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From the author of what has been called the best book on Olympic weightlifting, Olympic Weightlifting: A Complete Guide for Athletes & Coaches, comes Olympic Weightlifting for Sports. This book focuses on athletes and coaches outside of the competitive weightlifting world to present a method of teaching the Olympic lifts and their variants simply, safely and effectively to all types of athletes.

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Greg Everett's Guide to Oly-Lifting : weightlifting

(#162) Greg Everett, Olympic weightlifting coach and multi-book author, is today's featured guest on the podcast. Greg Everett is a national-level competitive weightlifter & coach, author, writer, producer, director, and founder of Catalyst Athletics, which is the world's largest source of educational material for Olympic Weightlifting.

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2 Introduction

We are aware of the importance of the Olympic lifts in athletic performance. The explosive triple extension that occurs in the clean, snatch, jerk ...

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