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

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2 Introduction

We all 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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Â§ When lifting the barbell from the ground, the weight is initially in the center of the foot. As the barbell is raised, the path of the barbell is back into the hips and the weight is transferred to the heels. ... DETAILED

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Olympic-style weightlifting, or Olympic weightlifting, often simply referred to as weightlifting, is an athletic discipline in the modern Olympic programme in which the athlete attempts a maximum-weight single lift of a barbell loaded with weight plates.

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