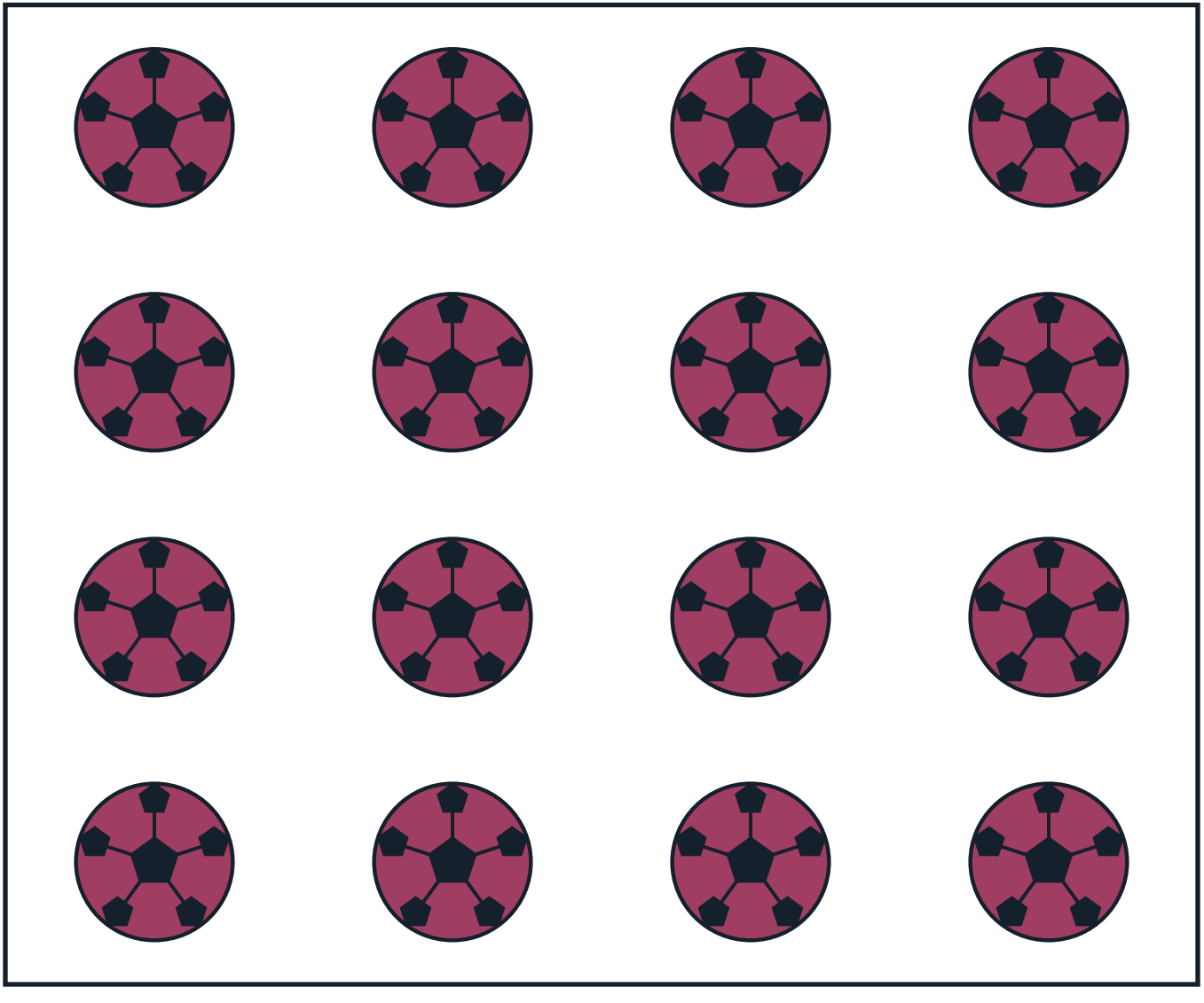


Draw and colour a badge for your own team.

