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Olympic Weightlifting Programming | June 2019

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Olympic Weightlifting : A Complete Guide for Athletes ...

Olympic weightlifting, or Olympic-style weightlifting, often simply

referred to as weightlifting, is a sport 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. The clean and jerk is a close-grip, two-move lift. Each weightlifter receives three attempts in each, and the combined total of the highest two successful lifts determines the

Olympic weightlifting - Wikipedia

Everett's iconic book titled Olympic Weightlifting: A Complete Guide for Athletes & Coaches is a "go to" resource for weightlifting in text form. I can't begin to tell you how many of my coaches' bookshelves I've seen this gem on.

Book Review: "Olympic Weightlifting: A Complete Guide for ...

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