



**THIS CHICK CAN
KICK YOUR ASS,
AND YOU MAY LIKE IT!**

LAUREN MITCHELL

How old are you, where are you from and what are you wearing? I am 25, from Santa Cruz California and wearing some blue velour lounge pants and a black V-neck kicking back enjoying the rainy beach weather.

Where do you train? I am between gyms but I've trained at Hyde Park Gym in Austin, Texas, up until now. It's an awesome gym full of body builders, figure competitors, pro sports players, Olympic lifters, Strongmen and your local neighborhood folk. It is a wonderful community there and I miss it very much.

Do you lift with other girls, or is it all guys? I've trained primarily with the male population. I wish there were more women training powerlifting who live near me. I love all the women I've met in USAPL.

Are you in school? Do you have a job? I graduated from University of Texas in August, and I am seeking employment. Anyone want to offer me a job?

How did you get involved in powerlifting? A friend offered to train me in powerlifting over my winter break two years ago. I had been messing around with weight lifting and CrossFit for a while. I realized after a month passed that I had found something I loved that was both empowering and challenging. I was hooked and it took off from there.

What do your "nor-



mal” friends think of how much you can lift? It is a mixed bag, but generally everyone is really supportive and interested in what it is I do – the glory of picking things up and putting them down. Though several of them still are convinced I’m a bodybuilder, others have joined me for workouts and learned about what the sport actually consists of. A group of friends once lured me into the kitchen at a friend’s restaurant, where they insisted I bench press a small fellow on the prep table. I officially have a badass party trick.

When you go to a PL meet with a room full of men with massive levels of testosterone, do you feel like the center of attention? I think anything that has a rack with heavy weight on it gets these fellas excited.

Do you have a boyfriend? Yes. He only likes me for my muscles.

Do you remember the first time you out-lifted a boy? How did it make you feel? Not specifically, but there is a long list of commentators who inform me that I’m stronger than they are. Some are impressed, others are offended. I’ve been told I’m on the wrong side of the gym (one guy tried to point me over to the elliptical machines). I’ve been informed that guys don’t like girls with arms that are bigger than theirs. Well, good, because I don’t go for guys who are smaller than me.

Do you wear makeup to the gym? I like to joke that I’m striving to be the Anna Kournikova of powerlifting. If I can’t get first place, I might as well look my best. Joking aside, makeup doesn’t make much sense in the gym. I’d rather surprise people outside the gym. I clean up all right.

What do you have to say to women who don't lift weights because they think they'll get too big? I hate this myth for so many reasons. When I first started training I actually leaned out and looked more shredded than ever before. People asked me if I was a gymnast all the time, and even skinny-fat girls were asking me how they could get my figure. It blew their mind that they could lift heavy and not get bulky. I think bulkiness has more to do with what



you eat and genetics. If you really want to see results, you have to lift, ladies! Not to mention the booty you get with powerlifts. Nationals was like a gosh darn ass convention.

How has powerlifting helped you? I have been greatly empowered by my involvement in powerlifting. Society tells women they need to conform to a certain body type in order to be beautiful. There have been times I fell into that kind of mindset. Powerlifting has taught me to embrace my shape and really push my body to the limit. When you squat, deadlift or bench that new personal record, you feel a body high like nothing else.

What is your favorite lift? I’m a squatting kind of gal.

Tell me about your current best lifts. In competition: squat 125 kg (275 lbs.), bench press 77.5 kg (170.5 lbs) and deadlift 125 kg (275 lbs.).

What are some of your PL goals? My current goal is to get an 800-lb. total, and to tune in my deadlift so I can really compete with the other competitors. Even though it has been two years, I feel like I’m only just starting, I have a lot more improving to do!

Anything else you’d like to add? I’m very grateful for all of my friends who have pushed me to be my best. I’ve lifted with USAPL and I can’t say enough about all the wonderful people I have met. Last but not least – thank you, Power. I feel like I’m an official powerlifter now! **PM**