



**A COMPLETE GUIDE  
FOR ATHLETES  
& COACHES**  
Second Edition

# **OLYMPIC WEIGHTLIFTING**

**G R E G   E V E R E T T**

*Greg Everett*

**Olympic Weightlifting: A Complete Guide for Athletes & Coaches**



[continue reading](#)

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



[continue reading](#)

We had heard good things about this book I purchased this book on Olympic weightlifting for my brother, who is interested in weightlifting simply because an athlete. I experienced heard good things about this reserve, and I found the second edition when I saw it on Amazon. With the growth of OL, this body of function is for everyone who's seriously interested in their own schooling or getting better as a OL coach. It is big! It is large, with a good amount of photographs and readable guidelines on each page. I appreciated this size, and I'd like for more exercise books to come in such a big size. I've been reading Greg's work for years now which book is his finest (& most comprehensive) function to date. I love it when books consist of this information, and this book has a quite strong and effective foundation section. The publication continues with a section dedicated to different types of Olympic weight lifting, like the snatch, the jerk, and so forth. So it is essential for anyone learning the lifts on their own, or anyone who would like a better understanding of the lifts for training purposes. The reserve also includes section on programming and training in addition to supplemental exercises and flexibility. The publication also provides info on competition, which I know my buddy will appreciate. Good reference and teaching materials This is a good book for teaching, learning, and reference material with respect to the sport of Olympic Weightlifting. I'd definitely recommend this book! I described this since I didn't want to pay for a coach. A must browse if you want to improve your Olympic lifts in an exponential manner. Great resource for just about any crossfit participant. Right now I understand more clearly the concepts my coach is trying to teach our class. Also has a great section on faults and fixes, that i have gone to a number of instances for myself and for others I've coached. A must-have for everyone Excellent book. The publication is fairly large, about two and a half inches thick, and approximately 1000 pages, with a huge amount of photographs demonstrating appropriate form. Now I plan to to outfit my own home gym. Weightlifting Bible Excellent resource for anyone seriously interested in weightlifting. This reserve will reside right beside them. Nevertheless, using this book correctly, much information is given that is definitely eases my stress and anxiety a bit. Textbook for weightlifting This book is no laughing matter. Not only is it heavy duty, it's packed with info. Greg Everett includes a method of explaining the "hows" and "whys" of the lifts in a way that make sense to the layman. Greg Everett does a great work of outlining everything that's entailed in Olympic weightlifting, from the equipment that's used, gear to put on like sleeves, wraps and weightlifting Shoes or boots (i had no idea), ways to tape and chalk up, and basic safety straps and belts. One of the best resources out presently there on Olympic lifting. There are many options to read up on, depending level of skill and training wishes of the lifter. Will need to have reference in your weightlifting library This and the Catalyst website are my top

references for coaching weightlifting as well as improving my own performance. I'm not really gonna lie, the thought of weightlifting can be a tad intimidating. My because of the writer for his inspirational function. Everett provides a entire sections on how to appropriate lifts. There are therefore many pictures of appropriate technique so you can recognize what would constitute an effective lift and what wouldn't. The training continues on through the nutrition section where weight and supplements are covered. What I mean is that is a reserve that belongs in the gyms for constant reference and program to the sport of Olympic lifting. Like I said, this reserve is filled with information. I under no circumstances like going into situations unprepared, especially types where there's a potential for injury, but I feel that Everett really created a guide to greatly help coach a weightlifter to were they would like to be. THE Bible for Olympic Weightlifting Fantastic resource from a well respected Olympic lifting coach, author and entrepreneur. Addresses all the basics and some, with great photos and step-by-step progressions, and contains some great sections on mobility, development, etc. The author has a website with instructional videos and content articles covering a multitude of topics for competitive lifters and he is on Facebook aswell under Catalyst Athletics. This is THE bible for everything olympic lifting related. I had been an enormous fan of the next edition, however, the 3rd edition is major update and I love the overall design and flow of this book. Major Upgrade From Prior Edition (A MUST Have For Coaches and Sportsmen) This edition is a complete overhaul from the previous edition (2nd Edition, which I also have). Great Resource for Olympic Weightlifting Nothing beats one-on-a single lessons with a coach, but this is a great resource for learning about common mistakes and how to correct them. If you read only one book on OL, this could be the only book you'd ever want. The lift progressions, program design, and supplemental information in this book is beyond explanation - it's simply outstanding and extremely detailed. Gotta have this one on your shelf if you are training or training the olympic lifts, or if you are a dedicated CrossFitter. You won't find the facts of the O-lift progressions somewhere else. The Catalyst methodology is an excellent system for learning and progressing with the Olympic lifts and the system is completely hashed out and described in great detail in the publication. This is not a book to read, it's a book to use. Everett even goes on to cover the training one must ingest order to begin competition. The paperback version will come in at 588 pages and is currently the "definitive textbook" for Olympic lifting for all sportsmen and coaches. Greg Everett offers consistently put out the best content and perspective on Olympic lifting and this publication is a complete and comprehensive culmination of his function. One great thing concerning this reserve can be its size. The book begins with a section on Foundations. The technique descriptions and progressions are easily worth the investment only, however the book goes more deeply into all

areas of weightlifting. There is no stone left unturned and I can't imagine what further queries would be remaining unanswered after reading. Thinking should you get this book in the event that you already have the previous edition? The answer is absolutely YES! I've mentioned previously why: the book is a complete re-design, a major upgrade, and a comprehensive evolution to the prior edition. Things change, methods improve, and new stuff are discovered. This reserve represents a much improved and enhanced edition of "Olympic Weightlifting. If you are in search for a Weightlifting publication, this would be my 1st pick. Highly recommended! Excellent Perfectly organized and easy to follow. I really enjoyed this book, and my buddy did too. There has been extensive content added to this edition and the design is MUCH better. Highly recommended. My first purchase will be a great barbell and quality bumper plates. Everything you want/need to learn about WL! I love this content provided in this reserve. Everything is divided therefore clearly, anyone could understand why." There's grounds the book is titled "A Complete Guideline" because that's exactly what it is. There is pounds gain, traditional lift and a Bulgarian system as illustrations. As a masters athlete and new to the sport, I needed to learn from the very best coaches therefore that I possibly could develop my late-in-life career as a coach. Luckily, thanks in part to the excellent reserve, I am known as the "technical coach" at the fitness center along with the go-to trainer for building a sound strength basis for weightlifting. His female lifting team simply won the nationwide championship so he certainly knows how to convey his understanding and inspire his learners. Can you ask for more? We started this reserve like I'd any textbook. The reserve even has a chapter on mistake correction, that i think is so helpful. Most comprehensive however accessible book I've read on olympic lifiting Greg writes in depth, yet easy to check out descriptions. What I like about Everett's instruction are the sections on technique and advancement.



[continue reading](#)

download Olympic Weightlifting: A Complete Guide for Athletes & Coaches  
epub

download Olympic Weightlifting: A Complete Guide for Athletes & Coaches  
djvu

[download free In Full Bloom mobi](#)

[download free Eat for Health: Lose Weight, Keep It Off, Look Younger,  
Live Longer \(2 Volume Set\) mobi](#)

[download Eat For Health Book 1: The Mind Makeover pdf](#)