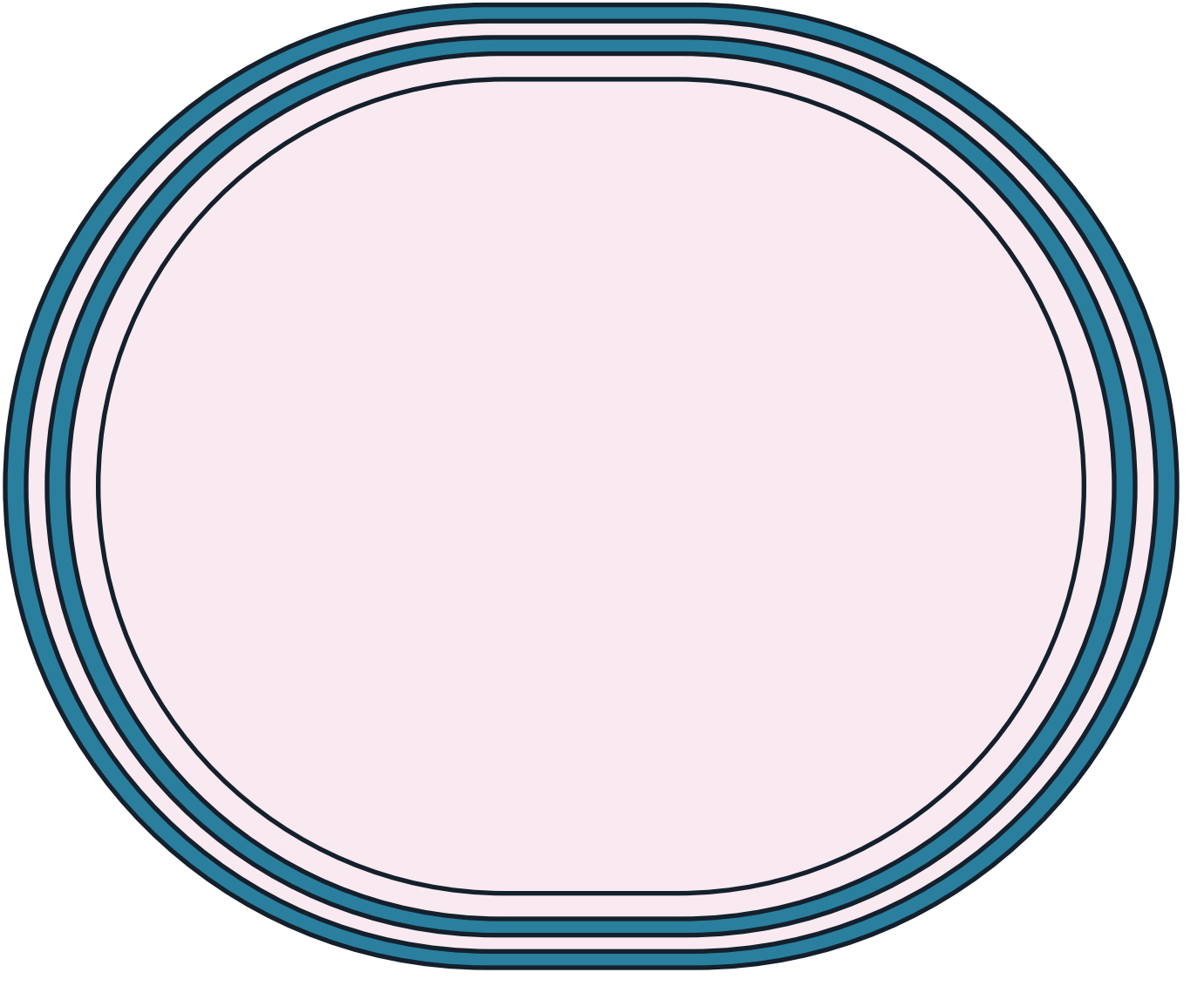
The Gear Parade



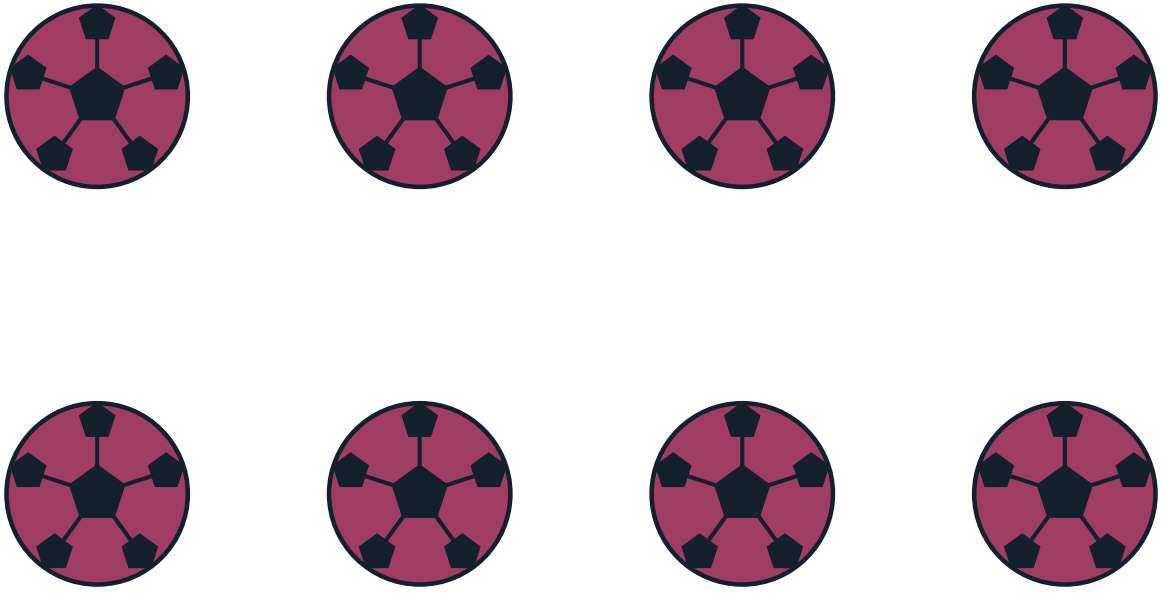
Pattern Play



The Arena From Above



