Weightlifting

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UDLS 7/ate/09
Overview

● 3 sports
  ○ Powerlifting
  ○ Olympic lifting
  ○ Bodybuilding

● Training
Powerlifting

- 3 attempts at 1 rep max
  - Squat
  - Bench Press
  - Deadlift
- Tons of federations
  - IPF, U.S.A.P.L, ADFPF, APF, APA, IPA, WPO
- Weight & Age classes
Squat
Squat

● Powerlifting Version
  ○ Wide stance
    ○ 350kg – 771 lbs
    ○ [http://www.youtube.com/watch?v=EXj052Ht5pg](http://www.youtube.com/watch?v=EXj052Ht5pg) @ 1:40
Bench Press
Bench Press

- Powerlifting version
  - Wide grip

- 606 lbs
  - [http://www.youtube.com/watch?v=o3sED9fUvlg](http://www.youtube.com/watch?v=o3sED9fUvlg)
    - @ 1:10
Deadlift
Deadlift

- Powerlifting version
  - Sumo stance

- 363.7 lb
  - http://www.youtube.com/watch?v=NtMZzEU12vXo
Olympic

- 3 attempts at 1 rep max
  - Clean & Jerk
  - Snatch
- Summer Olympics event
  - Women’s event added in 2000
- Weight classes
Clean & Jerk

- 258kg – 568lbs, gold medal 2008
- http://www.youtube.com/watch?v=QQ3RBCemQ1I
Snatch

- 76kg – 167 lbs
- [http://www.youtube.com/watch?v=B9RVr0HVkCg](http://www.youtube.com/watch?v=B9RVr0HVkCg)
  - @ 1:10
Bodybuilding

- Sport?
  - Judging
    - Posing
    - Muscle definition
    - Symmetry
    - Size

- Popularized by Ahnold in 70’s
- Steroid use in 70’s
Steroids

- Synthetic hormones
  - Testosterone
  - Growth Hormone
- Genetic limits
- Illegal in 90’s
Steroids & Weightlifting

- Bodybuilding
  - Widely used
- Powerlifting
  - Most drug test
- Olympics
  - It’s the olympics
Preparation

● Offseason
  ○ Bulking, eating tons of food

● 12 weeks
  ○ Extreme dieting

● 3 days
  ○ Dehydration
  ○ Low sodium, high potassium
  ○ Tanning lotion
Training

- Strength Training
- Olympic Training
- Bodybuilding
- Mix-n-match
Training Effect

- Mostly depends on # reps per set, % of 1 rep max

- Hypertrophy – Increase in muscle size
- Myofibrillar – Muscle contractions
- Sarcoplasmic – Stores glycogen (simple sugars)
Strength Training

- 3-8 reps
- Compound (multi joint) lifts
  - Mostly barbell
  - Deadlift, squat, bench, row, overhead press
- High rest between sets
  - 3 minutes
Me

● Training about 1 year
  ○ Squat: 95x5 -> 270x5
  ○ Bench: 60x5 -> 175x5
  ○ Deadlift: 115x5 -> 340x5

● Goals
  ○ Squat 315x1
  ○ Bench 225x1
  ○ Deadlift 405x1
Olympic Training

- 3-5 reps
- Explosive reps
- Partial movements
Bodybuilding Training

- 12-20 reps
- Isolation (single joint) lifts
  - Machines
- Low rest between sets
  - 30 – 90 seconds
Toning Myth

- Muscle definition
- High reps, low weight
  - Doesn’t work
To the memory of

Elan
1/13/83 to 7/25/09
To the memory of

Cody

1/13/93 to 8/6/09