

USC®
ULTIMATE STREETLIFTING CHAMPIONSHIP
MAGAZINE

3 TIPS FOR MANAGING
A COMPETITION

INTERVIEW WITH THE
NEW -80KG CHAMPION



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FINAL REP

The European Streetlifting Championship, held last weekend in Dessau, brought many emerging talents into the spotlight and reaffirmed the incredible strength of some seasoned veterans, who stand as pillars of the discipline.

It was a competition full of adrenaline and surprises, where athletes from all over Europe gave their all, delivering incredible performances and leaving the audience in awe.

The technical level and determination of each participant created a unique atmosphere that inspired and motivated not only the spectators present but also those following the competition from afar. Moments of suspense and unexpected twists kept everyone on edge, showcasing how Streetlifting is a constantly evolving discipline where hard work and dedication are at the core of these athletes' achievements.

This event was not just a challenge for the competitors but also a celebration of sportsmanship, training, and resilience. Amid new faces and confirmed champions, EUROS 2024 left an indelible mark, destined to inspire a new generation of enthusiasts and to further strengthen the community on an international level.



SOME WINNERS IN THEIR RESPECTIVE CATEGORIES!

FINAL REP: RANKING BY NATION



INJURY MANAGEMENT

PROPERLY MANAGING AN INJURY IS ESSENTIAL TO PREVENT LONG-TERM DAMAGE!

LISTEN YOUR BODY



Prevention is key to avoiding serious injuries. It is essential to recognize the early signs of fatigue or pain and not ignore them: continuing with intensive training while ignoring minor discomforts could lead to more serious injuries. If you experience pain or excessive fatigue in a specific area, consider reducing the intensity of your workouts or modifying exercises to avoid overloading the affected part.

Being in tune with your body helps you recognize warning signs, allowing you to intervene immediately and prevent the issue from worsening.

PRE-HAB AND RE-HAB



The risk of injury increases when the body is stiff or lacks flexibility. Streetlifting requires a wide range of movements, especially for the shoulders, back, and hips, so dedicating time to mobility exercises is essential.

Incorporate stretching sessions, both dynamic and static, into your routine to improve muscle elasticity and keep the joints healthy. Also, mobilize the stiffest joints to prevent long-term damage!

PHYSIOTHERAPY



Consulting a physiotherapist can make a significant difference in ensuring that recovery happens safely.

ATHLETE IN THE SPOTLIGHT: RAUL TESLEVICI

RAUL TESLEVICI

ATHLETE PROFILE

AGE	26
HEIGHT	172
WEIGHT	80
TOTAL	527,5



3 QUESTIONS TO THE NEW -80KG CHAMPION

1

During your preparation for this competition, what were the main obstacles you had to overcome, both physically and mentally?

Given that I moved from France to the UAE in July, it was a bit difficult to adapt at first: new country, no friends and no family, very high temperatures, new gym, training alone... And as FNSL, our national competition, took place in the end of June fatigue and a few small injuries resurfaced because I pushed my body to his limits for FinalRep Euros. Finally, my disqualification from last year's world championships really pushed me to give it my all even when sometimes my physical or mental state wasn't up to it.

2

How was your training divided for the preparation for the FINAL REP?

