

## *Olympic Weightlifting Complete Guide*

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The title says it all, and it's certainly no exaggeration, this is an exhaustive and comprehensive guide to all things weightlifting. Greg breaks the Olympic lifts down into easy to understand progressions, and he is sure to detail every aspect of technical performance.

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Greg is the author of the most popular book on Olympic weightlifting – Olympic Weightlifting: A Complete Guide for Athletes & Coaches – and has just launched the 3rd edition, which has been completely revised, improved, and expanded by 150 new pages.

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Whether you're a hobbyist who likes weightlifting or you are a professional coach, this text will be one to thumb through, refer back to, and crosscheck ideas with for years and years. "Olympic Weightlifting: A Complete Guide for Athletes & Coaches" is available at CatalystAthletics.com for \$34.95.

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Olympic-style weightlifting, or Olympic weightlifting, often simply referred to as weightlifting, is an athletic discipline in the modern Olympic program in which the athlete attempts a maximum-weight single lift of a barbell loaded with weight plates.. The two competition lifts in order are the snatch and the clean and jerk. The snatch is a wide-grip, one-move lift.

### **Olympic weightlifting - Wikipedia**

2018 Revised Edition. 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.

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