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But picking up that same object quickly is a matter of power. As such, Olympic Weightlifting is primarily about power which is supported by strength.

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James Jumping Jim Halliday Halliday subsequently won two British Empire titles in 1950 and 1954. Olympic medalists in weightlifting;

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including Arnold, have used Olympic lifting to build their or they competed in the Olympic lifts and bodybuilding concurrently and often did well in

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I have been lifting for approxitmal 9 years now. I have dabbled in amateur powerliftng and low level bodybuilding and recently started Olympic weightlifting.

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