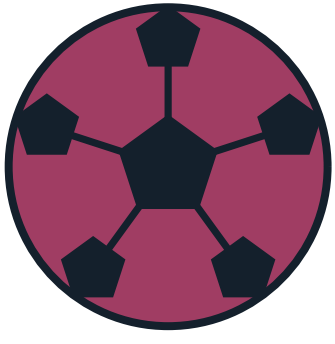
Count the Balls!



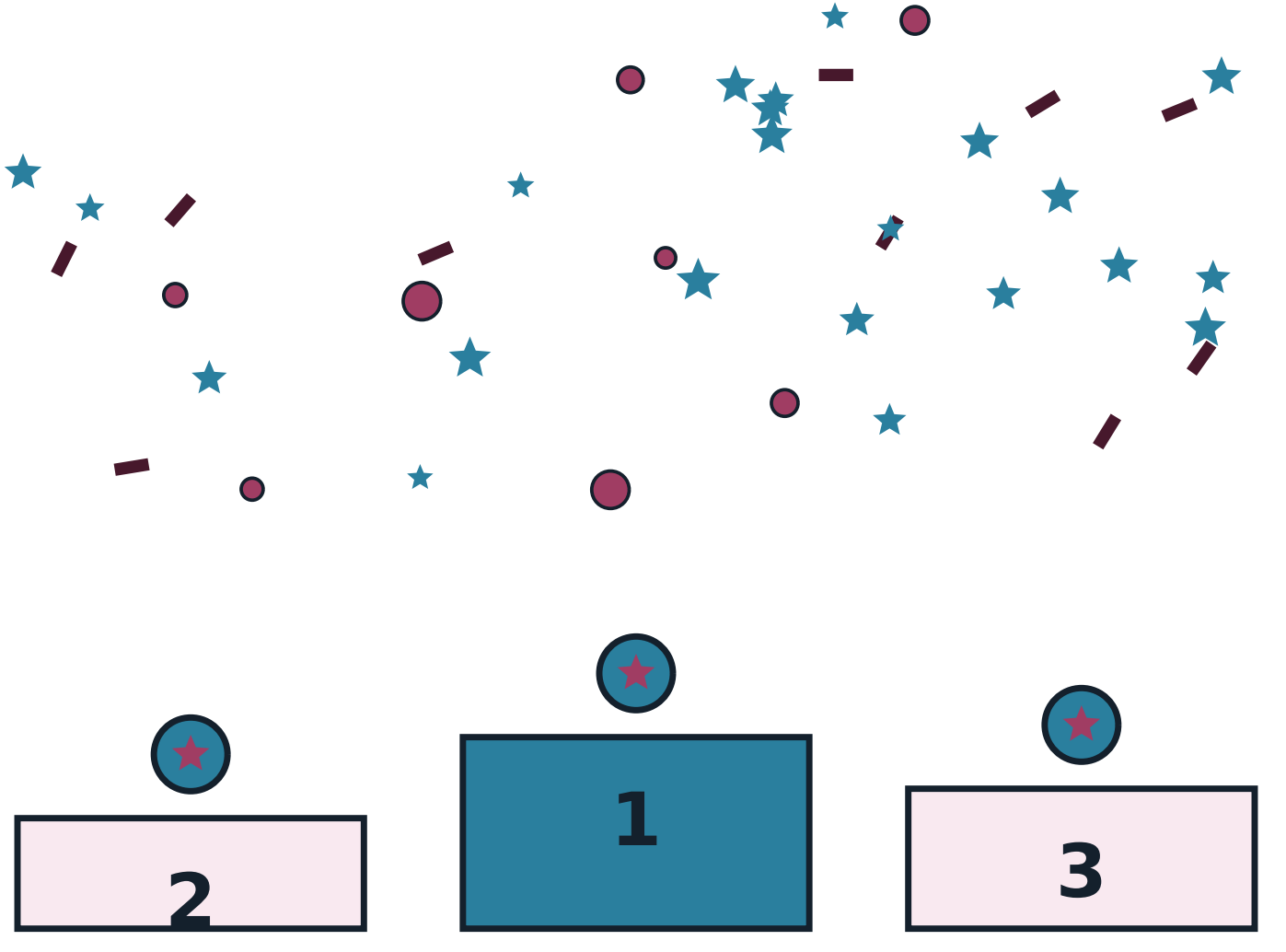
How many can you count? Write the number here: _____

