

# 马力 MA STRENGTH

## Olympic Weightlifting Questionnaire

Please answer the following questions completely, and truthfully. Use as much space as necessary.

1. Please fill out the following chart. For the “Strength Training” and “WL” columns, please fill out the total time of strength training do you have and total time in weightlifting you have. For the remaining columns, please fill out your 1RM from training or competition in KG or mark “NA” if you do not know.

First Name	Last Name	Country	Age	# of months Strength Training	# of months weightlifting

Back Squat	Front Squat	Deadlift	Snatch	Power Snatch	CJ	Power Clean	Rack Jerk

2. If you have any youtube channels, Instagram or Facebook pages, or training logs where you keep lifting videos, please post them here:
3. Please list a brief overview of your training history. What training methods have you been using lately? What’s worked? What hasn’t been productive?
4. What are your current, specific goals? What do you think has been holding back your progress?
5. How many days/week do you currently devote to training?

6. Are you able to stay for the whole 2 weeks of this trip? If not, why not? How many days can you stay?
  
7. Why do you want to attend the Ma Strength Chinese Weightlifting Camp?
  
8. How did you hear about the camp?
  
9. How would your training partners describe you in one word? If you train alone, how would you describe yourself in one word?

My signature below denotes that I have answered the questions above truthfully and as completely as possible. By typing my name below, I am conveying that I have read the FAQ and associated links contained with in it. I understand the contents and agree to abide by rules set by coaches, organizers, and staff. I agree to be sensitive to cultural norms and laws in the host environment, conduct myself in a respectful and professional manner, and contribute positively to the group. I understand that misrepresentation and/or failure to abide by the above may result in termination of my application and/or early release from the camp without refund.

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(Please type your name on the line)