



Where Olympic Journeys Begin

Top Ten Benefits of Weightlifting

WHY WEIGHTLIFTING

- ▶ Fast growing demand for weightlifting
- ▶ Truly functional training
- ▶ Fun, interesting and challenging
- ▶ Train for strength, power, physique, and performance



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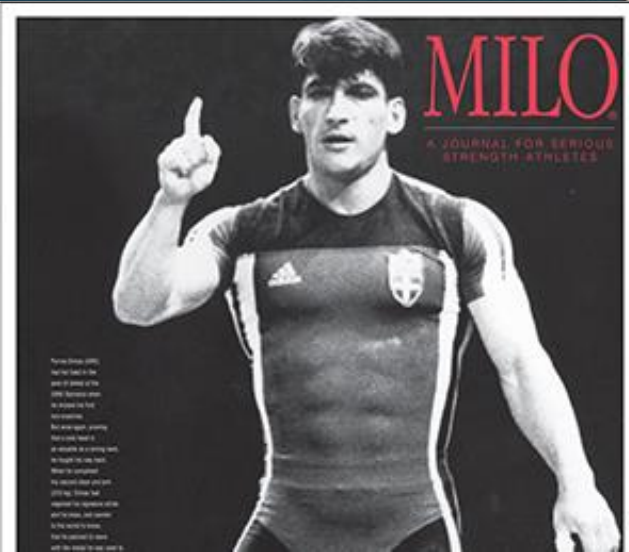
Benefits of Olympic Lifting

▶ 1. Transform Your Physique

- ▶ Full-body, time-efficient, intense exercise
- ▶ Increase strength, decrease body fat, and build muscle

▶ 2. Get a super strong mid-section

- ▶ Stabilizing weights overhead builds amazing abs and back strength



Benefits of Olympic Lifting



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3. Dynamic Stability and Coordination

- ▶ Precise coordination, rhythm, and timing
- ▶ Strength under load during fast movement
- ▶ Great for both sport performance and activities of daily life

4. Improve sport performance

- ▶ High transfer to running and jumping
- ▶ Highest power output in sport



Benefits of Olympic Lifting

5. Protect against injury

- ▶ Better mobility, strength, and stability means less susceptible to injury
- ▶ In older populations, builds greater independence

6. Improve bone density

- ▶ Strengthening bones is key to prevent osteoporosis
- ▶ Dynamic, total body lifts stimulate new bone growth



Benefits of Olympic Lifting

7. Improve range of motion

- ▶ Mobility requires strength to control larger ROM
- ▶ Weightlifters second only to gymnasts in flexibility

8. Get Stronger and Run Faster

- ▶ Olympic lifts are the most effective way to build power and speed



Benefits of Olympic Lifting



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9. HAVE FUN!

- ▶ Challenging, exciting
- ▶ Endless variations and opportunities for improvement

10. Get confident

- ▶ From youth to masters, strength permeates every part of life
- ▶ Self-esteem, confidence, empowerment





Interested in learning more about weightlifting?

- ▶ Find a USAW club near you at www.teamusa.org/USA-Weightlifting
- ▶ Questions?
 - ▶ Contact us at education@usaweightlifting.org



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