

Weightlifting Training Styles

Weight training is an exercise that is done with force through repetitive exercises, to bring changes in body strength, endurance, and size by overloading the muscles.

There is no doubt that weightlifting makes the body stronger, however, certain types of weightlifting exercises can produce fantastic results within a short while. Some types of weightlifting increase strength, some improve endurance, some improve the joints, and some reduce pain.

By knowing these weightlifting training styles, you can pick the one that suits you. This is why we have prepared five weightlifting training styles for you. Read through them carefully and choose the one you think is the best for you.

5 Weightlifting Training Styles

1. **Total Body Circuit Training:** This is a traditional type of weightlifting and it is suitable for beginners. Total Body Circuit Training requires the use of lighter weights in a variety of motions to work on the whole body. For example, doing 20 bench presses, 20 squats, and shoulder presses with little or no rest in between.

It is suitable for beginners and it ensures that too much soreness is not felt in any particular muscle group. It is good for those that are looking to reduce their weight over an extended time. Also, it is popular among fighters because it stimulates what the body goes through in wrestling, boxing, or mixed martial arts match.

2. **Power Lifting Training:** Powerlifting training is getting more popular among weightlifters. If you visit a gym today, you are likely to find more gym users doing powerlifting training. Powerlifting training involves larger movements to incorporate more muscles. These exercises include squats, deadlifts, power cleans, and snatches. Powerlifting training incorporates the whole body and it is a good exercise for improving the strength of the body.
3. **Bodybuilding:** Bodybuilding involves specific training to achieve a specific result. It is done primarily to make the muscles bigger. Bodybuilders are those you find at the

entrance of a club. Bodybuilders tend to lift 8 to 12- rep ranges and only train one muscle per day, or per week. Bodybuilding makes the muscles bigger but not stronger. This is not to say that bodybuilders aren't strong. They are, but they are not as strong as other athletes because their goal is aesthetics, not athleticism.

4. **Explosive Dynamic Training:** This is a type of training you wouldn't find anybody doing except athletes. Explosive Dynamic Training integrates a large cardiovascular component to get the blood pumping. Some of these types of exercises include box jumps, rope pulls, and lighter weight powerlifting movements, such as squats, snatches, and cleans.
Explosive Dynamic Training is good for those that want to drastically reduce their weight. Also, it is good for the heart because while you are training at a higher rate, your heart rate will be high as well.

5. **High-Volume Training:** High-volume training is similar to bodybuilding because it involves working on a muscle group once a week. It lays strong emphasis on muscular strength by doing one exercise a week.
Examples are lifting the same amount of weight 10 times for 10 sets and so on.