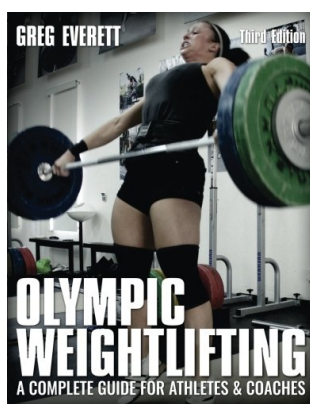


[PDF] Olympic Weightlifting: A Complete Guide For Athletes & Coaches

Greg Everett - pdf download free book



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Description:

Since shortly after its original release in 2008, Olympic Weightlifting: A Complete Guide for Athletes & Coaches has been the most popular book on the sport of weightlifting in the world and has become the standard text for learning and teaching the snatch and clean & jerk.

This all new third edition has been expanded over 150 pages with revised and improved chapters,

new chapters, improved organization, more tables and diagrams, over 600 photographs, improved readability, and improved reference functionality with an index, glossary and expanded table of contents.

The book presents a complete progression for athletes and coaches starting with foundational elements such as breath control and trunk stabilization, squatting, balance and weight distribution, warming-up, individual variation; working to complete learning and teaching progressions for the snatch, clean and jerk; covering training program design extensively, including assessment for recruiting and new lifters, and 16 sample training programs; technical error correction, supplemental exercises, nutrition, bodyweight manipulation, and mobility; and a thorough section on competition to prepare both lifters and coaches.

“Simply the best book available on Olympic weightlifting.” -Don Weideman, Vice President, Pacific Weightlifting Association

“Without a doubt the best book on the market today about Olympic-style weightlifting.” -Mike Burgener, USA Weightlifting senior international coach

“Outstanding, Accurate, and Concise! A must read for athletes and coaches involved in the movements.” -Daniel Camargo, USA Weightlifting International Coach

“Everett's Olympic Weightlifting text is one of the best instructional books for the sport to be published in years. This is a must have for every weightlifting/strength and conditioning coach's library shelf.” Bob Takano, Member USA Weightlifting Hall of Fame

“Everett's book is one of the most accessible and comprehensive weightlifting sources available for the coach and athlete today. I highly recommend this book for every serious strength coach or weightlifting practitioner.” -John Thrush, Head Coach Calpians Weightlifting

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