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Olympic Weightlifting A Complete Guide

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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

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Olympic Weightlifting: A Complete Guide for Athletes and Coaches can be ordered from performancemenu.com for \$34.95. I'd note that there is also a DVD seminar held by Greg available from the same site. I ordered it yesterday and will try to review it after I've gotten it. Read my review of Greg Everett's Olympic Lifting DVD Seminar.

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