



VISUAL IMPACT
—MUSCLE BUILDING—

Muscle Building Special Report #4

“Olympic Style” Lifting to Further Increase Density

So I use the term “Olympic Lifting” loosely. Here are the two official Olympic Lifts.

The Snatch ---> the weight is lifted overhead in one motion as the weightlifter drops under the bar and then stands straight up.

The Clean & Jerk ---> the weight is first lifted to the shoulders...like a power clean...and then pressed up over head.

The Snatch



Clean and Jerk



I prefer lifts that are based around these two movements...rather than doing these full blown lifts. Someday I make take the time to master these two lifts...but with MUCH lighter weight than pictured above!

Olympic-Style Lifts fit in perfectly with Visual Impact Muscle Building

I recommend just using them in phase 2 and phase 3 when the reps are lower and there is less fatigue. Using this in phase 1 could conflict with the aim of increasing sarcoplasmic hypertrophy...so maybe not the best time to add in Olympic Lifts.

Simply add in an Olympic-style lifting day one per week.

The way this works best in my opinion is to use the 2 day split outlined in Visual Impact and then just add in 1 Olympic lifting day. Here's a good setup...

- Mon: Chest, Back, Abs
- Tues: Shoulders, Biceps, Triceps
- Wed: Olympic Lifting Day
- Thu: Chest, Back, Abs
- Fri: Shoulders, Biceps, Triceps

...then you would take the weekend off.

This is actually a great way to get some leg work in without adding mass. You could simply do low reps with deadlifts or squats and avoid failure (yes...I'm talking about squats and deadlifts). You would do these as a warmup for your Olympic Style lift. I'm actually doing partial deadlifts short of failure in a power rack to increase forearm density and overall back density. I do these once per week.

Is One Time Per Week Going to Make a Difference?

Absolutely! My Olympic Style lift of choice is the hanging power clean. I like to do these after I do deadlift partials. Doing deadlifts first, ensures my lower back is fully warmed up and it makes the weight feel light in my hands, compared to when I'm holding heavier weights for deadlifts.

My joints and tendons feel a little worn out after hanging cleans...

It actually feels good to let the body repair for 7 days before doing them again. I can imagine the 2 “official” Olympic Lifts would hammer the body! The main thing is that after one week I always come back stronger.



This type of lifting is fun! I did the high jump back in high school. Olympic lifting is similar to that because you need to mentally psyche yourself up to break a personal best. I won't push to near failure when doing partial deadlifts because I am paranoid about getting larger hips and butt...but I will push myself with hanging power cleans.

Olympic Lifting creates density that is super-impressive in person.

I have a friend who is a big-time Crossfit guy. When you see him in person you can't help notice his overall arm and shoulder density. It is funny...this type of muscle density doesn't show up in photos and video that well...but when you see an Olympic lifter in person it is obvious.

You can get really creative and customize this.

I like partial deadlifts to stabilize my lower back and work my grip. I like hanging power cleans because they further harden up my forearms as well as fill in and build thickness over my entire back. However, this is just scratching the surface!

Here's a partial list of Olympic style lifts:

[Hanging Cleans](#): Again, these are my favorite. It isolates the upper body a bit more than full power cleans. After doing these for a few months you will notice that you will fill in shirts better. It develops many detail muscles that can sometimes get neglected by traditional back exercises.

[Push Press](#): This is a way to shock your shoulder girdle into handling heavier weight. If your overhead press is stuck or your shoulder are lagging a bit, this is a great way to address that. There are several variations of these.

[Overhead Squats](#): Starting in 2011, I am going to try and master this move. I won't go heavy...I mainly want to use these to ensure outstanding posture. These are great, because they require good flexibility to do properly. My back rounds a bit when I sit down and I need to reinforce a good natural lower back arch. This also pulls the shoulders back. My goal is to simply work up to 5 sets of 5 reps with 135-185 pounds. I'm not worried about gaining muscle in my thighs, since I used to do regular squats with 15+ reps of 315...and 6+ reps with 405...this lighter weight isn't going to do much.



Note: Overhead squats might be the ideal exercise to increase flexibility of the hips, lower back, knees, shoulder girdle, etc. The abs and entire midsection have to contract to stabilize your body as well.

[One Arm Dumbbell Snatch](#): This is a way to get similar effects of the barbell snatch...in a commercial gym setting (doesn't require a lot of space and you don't need to drop the weight to the floor). It isn't even close to as intense or technical as a barbell snatch...which makes it a good one to build a solid foundation.

[Partial Deadlifts](#): I like to do the upper ½ of a deadlift in a power rack. I set the pins to where the bar starts a little below the knee cap. This allows me to skip the part of the deadlift where the back has a tendency to round...which can happen when lifting it from the floor to the knee level. I go heavy but stop short of failure.

[Kettlebells](#): Kettlebells were made for this style of lifting. I haven't done a bunch of kettlebell work, but once per week (on Wednesdays) would fit in perfectly with Visual Impact.

So why not give some of these Olympic Lifts a try?

There aren't any cut and dry rules. Simply devote one day per week, perfecting 1-2 of these new lifts or related lifts. Heck, with most of these you don't even need a gym. In fact...if you watch a few of the videos, you will see people drop the weights from overhead. That isn't going to fly in a commercial gym.

-Rusty

Note: More Visual Impact “tweaks” coming your way!

Special Report Links so Far (in case you missed them)

Special Report 1: [Same Workout, More Fat Free Muscle](#)

Special Report 2: [When to Go “Nutty” With Workout Volume](#)

Special Report 3: [Deep Six Pack Abs Report](#)