

Weightlifting

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UDLS 7/ate/09

Overview

- 3 sports
 - Powerlifting
 - Olympic lifting
 - Bodybuilding
- Training

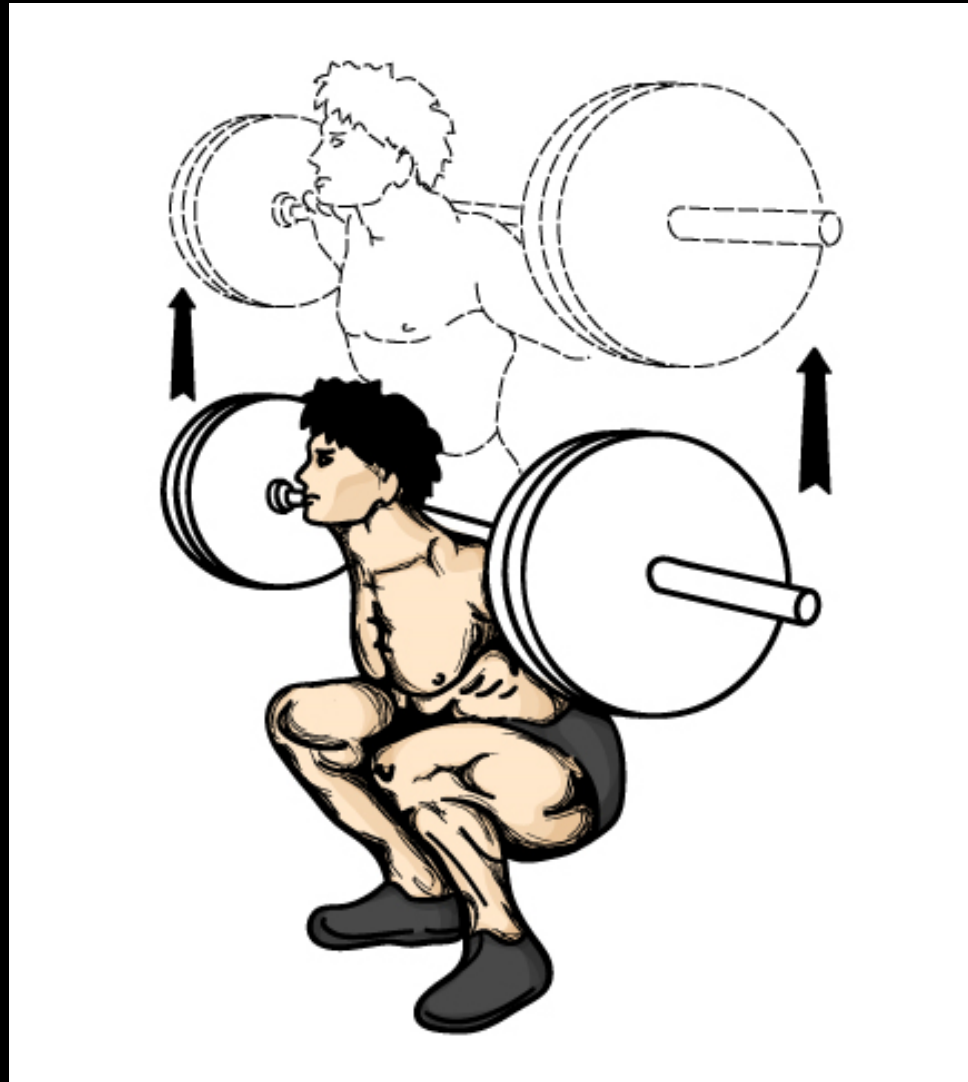
Powerlifting

- 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



On the Continent it is more usual for top physiques also to be top power lifters. Here ARNOLD SCHWARZENEGGER makes a new dead lift record of 710lb!