My Favourite Part of Strongman and Powerlifting

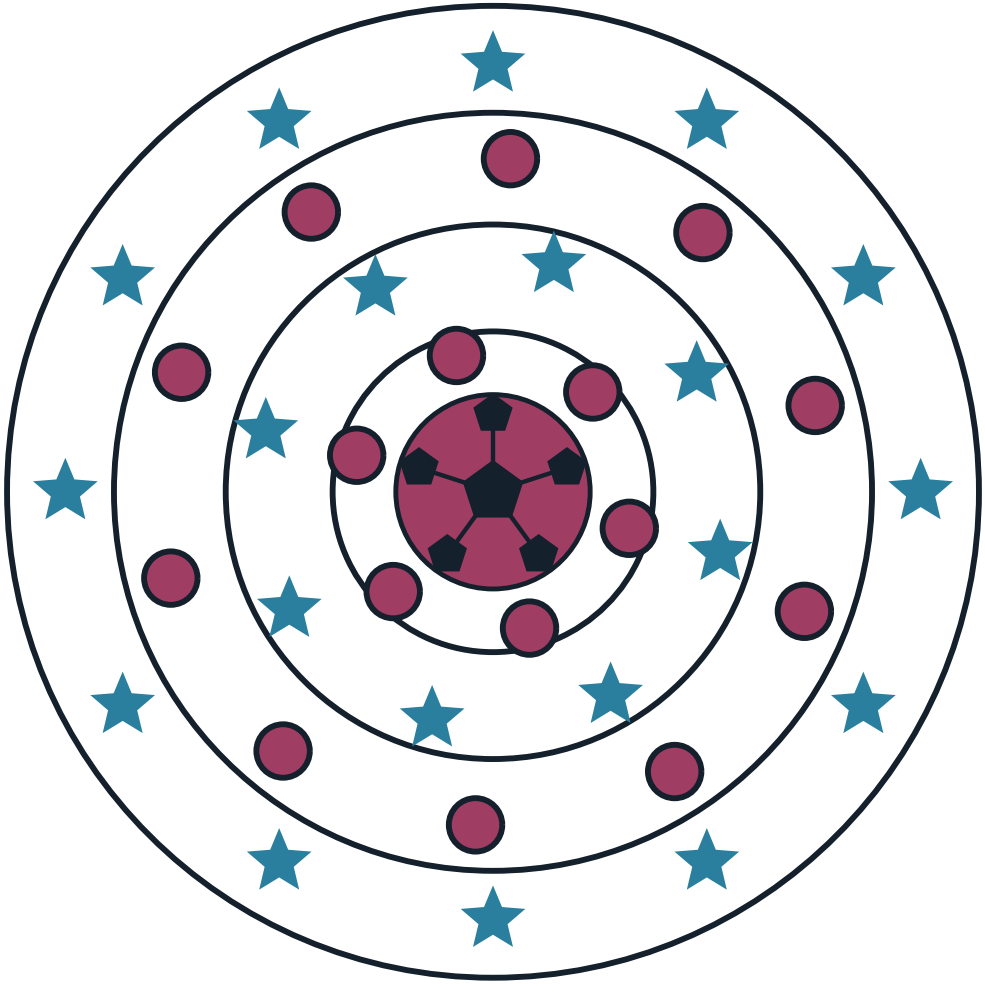
Gear Close-Up



Champions!



The Mandala of the Game



About This Book

Everything in this book comes from Sport on Earth's own verified sport files — the same words you can read on the sport's page at Sport on Earth. The illustrations are original artwork drawn by computer for this book series. They are not pictures of real players, real teams or anybody else's characters.

More Books in the Family

- The Cartoon Book of Athletics (Track & Field)
- The Cartoon Book of Cycling
- The Cartoon Book of Swimming
- The Cartoon Book of Marathon and Road Running
- The Cartoon Book of Triathlon
- The Cartoon Book of Ultrarunning and Trail Racing
- The Athletics (Track & Field) Colouring Book
- The Cycling Colouring Book

My Notes

Strongman and Powerlifting

The Cartoon Book of Strongman and Powerlifting — a Sport on Earth Book.

Text from Sport on Earth's verified sport files. Illustrations: original programmatic artwork created for this series, including the site's own sport mark. No copyrighted characters, team logos or player likenesses appear in this book.

Collect the whole shelf: a cartoon book and a colouring book for every one of the 442 sports and games on Sport on Earth.

