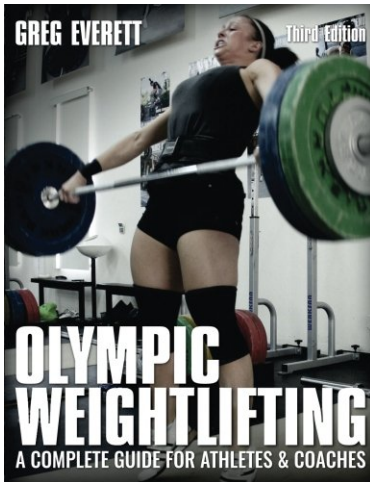


# [PDF] Olympic Weightlifting: A Complete Guide For Athletes & Coaches

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

## Table of Contents

### Foundations

Understanding the Lifts

Learning & Teaching the Lifts

Individual Variation

Facility & Equipment

Warming Up

Breathing & Trunk Rigidity

The Squat

Foot Positions & Transition

The Hook Grip

The Double Knee Bend

Starting Position Principles

### The Snatch

Introduction to the Snatch

The Receiving Position

Learning the Snatch

Pulling from the Floor

Understanding the Snatch

### The Clean

Introduction to the Clean

The Receiving Position

Learning the Clean

Pulling from the Floor  
Understanding the Clean

The Jerk  
Introduction to the Jerk  
The Receiving Position  
Learning the Jerk  
Understanding the Jerk  
The Clean & Jerk

Error Correction  
Introduction to Error Correction  
Universal Errors  
Snatch Errors  
Clean Errors  
Jerk Errors

Program Design & Training  
Introduction to Program Design  
Assessment  
Training Variables  
Jump Training  
Assistance Work  
The Bulgarian Method  
Specific Populations  
The Program Design Process  
Restoration & Recovery  
Training Practices  
Sample Training Programs

Supplemental Exercises  
Introduction to Supplemental Exercises  
Snatch Exercises  
Clean Exercises  
Jerk Exercises  
General Exercises

Nutrition & Bodyweight  
Introduction to Nutrition  
Bodyweight  
Supplements

Mobility & Flexibility  
Introduction to Mobility  
Stretches  
Self-Myofascial Release

Competition

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-Mike Burgener, USA Weightlifting senior international coach. I have purchased dozens of books over the past fifteen years on topics ranging from martial arts to elements of gymnastics and weightlifting. Most contain some useful information; however, few make the yearly cut when I weed through my bookshelf to make room for new material. Why? I can't look back at these books, year after year and find something new every time I open the page. This is not the case with Olympic Weightlifting: A Complete Guide for Athletes & Coaches. Everett's book is unique in that it is concise, yet thorough. Preview "Olympic Weightlifting by Greg Everett. Olympic Weightlifting: A Complete Guide For Athletes & Coaches. by. Greg Everett (Goodreads Author). 4.45 - Rating details. - 510 ratings - 21 reviews. Olympic Weightlifting is a comprehensive guide to learning and instructing the Olympic and related lifts. Includes sections on teaching progressions, lift analyses, error correction, programming, competition, supplemental exercises, warm-up protocols, nutrition, and sample training programs. "Simply the best book available on Olympic weightlifting." Don Weideman, Vice Pres Olympic W... Short Description. Download Greg Everett-Olympic Weightlifting\_ A Complete Guide for Athletes \_ Coaches-Catalyst Athletics (2009).pdf Description. View more Comments. Report "Greg Everett-Olympic Weightlifting\_ A Complete Guide for Athletes \_ Coaches-Catalyst Athletics (2009).pdf". Please fill this form, we will try to respond as soon as possible. Your name. Email. Reason. -Select Reason- Pornographic Defamatory Illegal/Unlawful Spam Other Terms Of Service Violation File a copyright complaint. Description. Close. Submit. Share & Embed "Greg Everett-Olympic Weightliftin...