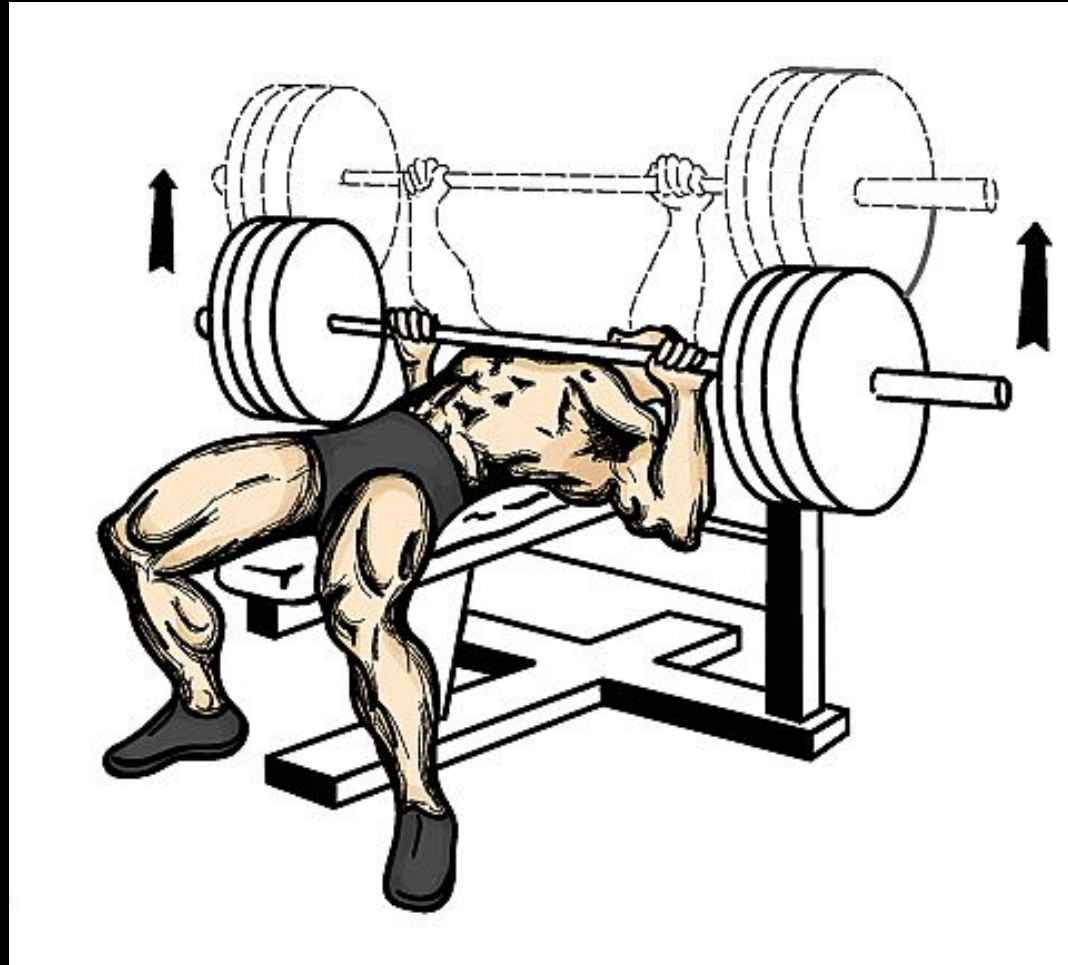
Squat



Squat

- Powerlifting Version
 - Wide stance
 - 350kg – 771 lbs
 - <http://www.youtube.com/watch?v=EXj052Ht5pg>
 - @ 1:40

