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Different Types of Weightlifters

Weightlifting can be used for different purposes throughout one's life. Different people lift weights for different reasons. Weightlifters can be classified into four categories: intermediate lifters, power lifters, mass lifters, and circuit lifters. Each category focuses on a different type of lifting, each leading to different results.

Intermediate lifting contains the largest number of weightlifters. Intermediate lifters do not take weightlifting seriously, using it only as a complement to cardiovascular exercise. Lifters in this category do not keep journals of workouts, and they lift weights between two to five days a week, depending on their schedules. An intermediate lifter's workout varies daily since records of past workouts are not kept. One workout could be a total-body workout while the next is three sets of arm curls. These lifters are typically beginners with little or no weightlifting knowledge. Due to this lack of knowledge, intermediate lifters are injury prone.

Power lifters may be athletes, competitive power lifters, and people wanting to increase strength. These groups take power lifting seriously. Power lifters lift four days a week with a two-day split. Days one and four are reserved for upper body, days two and five for lower body, and the other days for rest. Power lifters use a pyramid scheme to track their strength and progress. The pyramid scheme is a chart that uses percentages of maximum lifts to guide repetitions for each set. Power lifters rest two to two and one-half minutes between each set so maximum strength can be applied to every set. A power lifter's main focus is explosion rather

than isolation or burning. Sets of each lift include a low number of repetitions with a high weight to create as much strength possible. Power lifters are knowledgeable weightlifters, but they are extremely injury prone. Their use of high weight with a concentration on explosion makes an injury easily possible.

Mass lifters are typically bodybuilders or people who want to get bigger. These people follow weightlifting religiously. Mass lifters lift five days a week with a specific plan. This plan includes chest and triceps on days one and four; back, shoulders, and biceps on days two and five; and legs on day three. The other days are reserved for rest. Mass lifters usually take weight-gaining supplements to aid them in their quest for more muscle mass. Mass lifters will do eight to twelve repetitions per set using a medium weight. Their rest periods are between one and one and one-half minutes. A mass lifter concentrates on isolation of each body part, which will maximize muscle growth. Mass lifters are prone to injury simply because they lift weights. They are less injury prone than most lifters, however, due to their good form and proper rest techniques.

A circuit lifter's goal is to define his or her muscles. Circuit lifters are the second largest group of weightlifters. Lifting is second to cardiovascular exercise since their main goal is to burn fat covering muscle definition. Circuit lifters lift five days a week with a specific plan as well. The plan includes day one for chest, day two for back, day three for legs, day four for shoulders, and day five for biceps and triceps. Circuit lifters sometimes take fat-burning supplements to aid them in burning fat. Circuit lifters will do fifteen to twenty repetitions per set with a light weight. They will rest thirty to forty-five seconds between each set, concentrating on keeping the muscle burning. The burning means lactic acid is being released, which means fat is being burned. Circuit lifters are the least injury prone due to their use of light weight. The risk

of injury is small but still remains.

Intermediate lifters, power lifters, mass lifters, and circuit lifters all lift for different reasons. Each lifter receives different benefits in his or her quest for improvement. All weightlifters fall into one of the four mentioned categories, each with a different goal.