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### This Month's Top Story:

Author: Sean T

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Body Building, Power Lifting, and Olympic Lifting, which one is right for you?

Do you want to start a weight training routine? Well, we have a special report on someone who has done these three different styles.

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# Olympic Lifting

Like all other types of weight lifting, warming up and stretching your muscles is a must. Olympic weight lifting relies on rapid jerks and a lot of coordination. I think stretching is extremely important with this style, so that you do not to injure yourself.

I disliked Olympic lifting right from the start. It was too hard to get the timing right on my lifts, even after someone showed me how to do it. Of course, I tried to the best of my ability to complete my training program. The workout did not really help me improve in the areas that I wanted to improve in. Olympic lifting seemed to me to be more technique than weight lifting. The Olympic lifting technique is what it is said to be, a style. What I wanted from my weight lifting program was to gain muscle strength and muscle tone, which was difficult for me to do with the Olympic lifting. This is why I did not enjoy this style as much a Body Building or Power Lifting.

Cooling down at the end of a workout is just as important as warming up in the beginning of a weight lifting routine. Cooling down helps let the body slow down its heart rate and also helps prevent some muscle soreness after the workout.



# Olympic Lifting Weight Program

This workout program is working on a 3 day system.

Monday and Friday I do Workout 1 and Wednesday I do Workout 2.

This is shown below.

Sunday	Monday	Tuesday	Wednesday	Tuesday	Friday	Saturday
	Workout 1		Workout 2		Workout 3	

Notes: Blanks represents no working out that day.

## Work Out 1

Exercise	Weight		Set #1	Set #2	Set #3
squats	60		10	10	7
leg extensions	50		10	10	7
leg curls	50		12	10	5
seated rows	40		12	10	5
bench press	100		8	8	4
curls	25		10	10	3
triceps extension	20		8	6	3
dips	0		4	2	
calf rasic	80		12	12	5
crunches	0		25	10	
Warm Up		Walk 10 minutes on a treadmill and lift half of the weight			
Cool Down		Bike about 2 miles on a stagnation bike			

## Work Out 2

Exercise	Weight		Set #1	Set #2	Set #3
squats	60		10	10	7
leg curls	50		12	10	5
seated rows	40		12	10	5
bench press	100		8	8	4
curls	25		10	10	3
triceps extension	20		8	6	3
dips	0		4	2	
Warm Up		Walk 10 minutes on a treadmill and lift half of the weight			
Cool Down		Bike about 2 miles on a stagnation bike			



# Power Lifting

Warming up and stretching is an important beginning to any weight lifting routine. There are many reasons why you should stretch and warm up. Stretching helps you to prevent injury. Warming up prepares the muscles for harder exercise. Using this style requires lifting heavier weights and does less repetition. I have tried this style of weight lifting, and I have found that it could be a very effective style for increasing muscle mass.

Power Lifting is a style of weight lifting that is intended to help increase overall strength. Power lifting is a weight lifting program that will work many muscles of your body like your biceps. This type of weight lifting program may be useful in sports like football or wrestling. When I did this program in the beginning the heavier weights made it extremely hard to complete at first, but I think in time I would be able to lift the weight easier. For example, while I was trying out some of the exercises for the first time I felt uncomfortable especially with the seated row, but after doing it a few times it became one of my personal favorites. I know that I will be able to use some of the exercises from this weight lifting method in my future. This is why I enjoy this type of weight lifting.

Cooling down at the end of a workout is just as important as warming up in the beginning of a weight lifting routine. Cooling down helps let the body slow down its heart rate and also helps prevent some muscle soreness after the workout. A good example of this is when I was trying this workout. For the first few days that I did this workout I forgot to do my cooling down, and then the next time when I did my cooling down, I felt better and did not have as much muscle soreness.



# Power Lifting Weight Program

This workout program is working on a 3 day system.

Monday and Friday I do Workout 1 and Wednesday I do Workout 2.

This is shown below.

Sunday	Monday	Tuesday	Wednesday	Tuesday	Friday	Saturday
	Workout 1		Workout 2		Workout 3	

Notes: Blanks represents no working out that day.

## Work Out 1

Exercise	Weight		Set #1	Set #2	Set #3
squats	60		8	4	0
leg extensions	50		14	5	0
leg curls	50		12	10	0
seated rows	40		12	10	0
bench press	70		8	4	0
curls	25		10	5	0
triceps extension	20		10	4	0
calf rasic	80		15	4	0
crunches	0		25	10	0
Warm Up		Walk 10 minutes on a treadmill and lift half of the weight			
Cool Down		Bike about 2 miles on a stationary bike			

## Work Out 2

Exercise	Weight		Set #1	Set #2	Set #3
squats	60		10	5	0
leg extensions	50		10	5	0
leg curls	50		15	5	0
seated rows	40		17	10	0
bench press	65		8	8	0
curls	25		10	10	0
triceps extension	20		8	6	0
crunches	0		30	5	0
Warm Up		Walk 10 minutes on a treadmill and lift half of the weight			
Cool Down		Bike about 2 miles on a stationary bike			



# Body Building

With all workout programs warming up is needed to help prevent injury. Warming up and stretching is always an important beginning to any weight lifting routine. There are many reasons why you should stretch and warm up. Stretching helps you to prevent injury. It will also help you get a full range of motion for the exercises that you are about to do. Warming up prepares the muscles for harder exercise. It also speeds up the blood circulation, which is good before lifting. One way to warm up for your body building routine is to walk on a treadmill for ten minutes. Then do four to six reps with about half of the weight you will use for each exercise you will do in your main workout.

Body building is a type of weight lifting style that is used to shape your muscles and your entire body. I like body building the best at the moment. It is what I am looking for in a workout. I like the type of exercises that you do in body building like bench press, squats, and curls.

Cooling down at the end of a workout is just as important as warming up in the beginning of a weight lifting routine. Cooling down helps let the body slow down its heart rate and also helps prevent some muscle soreness after the work out. It is good to do some stretching as part of the cool down also. Stretching will help you after the workout by stretching out the muscles that you just pumped up.



# Body Building Weight Program

This workout program is working on a 3 day system.

Monday and Friday I did Workout 1 and Wednesday I did Workout 2.

This is shown below.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Workout 1		Workout 2		Workout 3	

Notes: Blanks represents no working out that day.

## Work Out 1

Exercise	Weight		Set #1	Set #2	Set #3
squats	75		10	10	7
leg extensions	50		10	10	7
leg curls	50		12	10	5
seated rows	40		12	10	5
bench press	65		8	8	4
curls	25		10	10	3
triceps extension	20		8	6	3
calf raises	80		12	12	5
crunches	0		25	10	
Warm Up	Walk 10 minutes on a treadmill and lift half of the weight				
Cool Down	Bike about 2 miles on a stationary bike				

## Work Out 2

Exercise	Weight		Set #1	Set #2	Set #3
squats	75		10	10	7
leg curls	50		12	10	5
seated rows	40		12	10	5
bench press	65		8	8	4
curls	25		10	10	3
calf raises	70		12	12	5
Warm Up	Walk about 10 minutes on a treadmill and lift half weight				
Cool Down	Bike about 2 miles on a stationary bike				



# Acknowledgments:

Rex — Gave me a general idea about each style of weight lifting.

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## References:

<http://www.powerlifting.com> Power Lifting

<http://www.bodybuilding.com/> Body Building

<http://members.aol.com/oldstaterd/main.html> Olympic Weightlifter

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## Credits:

Extreme Lifting Magazine would like to thank its wonderful staff.

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If you have any comments or questions. Please feel free to contact Sean T at

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