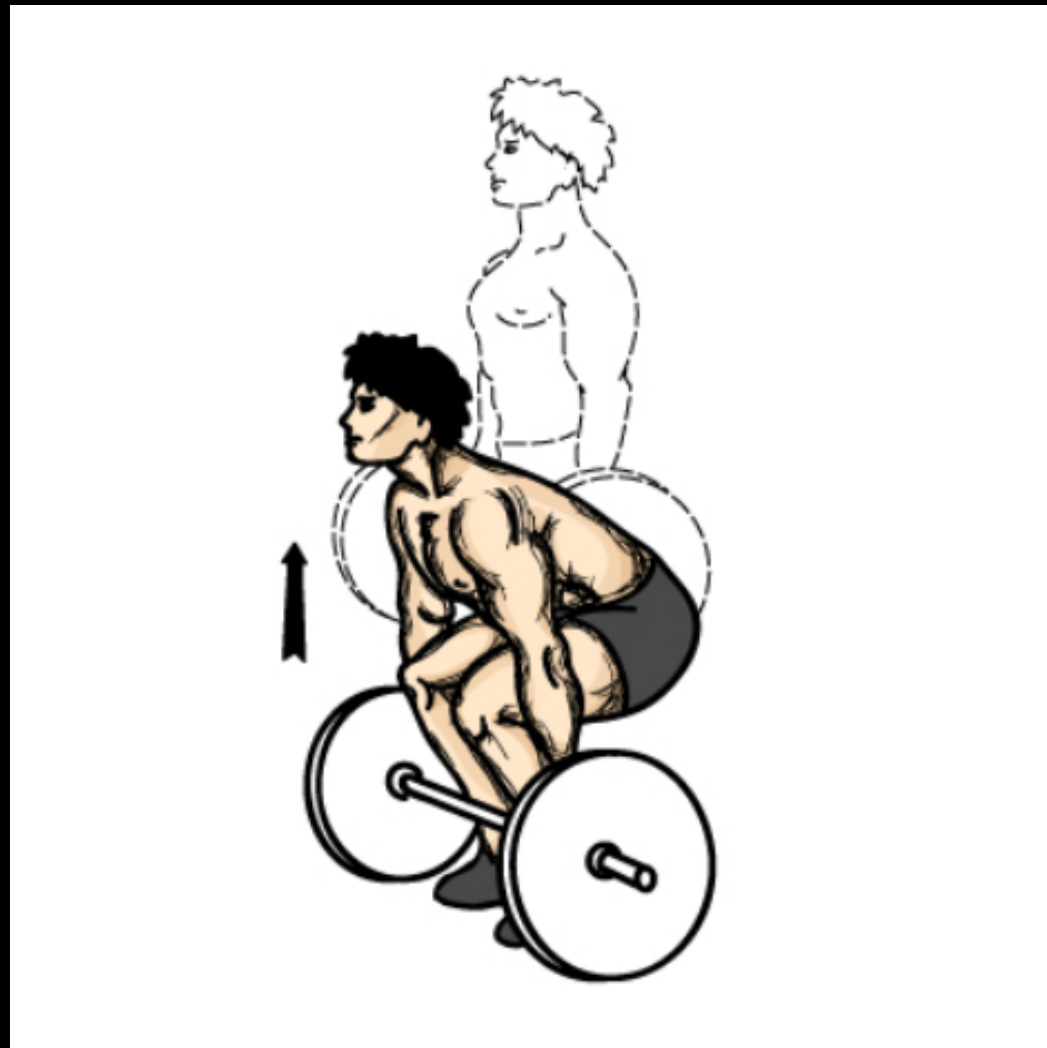
Bench Press



Bench Press

- Powerlifting version
 - Wide grip
 - 606 lbs
 - <http://www.youtube.com/watch?v=o3sED9fUvIq>
 - @ 1:10

Deadlift



Deadlift

- Powerlifting version
 - Sumo stance
- 363.7 lb
 - <http://www.youtube.com/watch?v=NtMZeU12vXo>

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>
 - @ 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

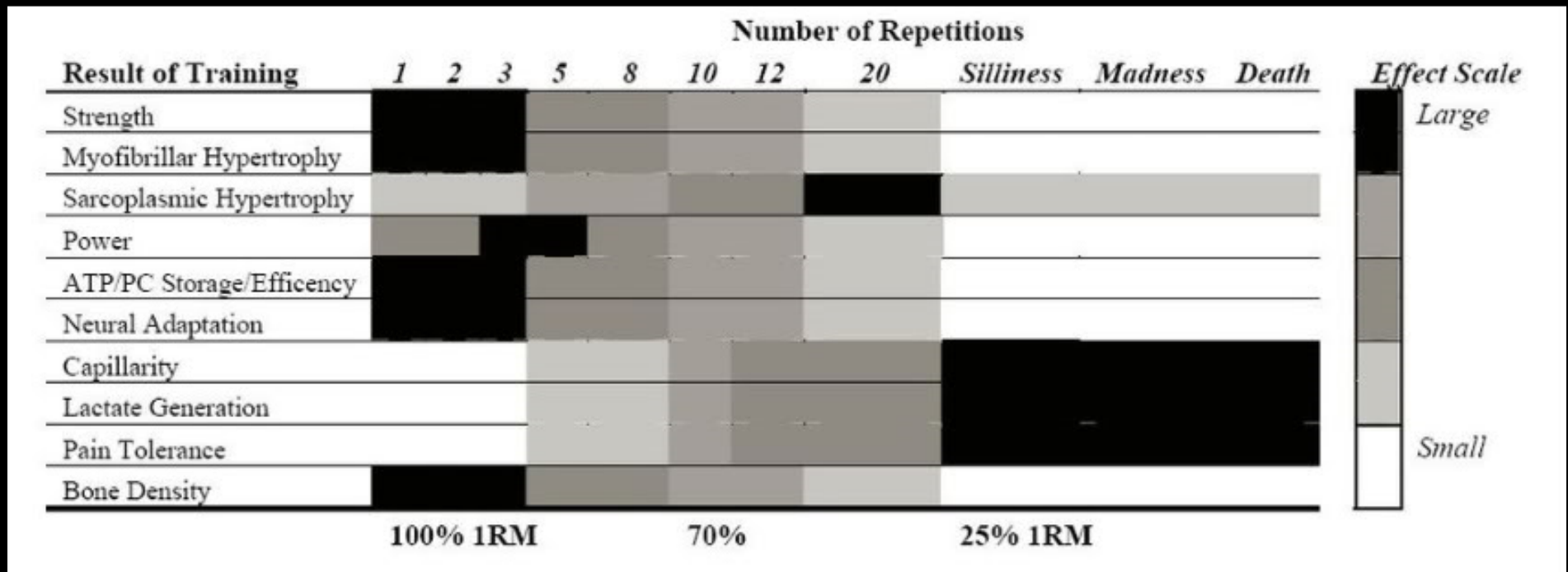
- Offseason
 - Bulking, eating tons of food
- 12 weeks
 - Extreme dieting
- 3 days
 - Dehydration
 - Low sodium, high potassium
 - Tanning lotion

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

End