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Olympic Weightlifting Complete Guide

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Olympic Weightlifting is a comprehensive guide to learning and instructing the Olympic and related lifts. Includes sections on teaching progressions, lift analyses, error correction, programming, competition, supplemental exercises, warm-up protocols, nutrition, and sample training programs.

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This book is an all encompassing guide to the Olympic weight lifting movements and additional training movements required to excel in the sport. From start to finish it teaches you the basics of each movement, as well as why we do the movements to the advance cues and adjustments needed to move 120kg above your head in one clean efficient movement.

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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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