

OLYMPIC WEIGHTLIFTING FOR SPORTS



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7 Correct Pull Not\$reaching\$full\$extension\$with\$the\$hips\$is\$a\$big\$nono\$because\$it\$is\$the\$primary\$reason\$that\$athletes\$do\$Olympic\$lifts\$in\$the\$Hirst\$place ...

Bulletproof Olympic Weightlifting - Robertson Training Systems

Perhaps the most sought after result that the olympic lifts can bring is explosiveness or – even more general – moving a heavy weight fast. This benefit was driven from the 1964 Olympic Games, where researchers supposedly found olympic weightlifters to jump the highest and run the fasted 25 yard dash of any athlete. Eye catching stuff.

The myth of olympic weightlifting for athletes

Why Olympic Weightlifting & Sports Performance? • Majority of sports require explosive power (strength + speed) to play up to full potential • Power = ability for body to produce the greatest amount of force in as little time as possible • The 2 Olympic lifts and their variations have been shown to increase velocity of

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training for weightlifting athletes. The information will be more specific and geared toward training weightlifting athletes to higher levels of competition.

Advanced Weightlifting & Sport Performance Manual

Snatch The snatch is the first of the two lifts contested in Olympic weightlifting. The athlete lifts the barbell from the floor to the overhead position in a single motion. The term snatch with no qualifiers implies a full squat in the bottom position. Clean & Jerk The clean & jerk is the second of the two lifts contested in. Olympic weightlifting.

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