

Comparison And Contrast Of “Powerlifting, Bodybuilding, And CrossFit”

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The features of powerlifting, bodybuilding, and CrossFit are considered the three important sports facets when it comes to the immense level of energy and power. It is notable to mention that all three are considered similar features of body sports but in reality, there is the existence of some differences. The feature of powerlifting is known as the sport of strength which appears in the form of different attempts to lift the maximal amount of weight. It comprises three specific tries to win the challenge of maximum weight lifting. The prospect of bodybuilding can be defined as the specific exercise regime of the individuals to effectively control and sustain the features of the musculature in the body (Schoenfeld). On the other hand, the concept of cross-fit can be defined as a particular fitness plan which incorporates the different necessary elements of different sports and forms of exercise. Here, the focus is to discover the features of comparison and contrast referring to the specific aspects of weightlifting, bodybuilding, and cross fit.

It is necessary to understand that most of the time, the paradigm of weightlifting and bodybuilding may be considered as a similar aspect or concept, but in reality, both are immensely different. There is the existence of the fundamental guidelines and principles which are utilized in the case of the concepts of weightlifting, bodybuilding, and cross fit. It is notable to mention that all these three paradigms of sports come up with a similar form of ideology, but there are differences in the form of different forms and procedures. A different facet of strategies is adapted to meet the desired goals and objectives, coming up with the prospect of powerlifting, bodybuilding, and the phenomenon of cross.

The most crucial aspect closely related to all three features of body fitness is that they require an immense level of hard work and determination. A person who wants to excel in powerlifting or wants to be good in bodybuilding should adopt the necessary attributes of dedication, attention to detail, time, and determination to achieve the desired objectives. The phenomenon of cross-fit provides the necessary guidelines for athletes to successfully and comprehensively achieve what they want from the sports of weightlifting and bodybuilding. It provides an effective form of routines which helps athletes and sportspersons to stick with their particular approach to success. The aspect of cross-fit provides directions to the weightlifter and the bodybuilder about their daily routine about their training by average paradigm.

Training is considered the necessary paradigm which applies to all three concepts of weightlifting, bodybuilding, and cross. The overall process of cross-fit provides the crucial paradigm of a training log with the consideration of the specific amount of training with the concern of features of weight and repetitions of the different exercises. The features of the consumption of different energetic meals

and the proper form of training for the day are thoroughly explained by the phenomenon of cross-fit. It is crucial to mention each athlete adopts the approach of a specific form of calculation about their food intake. Crossfit provides the necessary approach to the paradigms of weightlifting and bodybuilding related to meal intake, referring to the athletes' optimal performance. Different forms of calories, fats, carbohydrates, and protein are considered the crucial indicators identified by the prospect of cross-fit.

When it comes to concepts of weightlifting and bodybuilding, it is crucial to understand that the aspect of daily training differs in both cases. Different types of body training create the main difference between the two approaches of weightlifting and bodybuilding. The main focus of the bodybuilder is to entirely concentrate on the structuring of the body muscles concerning the peak size and the essential form of symmetry. The feature of bodybuilding encourages to focus on all the body muscles individually and equally. It is also crucial to mention that the time span of the resting period is also different in both the cases of bodybuilding and body lifting. Mostly, resting time is recorded less during the exercise pattern in the case of the bodybuilder as compared to the power or weightlifter. This particular rule is applied in the case of bodybuilding to ensure that the muscles of the body remain forced with the necessary feature of blood to achieve the optimum feature of muscle building. The prospect of the difference between bodybuilding and powerlifting can be differentiated through the particular feature of displaying the body. The successful feature in case of bodybuilding is a judge in case of particular quality of the muscle and the overall facet of the physique of the bodybuilder. It can be said that the paradigm of bodybuilding is concerned with the features of the display of the body and less concerned about the overall strength of the body. This particular feature is not applied in the case of powerlifting. The approach of powerlifting or weightlifting concerns the total strength of the body, which helps the powerlifter lift an immense amount of weight.

It can be a feasible and immensely crucial approach in the case of bodybuilding and cross fit. It comes with the combined features of processes. Undoubtedly, the prospect of bodybuilding makes an individual strong, which can be enhanced and further developed with the adaptability of the multitude of different techniques of cross-fit. It can also provide the necessary directions to powerlifting with the paradigm of maximizing the strength of the body.

Work Cited

Schoenfeld, Brad J. "The Mechanisms of Muscle Hypertrophy and Their Application to Resistance Training." *The Journal of Strength & Conditioning Research*, vol. 24, no. 10, 2010, pp. 2857-72.