

Inclusive —There is No “Bench”— Everyone Plays

In weightlifting competitions, there are eight bodyweight categories for men and seven for women. Athletes always have an opportunity to compete against athletes their own size. There are men's & women's competitions. And athletes get to compete against athletes their own age, whether they are 12 or 92.

There is no “bench” in weightlifting practice or competition. **Everyone plays every time, regardless of their level of ability**, and they participate up to their own level of ability and not beyond. They are never confronted by athletes or objects for which they are unmatched, but rather work with weights they are capable of lifting.



Athletes of all levels respect and support each other because their mutual opponent is the barbell, not each other. Everyone can win by lifting more than they ever have, whether that is enough to place first or last. The cheers are as loud for those who are lifting 100 lb. as they are for those lifting 500 lb., as long as the weight being lifted is a personal best for that athlete.

Our Growing Numbers

More than 8000 members

More than 3000 coaches

More than 200 clubs throughout the US



How Can You Start?

We want to develop athletes who can reach the heights of Olympic glory. But we also want everyone in America to participate in, and enjoy the benefits of, weightlifting exercises. Obesity, lack of fitness and discipline in young people are widespread, yet the sport that provides the most effective antidote to these problems is not available in many of our schools. Please join us in our crusade to get weightlifting in more schools and colleges and make America stronger and more fit. Become a weightlifter today or become a coach!

Do you want to:

- Become a weightlifter?
- Learn to coach weightlifting?
- Just become more fit?
- Learn more about our sport and how you can support our athletes — amateurs lifting for the love of the game? **Please join America's Strongest Team, the USAW today!**

www.teamusa.org/USA-Weightlifting



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**THE STRONGEST
TEAM IN AMERICA**
*DEDICATED TO achieving sustained
OLYMPIC EXCELLENCE*

Weightlifting is the most transformative sport on earth and weightlifters are the strongest and most powerful athletes in the world. They are transformed from humble beginnings to spectacular success through careful training with free weights that delivers results unmatched by any other activity:

- Unparalleled strength and explosive power
- Bodyweight control that produces lean, functional bodies
- Increased flexibility, speed, balance, and coordination
- Safe & drug free
- Affordable and accessible
- Inclusive—There Is No “Bench”—Everyone Plays

Weightlifting is All About Transformation—and its Fun!

Weightlifting literally transforms its athletes in a way that no other sport does or can. The results can be truly spectacular, but are never less than dramatic, for those who train seriously and regularly.



From building up a body that is weak and under-sized, to helping someone lose weight and get into better shape, to rehabilitating injured and ill bodies, weightlifting simply has no equal. Nothing else is even close.

Whether you want to get stronger, become more explosive, get faster, grow bigger, lose weight, become more flexible, improve your balance and coordination, or just become involved in a sport that you can practice throughout your life and continually hone your skills, weightlifting has the answer!



And There Are Many Other Benefits

As if the aforementioned benefits weren't enough, weightlifting is a sport that you can practice in a group or alone (though we don't recommend the latter), at any time of year, in any weather **and always at an appropriate level for you**. It doesn't matter if you are young or old, a man or a woman, healthy or sick, big or small, you can enjoy the benefits of weightlifting. Results begin to appear quickly, and although major changes require work and persistence, improvements are absolutely guaranteed.



Finally, you can **become part of a community that welcomes all comers**. As long as you want to improve and work to do so you will have the respect of the others in our group, whether you are a newbie or an Olympic Champion.

And, by the way, did we say you can go to the Olympics if you reach the highest levels of success in weightlifting?

What other sport can offer all of this and more? And how is all of this possible? It is possible through the miracle of progressive resistance exercise with free weights, perhaps the most transformative activity on earth.



Safe and Drug Free

Not only does weightlifting bring great results, but it has a **remarkable safety record**. Serious athletic injuries such as head injuries, spinal cord injuries, ACL tears and other catastrophic phenomena that are so much a part of other sports are virtually unknown in the sport of weightlifting.

We are also passionately dedicated to **drug free sport** and we prove it by testing our top athletes in all major competitions. But we go much further than that by testing our top athletes out-of-competition, year round. These tests, are willingly agreed to by our athletes, who welcome the opportunity to prove they are drug free. The combination of rigorous testing and our continued educational efforts, help to assure that our athletes remain drug free.

Affordable and Accessible

Weightlifters don't need a big stadium, field, gymnasium or pool to carry out their training. Many train in a basement or garage, at least initially. Free weights are much less expensive than fancy machines and good equipment lasts a very long time. And, as was noted earlier, weightlifting is a year round activity that can be practiced day or night, in any kind of weather.

