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# Olympic Weightlifting: A Complete Guide For Athletes & Coaches



## 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 • "Everett's 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 coach's library shelf." • Bob Takano, Member USA Weightlifting Hall of Fame • Everett's 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 Calpians 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

## **Book Information**

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## **Customer Reviews**

Greg Everett is the head coach of the USA Weightlifting National Champions Catalyst Athletics weightlifting team. He remains a competitive lifter at the senior national level with a top placement of fifth in the National Championships, and is the 2015 Masters National Champion and masters American record holder in the clean & jerk in the 105kg 35-39-year-old category. Everett is the primary content creator for Catalyst Athletics, known internationally as one of the top sources for weightlifting educational material and weightlifting training programs, and publisher of multiple books on weightlifting. Catalyst Athletics also offers coaching certification based on Everett's methods and curriculum, and has been providing weightlifting seminars around the world for almost ten years. He has authored multiple popular books; Olympic Weightlifting: A Complete Guide for Athletes & Coaches has been the most popular book on weightlifting available since shortly after its original release in 2008. He owns the Catalyst Athletics gym in Sunnyvale, California, where he coaches his competitive weightlifting team, and which also provides training for recreational weightlifters and athletes of other sports, and has published the monthly journal, The Performance Menu, for over ten years. In 2013, Everett released the first feature-length documentary film on the

sport of weightlifting in the US, American Weightlifting, which he wrote, directed, produced, shot and edited on his own with no outside funding.

This edition is a complete overhaul from the previous edition (2nd Edition, which I also have). There has been extensive content added to this edition and the design is MUCH better. The paperback version comes in at 588 pages and is now the "definitive textbook" for Olympic lifting for all athletes and coaches. The lift progressions, program design, and supplemental information in this book is beyond description - it's simply outstanding and extremely detailed. I was already a huge fan of the 2nd edition, however, the 3rd edition is major upgrade and I love the overall design and flow of this book. You won't find the details of the O-lift progressions anywhere else. The Catalyst methodology is a wonderful system for learning and progressing with the Olympic lifts and the system is completely hashed out and explained in great detail in the book. This is not a book to read, it's a book to apply. What I mean is that this is a book that belongs in the gyms for continuous reference and application to the sport of Olympic lifting. If you read only one book on OL, this could be the only book you'd ever need. Greg Everett has consistently put out some of the best content and perspective on Olympic lifting and this book is a complete and comprehensive culmination of his work. With the growth of OL, this body of work is for everyone who's serious about their own training or becoming better as a OL coach. I've been reading Greg's work for years now and this book is his best (and most comprehensive) work to date. The technique descriptions and progressions are easily worth the investment alone, but the book goes much deeper into all aspects of weightlifting. There is no stone left unturned and I can't imagine what further questions would be left unanswered after reading. Wondering if you should get this book if you already have the previous edition? The answer is absolutely YES! I've already mentioned the reasons why: the book is a total re-design, a major upgrade, and a complete evolution to the previous edition. Things change, techniques improve, and new things are discovered. This book represents a much improved and enhanced version of "Olympic Weightlifting." There's a reason the book is titled "A Complete Guide" because that's exactly what it is. Highly recommended!

A must read if you want to improve your Olympic lifts in an exponential manner. Great resource for any crossfit participant. Now I understand more clearly the concepts my coach is trying to teach our class. The author has a website with instructional videos and articles covering a wide variety of topics for competitive lifters and he is on Facebook as well under Catalyst Athletics. His female lifting team just won the national championship so he definitely knows how to convey his knowledge

and inspire his students. The book is quite large, about two and a half inches thick, and approximately six hundred pages, with a ton of photographs demonstrating proper form. Now I plan to outfit my own home gym. My first purchase will be a good barbell and quality bumper plates. This book will reside right beside them. My thanks to the author for his inspirational work.

This book is no joke. Not only is it heavy duty, it's packed with information. I started this book like I would any textbook. Greg Everett does a great job of outlining everything that is entailed in Olympic weightlifting, from the equipment that is used, gear to wear like sleeves, wraps and weightlifting SHOES (I had no idea), ways to tape and chalk up, and safety straps and belts. What I really like about Everett's guide are the sections on technique and development. There are plenty of options to read up on, depending skill level and training desires of the lifter. There is weight gain, classic lift and a Bulgarian program as examples. I'm not gonna lie, the idea of weightlifting is a tad intimidating. However, using this book properly, much information is given that eases my anxiety a bit. Everett provides a whole section on how to correct lifts. There are so many pictures of proper technique so one can identify what would constitute a proper lift and what wouldn't. The education continues on through the nutrition section where weight and supplements are covered. Everett even goes on to cover the training one must take in order to begin competition. Like I said, this book is packed with information. I never like going into situations unprepared, especially ones where there is a potential for injury, but I feel that Everett really created a guide to help coach a weightlifter to where they would like to be.

I am less than a third of the way through "Olympic Weightlifting," and I have already learned more about the sport, and indeed about sports physiology in general, than I have from any other resource material I have consulted, and I have consulted a lot. Greg's knowledge is obviously deep, and his coaching experience shows through; some of his simple breakdowns of the prime movements have made concepts clear to me that I have struggled with over hours of unguided experimentation. I have the Kindle version, and I am just about ready to spring for the paper version as well. I expect that this guide, along with hands-on tips from the good coaches I have encountered in my first month at a Crossfit box in NYC, will help me finally approach competency at weightlifting after years of flailing around.

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