**Conclusion:**

In conclusion, the Powerlifting Correlation Worksheet has revealed important insights into the relationships between variables in powerlifting tournaments. The analysis unveiled very strong positive correlations between bench vs. squat weight (r = 0.821), bench vs. deadlift weight (r = 0.782) and squat vs. deadlift (r = 0.863), suggesting that improvements in one event would benefit all other events. These findings offer valuable contextual explanations for the observed correlations, providing valuable information for athletes and coaches to optimize their training strategies and enhance overall power lifting performance.

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