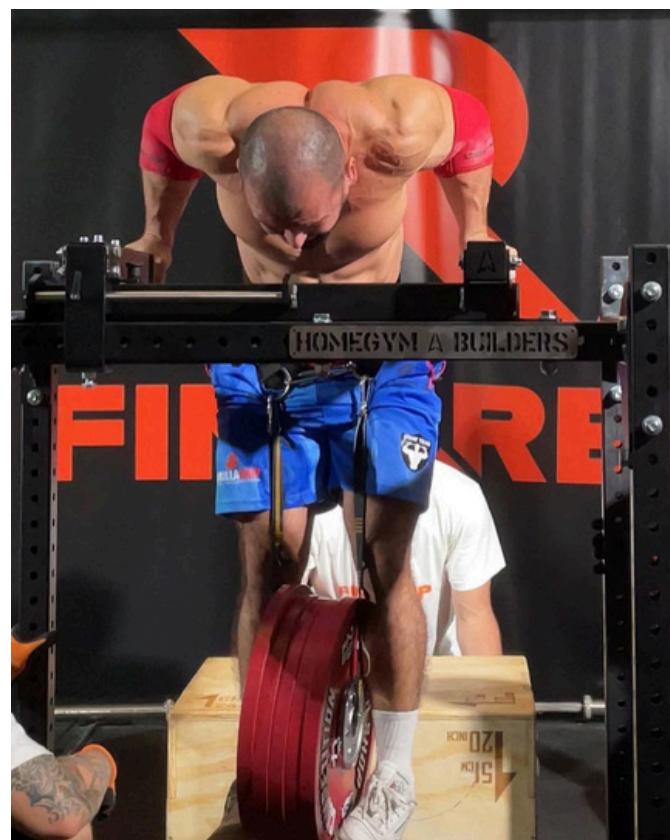
As far as my preparation was concerned, I had a fairly classic programme based on 4-5 workouts a week, concocted by my coach Zod. 3 Muscle Ups a week, 2 Chin Ups, 2 Dips, 2 Squats and 1 Deadlift to strengthen my posterior chain, which is one of my weak points. So basically every workout was composed of 2 mains lifts such as Muscle Up and Squat and 2 to 3 accessories to reinforce the body.

3 QUESTIONS TO THE NEW -80KG CHAMPION

3

Now that you've reached this important milestone, what are your future goals in Streetlifting?

My future goals in streetlifting are first and foremost to continue to love the sport. It's a very tough sport, where injuries are very common and which requires a lot of sacrifice, both in terms of time and money. The aim is also to help the sport to grow because Streetlifting is still unfortunately a very young and not very well known sport around the world. Finally my goal in the sport is of course to reach the 600kg total in competition one day.





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FROM THE PARK TO THE SPORTS HALL

WHY IS IT GROWING SO MUCH?

Streetlifting began to gain popularity around 2017, thanks to the influence of social media and the spread of videos of athletes pushing their limits in parks and gyms. Calisthenics athletes started looking for new challenges to progress, introducing weights as a tool to increase the difficulty of classic bodyweight exercises. This led to the creation of a specific competition with rules and weight categories similar to those of powerlifting, but adapted to calisthenics exercises.



WHY IS IT BECOMING SO POPULAR?

Streetlifting competitions quickly became popular worldwide, bringing athletes from different countries to compete on international stages. Today, this sport is attracting more and more participants thanks to its spectacular and accessible nature, and the number of federations regulating and promoting competitions is also growing. Although still young, streetlifting continues to develop rapidly, with the goal of becoming a benchmark among strength disciplines.

3 TIPS: MANAGING A COMPETITION

01

**Prepare a pre-
competition mental
routine.**

Imagine each movement with precision and mentally prepare yourself. A pre-competition routine, such as deep breathing or motivating affirmations, helps you enter a focused state.

02

**Transform anxiety
into positive
adrenaline.**

Focus your thoughts on what you can control. Anxiety and adrenaline are similar, so think about why you love the sport and imagine the satisfaction of a great performance.

03

**Focus only on your
turn.**

Don't get distracted by other athletes; stay in the present and treat each attempt as unique. This will help you maintain high concentration.

FIND YOUR PLACE



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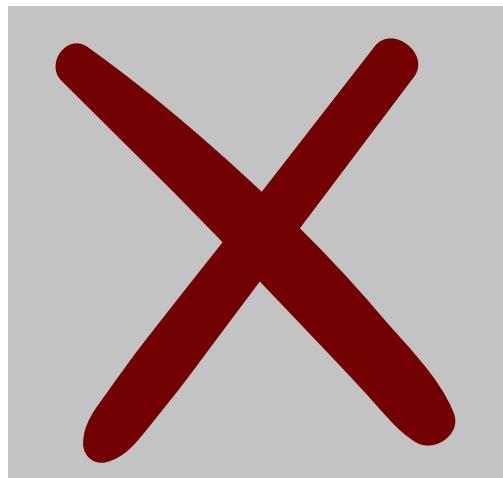
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+39 376 0598 412



feedback@ultimatestreetlifting.com



www.ultimatestreetliftingchampionship.com