



An Overview on Weightlifting and its Benefits

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Description

Weightlifting is a sport that involves lifting weights in a specific manner, with the goal of increasing strength, power, and overall physical fitness. The sport has been around for centuries and has evolved over time to become one of the most popular and challenging forms of exercise. Weightlifting competitions have been a part of the Olympic Games since 1896 and have been featured in every Game since, making it one of the oldest Olympic sports.

There are two types of weightlifting: Olympic weightlifting and powerlifting. Olympic weightlifting consists of two lifts: the snatch and the clean and jerk. In the snatch, the athlete lifts the weight from the ground to overhead in one continuous motion. In the clean and jerk, the athlete lifts the weight to the shoulders and then jerks it overhead. Powerlifting consists of three lifts: the squat, the bench press, and the deadlift. In powerlifting competitions, the athlete's goal is to lift as much weight as possible for each of the three lifts.

Weightlifting is a sport that requires a great deal of strength, technique, and mental focus. Athletes must train for years to perfect their lifting technique and build the strength needed to lift heavy weights. In addition to building physical strength, weightlifting also helps to develop mental strength and discipline. Athletes must learn to

push themselves to the limit and overcome mental barriers in order to achieve their goals.

One of the key benefits of weightlifting is that it helps to build muscle mass and increase overall strength. When an athlete lifts weights, the muscles are forced to work harder than they normally would during everyday activities. Over time, this stress on the muscles causes them to grow and become stronger. In addition to building muscle mass, weightlifting also helps to improve bone density, which can help to prevent osteoporosis and other bone-related conditions.

Another benefit of weightlifting is that it helps to increase metabolism and burn fat. When an athlete lifts weights, their body burns calories to fuel the muscles. This increased calorie burn can help to speed up the metabolism and make it easier to lose weight and maintain a healthy body weight. Weightlifting can also help to improve cardiovascular health by increasing heart rate and blood flow.

In addition to physical benefits, weightlifting can also have a positive impact on mental health. The mental focus required to lift heavy weights can help to reduce stress and anxiety and improve overall mental well-being. Weightlifting can also help to boost self-esteem and confidence by providing a sense of accomplishment and achievement.

To become a successful weightlifter, athletes must train consistently and focus on proper technique and form. It is important to work with a qualified coach who can provide guidance and feedback on technique and help to develop a training plan that is tailored to individual needs and goals. Proper nutrition is also essential for weightlifters, as the body requires a high amount of protein and other nutrients to support muscle growth and repair.

Weightlifting is a challenging and rewarding sport that offers many physical and mental benefits. With proper training, technique and nutrition, athletes can reach their goals and reach their full potential. Whether it's Olympic weightlifting or powerlifting, weightlifting requires a strong commitment to training and a willingness to push our self to the limit.

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