

THE POWERLIFTING PT

Steph Cohen

Age: 24 | **Height:** 5'0" | **Weight:** 123 lbs.
Hometown: Caracas, Venezuela
Current gym: Hybrid Performance Method - Miami

BEST LIFTS:

Squat: 370 lbs. | **Bench:** 190 lbs. | **Deadlift:** 455 lbs. | **Snatch:** 191 lbs. | **C&J:** 231 lbs.

Athletic Background: Played soccer for the Venezuelan National soccer team 2006-2011, Olympic Weightlifting since 2013, Powerlifting since 2016.

Were you born in Venezuela or in the US?

I was born in Venezuela and lived there until the age of 18

How did you get into powerlifting?

When I got into grad school I quickly realized I wouldn't have the same time or energy I needed to keep improving at Weightlifting in order to perform at the level I wanted. Spending 8 hours a day in class plus 3-5 hours a day at the library didn't allow me to train during normal gym hours, so I didn't even have access to bumper plates and platforms by the time I was done with school work. I met Hayden and it was his idea to get me into Powerlifting! I felt like it was easier for me to



PRESENTING STRENGTH AND POWER EXPOS ACROSS THE COUNTRY!

THE FIT EXPO™

SAN JOSE
JULY 29-30, 2017

ANAHEIM
AUGUST 26-27, 2017

FT. LAUDERDALE
OCTOBER 21-22, 2017

LOS ANGELES
JANUARY 6-7, 2018

PHILADELPHIA
APRIL 28-29, 2018

CHICAGO
JUNE 9-10, 2018

Powerlifting

MAS Wrestling

Strongman Challenge

**GIANT
EXPO HALL**

Celebrities, Giveaways,
Exhibits & Demos

**MAJOR
CONTESTS**

Bodybuilding, Arm Wrestling,
Jiu-Jitsu & Battle of the Bars

**HEALTHY LIVING
PAVILION**

Cooking Lessons,
Seminars & Samples

**ATTENDEE
EVENTS**

Compete in MaxReps
& TheFitExpo's Best

**KIDS &
YOUTH**

Fun For The
Whole Family

FOR TICKETS & DETAILS: www.TheFitExpo.com

Content is copyright protected and provided for personal use only - not for reproduction or retransmission.
For reprints please contact the Publisher.



grind through a heavy squat/bench/DL workout since I can just shut my brain off and put in work, than it is for me to have to use more brain power to think about my technique in the snatch and CJ when feeling so brain dead from studying. It was then that I realized that getting stronger could only help me get better at Olympic weightlifting, so since then I've been mainly training Hybrid style – focusing on Powerlifting with the intent of improving my snatch and clean and jerk. My workouts are now a lot more productive and I've really been enjoying competing in Powerlifting for the time being.

You seem to travel a lot. Is that for work, pleasure, or both? How does that affect your training and nutrition?

One of my favorite things to do is to explore the world, to learn about new cultures and get out of the daily routine. My travel plans are usually “train-cations”, I do my research on what the cool gyms of each place are and make sure to

“I’VE BEEN MAINLY TRAINING HYBRID STYLE – FOCUSING ON POWERLIFTING WITH THE INTENT OF IMPROVING MY SNATCH AND CLEAN AND JERK”

go to all and meet as many people as I can. Since expanding my fitness network is considered “work”, it becomes a win-win situation! I get to see the world while writing it as a company expense!! If I’m in the middle of a prep for a competition I would avoid remote destinations, to make sure I have access to gyms every day and so the trip doesn’t interfere with my training. But if I don’t have competitions in sight, I allow myself to be flexible, enjoy the trip, drink, have awesome food

and worry about the collateral damage later. As far as food, I find that the hardest thing is to get in enough protein, so I bring my protein powder and bars with me, and track my macros as best as I can.

Do you do your own programming or do you have a coach?

I follow the Hybrid Performance Method programming which is written by myself and my boyfriend Hayden, who is also my powerlifting coach. The person who introduced me to Olympic Weightlifting, his name is Camilo Garcia, still oversees my technique and helps me stay motivated.

What is the hybrid performance method and how are you involved?

