

Weightlifting Movement Assessment & Optimization Mobility & Stability for the Snatch and Clean & Jerk



BOOK DETAILS

- Author : Quinn Henoch
- Pages : 334 Pages
- Publisher : Catalyst Athletics
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BOOK SYNOPSIS

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. This all new third edition has been expanded over 150 pages with revised and improved chapters, new chapters, improved organization, more tables and diagrams, over 600 photographs, improved readability, and improved reference functionality with an index, glossary and expanded table of contents. The book presents a complete progression for athletes and coaches starting with foundational elements such as breath control and trunk stabilization, squatting, balance and weight distribution, warming-up, individual variation; working to complete learning and teaching progressions for the snatch, clean and jerk; covering training program design extensively, including assessment for recruiting and new lifters, and 16 sample training programs; technical error correction, supplemental exercises, nutrition, bodyweight manipulation, and mobility; and a thorough section on competition to prepare both lifters and coaches. "Simply the best book available on Olympic weightlifting." -Don Weideman, Vice President, Pacific Weightlifting Association "Without a doubt the best book on the market today about Olympic-style weightlifting." -Mike Burgener, USA Weightlifting senior international coach "Outstanding, Accurate, and Concise! A must read for athletes and coaches involved in the movements." -Daniel Camargo, USA Weightlifting International Coach "Everetts Olympic Weightlifting text is one of the best instructional books for the sport to be published in years. This is a must have for every weightlifting/strength and conditioning coachs library shelf." Bob Takano, Member USA Weightlifting Hall of Fame "Everetts book is one of the most accessible and comprehensive weightlifting sources available for the coach and athlete today. I highly recommend this book for every serious strength coach or weightlifting practitioner." -John Thrush, Head Coach Calprians Weightlifting Table of Contents Foundations Understanding the Lifts Learning & Teaching the Lifts Individual Variation Facility & Equipment Warming Up Breathing & Trunk Rigidity The Squat Foot Positions & Transition The Hook Grip The Double Knee Bend Starting Position Principles The Snatch Introduction to the Snatch The Receiving Position Learning the Snatch Pulling from the Floor Understanding the Snatch The Clean Introduction to the Clean The Receiving Position Learning the Clean Pulling from the Floor Understanding the Clean The Jerk Introduction to the Jerk The Receiving Position Learning the Jerk Understanding the Jerk The Clean & Jerk Error Correction Introduction to Error Correction Universal Errors Snatch Errors Clean Errors Jerk Errors Program Design & Training Introduction to Program Design Assessment Training Variables Jump Training Assistance Work The Bulgarian Method Specific Populations The Program Design Process Restoration & Recovery Training Practices Sample Training Programs Supplemental Exercises Introduction to Supplemental Exercises Snatch Exercises Clean Exercises Jerk Exercises General Exercises Nutrition & Bodyweight Introduction to Nutrition Bodyweight Supplements Mobility & Flexibility Introduction to Mobility Stretches Self-Myofascial Release Competition

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