

ABOUT US

STRONG LIFE POWERLIFTING is a training facility for student athletes and adults. The gym is located at 1767 South Patrick Drive, Suite C, in Indian Harbour Beach, Florida, and is open daily before and after school and on Saturdays. **ALL** lifters receive individualized coaching and training routines as part of their team membership.



The gym is owned and operated by Dr. Spero Tshontikidis, President of Strong Life 610, Inc. and founder of the R.A.W. United Powerlifting Federation. Spero is a certified personal trainer, competitive lifter, and has been coaching student athletes and hosting competitive powerlifting meets since 1985. Additionally, Spero is a Special Forces, combat veteran that served in support of Operation Enduring Freedom (Afghanistan) from 2001 to 2007.

STRENGTH TRAINING & ITS BENEFITS

Student athletes that join the Strong Life Powerlifting team will receive coaching in the three competitive lifts – squat, bench press, and deadlift - through a progressive strength training regimen that is revised every 8 to 12 weeks after lifters assess their strength on a competitive platform.



Lifters that train at Strong Life experience the physiological and psychological benefits of progressive strength training and competitive powerlifting. These include, but are not limited to, improved athletic performance in other sports, strengthening of the joints (which in turn decreases the likelihood of injury and/or reduces the severity of injury), improved self-esteem, and positive self-discipline.

EQUIPMENT

Strong Life is fully equipped with squat racks, benches, deadlift platforms, an arsenal of Olympic weights, and custom-built Texas Power Bars specially designed for the three competitive lifts. The gym also has 15 pound training bars and 10 pound training discs for younger lifters to assist them in progressing to the 45 and 55 pound Texas Power Bars and 45 pound Olympic plates.



TEAM DUES

Strong Life Team Powerlifting members do not pay traditional gym membership fees; instead, everyone contributes \$120.00 every four months to help offset the rent, insurance, equipment, and utility costs of maintaining the facility. Families with two or more lifters contribute a pro-rated rate based on the number of team members in the family.



Contribution cycles occur in January, May, and September with the first contribution being adjusted to ensure all team members are on the same schedule. The contribution schedule itself is as follows:

**Contribution Due 20 December
Covers January 01 through April 30**

**Contribution Due 20 April
Covers May 01 through August 31**

**Contribution Due August 20
Covers September 01 through December 31**



Once registered and assessed, an individualized routine is then created and followed for eight to twelve weeks in preparation for the lifter's first competitive event. After their initial contest experience, future strength logs are created for each lifter based upon his or her performance on the competitive platform.

Strong Life Powerlifting team members compete three to four times per year, to include the Florida State Championships, National Championships, and World Championships. The team recently won their third consecutive Florida State title, their second consecutive National title, and brought home the first-place team trophy at the 2022 World Powerlifting Championships this past November in Virginia Beach, Virginia.

Please note that all Strong Life Powerlifting team members are competitive lifters – the gym does not take on athletes that are not interested in competitive powerlifting.



JUDEO-CHRISTIAN ROOTS

While we do not proselytize, both Strong Life 610, Inc. and the R.A.W. United Powerlifting Federation are Christian organizations, affording parents a family-friendly atmosphere for their children.

Strong Life 610, Inc. is the governing body for both the Federation and the gym and is grounded in Ephesians 6:10: “Be strong in the Lord and the power of His might.”



R.A.W. United, which stands for “Redeemed Among the World United,” is the nation’s fastest growing Christian Powerlifting Federation. Established in 2007 as a Florida-based company, we began expansion efforts in March 2021 and are currently sanctioning competitive events in the Southeastern United States, Mid-Atlantic, and the Pacific Northwest.