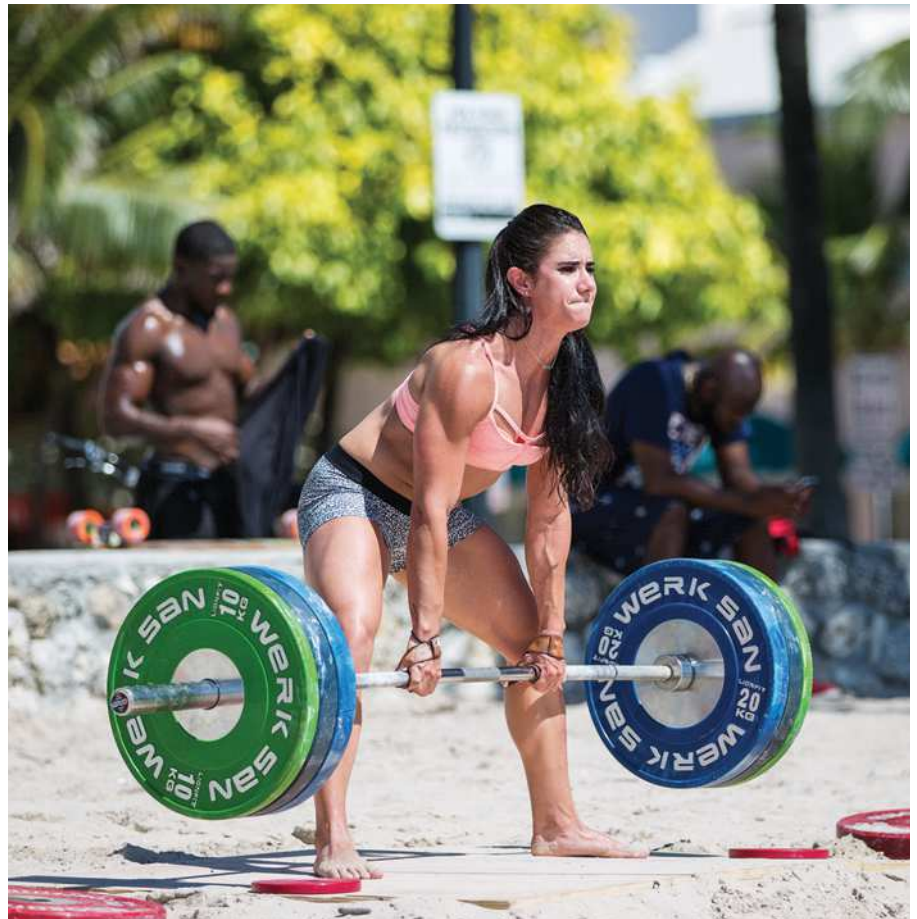
I’m co-owner of Hybrid Performance Method along with Hayden Bowe. HPM is what we call a “Virtual Gym”. We have gathered experts in each discipline (gymnastics, Olympic weightlifting, powerlifting, CrossFit) to write the best programming possible for each sport and to coach our online community with tech-

“MY TRAVEL PLANS ARE USUALLY “TRAIN-CATIONS”, I DO MY RESEARCH ON WHAT THE COOL GYMS OF EACH PLACE ARE AND MAKE SURE TO GO TO ALL AND MEET AS MANY PEOPLE AS I CAN”

nical analysis, competition planning and peaking and much more. We have over 2,000 members worldwide and members on every continent!

What made you want to get your degree in Physical Therapy?

I wanted to pursue a career in something that relates to fitness and human performance – something that I could do that would have an impact on people and would improve their quality of life or help bring them closer to their goals. At the





LIFTING LARGE .COM
SERIOUS GEAR FOR SERIOUS ATHLETES

f **t** **ig** FOLLOW US ON FACEBOOK, TWITTER, AND INSTAGRAM
LiftingLarge.com • @LiftingLargeInc • @LiftingLargeDotCom

VISIT OUR SITE TO CHECK OUT ALL OF OUR POWERLIFTING, STRONGMAN, AND CROSSFIT GEAR

LIFTING LARGE GEAR 	KNEE SLEEVES 
EQUIPMENT 	POWER SHIRTS AND SUITS 
SHOES 	BELTS 



CARRYING THE BEST BRANDS IN THE INDUSTRY
LiftingLarge.com



same time, I wanted to study something challenging and that doesn't come easy. I might cry and complain about spending endless nights studying and sitting down to listen to lectures for 8 hours a day, but having this degree and knowledge is something that I know will open many doors in the future.

What are your goals for 2017?

In Powerlifting, I want to break ALL OF the All Time World Records in the 114 lb. class, and to get back my All Time Squat WR and Total in the 123lbs class! In Weightlifting, I want to keep improving my numbers, but I don't like to stress that much about it... a 200 lb. snatch would be awesome though. **PM**

