

GREG EVERETT

Third Edition



**OLYMPIC
WEIGHTLIFTING**

A COMPLETE GUIDE FOR ATHLETES & COACHES

Greg Everett

Olympic Weightlifting: A Complete Guide for Athletes & Coaches



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Since shortly after its original launch in 2008, *Olympic Weightlifting: A Complete Guide for Athletes & Coaches* has been the most popular publication on the activity of weightlifting on the planet and is just about the standard text message for learning and teaching the snatch and clean & jerk.

-John Thrush, Head Mentor Calpians Weightlifting

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attempting to full learning and teaching progressions for the snatch, clean and jerk; The publication presents a full progression for sports athletes and coaches you start with foundational components such as breath control and trunk stabilization, squatting, balance and weight distribution, warming-up, specific variation;” technical error correction, supplemental exercises, nutrition, bodyweight manipulation, and mobility; and a thorough section on competition to get ready both lifters and instructors.

“This is the best book available on Olympic weightlifting. covering training curriculum design extensively, including evaluation for recruiting and brand-new lifters, and 16 sample training applications;

Everett's Olympic Weightlifting text message is among the best instructional books for the sport to end up being published in years.

-Daniel Camargo, USA Weightlifting International Coach”

-Mike Burgener, USA Weightlifting senior international coach

“Excellent, Accurate, and Concise! Essential read for sports athletes and coaches mixed up in movements.”

Without a doubt the best book on the market today about Olympic-style weightlifting.

-Don Weideman, Vice President, Pacific Weightlifting Association

“That is a must have for every weightlifting/power and conditioning coach's library shelf.

Everett's book is among the most accessible and in depth weightlifting sources designed for the trainer and athlete today.

Bob Takano, Member USA Weightlifting Hall of Fame”

“I highly recommend this book for each and every serious strength coach or weightlifting practitioner.”

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 extended table of contents.



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There's weight gain, classic lift and a Bulgarian plan as examples. I had heard good things concerning this reserve, and I found the next edition when I noticed it on Amazon. Like I said, this publication is packed with information. It is big! It really is large, with adequate photographs and readable guidelines on each web page. I appreciated this size, and I'd like for more exercise books to come in such a large size. I'm not gonna lie, the idea of weightlifting is a tad intimidating. I hardly ever like going into situations unprepared, especially types where there is a prospect of injury, but personally I think that Everett actually created a guide to help coach a weightlifter to had been they would like to be. The publication proceeds with a section focused on various kinds of Olympic lifting weights, like the snatch, the jerk, and so on. The book even has a chapter on mistake correction, which I think is indeed helpful. I would definitely recommend this publication! You won't find the facts of the O-lift progressions anywhere else. The education continues on through the nutrition section where fat and supplements are covered. The book also includes section on programming and training and also supplemental exercises and versatility. Can you ask for more? A must go through if you want to improve your Olympic lifts in an exponential way. Great resource for any crossfit participant. This is THE bible for all things olympic lifting related. Good reference and teaching materials This is a good book for teaching, learning, and reference material with respect to the sport of Olympic Weightlifting. His female lifting group just won the national championship so he certainly knows how exactly to convey his understanding and inspire his college students. The book is quite large, about two and a half inches thick, and approximately six hundred pages, with a huge amount of photographs demonstrating proper form. Now I plan to to outfit my own home gym. I love this content provided in this publication. This publication will reside correct beside them. I described this since I didn't want to cover a coach. Textbook for weightlifting This book is no joke. It's not only heavy duty, it's packed with information. I started this book like I would any kind of textbook. Greg Everett does an excellent job of outlining precisely what is normally entailed in Olympic weightlifting, from the equipment that is used, gear to wear like sleeves, wraps and weightlifting Sneakers (i got no idea), methods to tape and chalk up, and security straps and belts. What I like about Everett's information are the sections on technique and development. There are many options to read through to, depending skill level and training desires of the lifter. I had heard good stuff about this book I bought this book about Olympic weightlifting for my buddy, who is thinking about weightlifting simply because an athlete. The book starts with a section on Foundations. However, by using this book properly, much information is considering that is usually eases my nervousness a little bit. Gotta have this one on your shelf if you are schooling or coaching the olympic lifts, or if you are a devoted CrossFitter. Also has a great section on faults and fixes, that i have gone to several situations for myself and for others I've coached. I really enjoyed this publication, and my brother did too. Everett even goes on to cover working out one must ingest order to begin competition. One best part about this book is its size. I love it when books include these details, and this book has a quite strong and effective basis section. The paperback edition will come in at 588 webpages and is now the "definitive textbook" for Olympic lifting for all sports athletes and coaches. Addresses all the basics and then some, with great photos and step-by-stage progressions, and includes some very nice sections on mobility, development, etc. There are so many photos of proper technique so one can determine what would constitute an effective lift and what wouldn't. Now I am aware more clearly the ideas my coach is trying to instruct our class. Everett provides a entire sections on how best to correct lifts. Major Upgrade From Prior Edition (AN ABSOLUTE MUST HAVE For Coaches and Athletes) 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 Bible for Olympic Weightlifting Fantastic resource from a well respected Olympic lifting coach, author and entrepreneur. The lift progressions, program design, and supplemental information in this book is beyond explanation - it's simply outstanding and extremely detailed. I had been a huge fan of the 2nd edition, however, another edition is major update and I love the entire design and circulation of the book. The publication also provides details on competition, which I know my brother will appreciate. The Catalyst methodology is a wonderful system for learning and progressing with the Olympic lifts and the system is totally hashed out and described in great fine detail in the publication. This is simply not a book to learn, it's a book to use. Why is that is a publication that belongs in the gyms for continuous reference and application to the sport of Olympic lifting. Among the best resources out now there on Olympic lifting. Greg Everett offers consistently put out some of the best articles and perspective on Olympic lifting which publication is a complete and comprehensive culmination of his work. Highly recommended. I am reading Greg's function for years now and this book is his finest (& most comprehensive) work to date. The technique descriptions and progressions are easily worth the investment by itself, but the book goes much deeper into all aspects of weightlifting. There is no rock left unturned and I cannot imagine what further queries would be left unanswered after reading. Questioning if you should get this book in the event that you already have the prior edition? Things change, methods improve, and new factors are discovered. I've already mentioned the reasons why: the publication is a complete re-design, a significant upgrade, and a complete evolution to the previous edition. The answer is absolutely YES! Highly recommended! "There is a reason the publication is titled "A Complete Information" because that's exactly what it is. This publication represents a much improved and enhanced edition of "Olympic Weightlifting. Excellent Very well organized and easy to follow. The writer has a website with instructional movies and content articles covering a wide variety of topics for competitive lifters and he's on Facebook as well under Catalyst Athletics. Great Resource for Olympic Weightlifting Nothing beats one-on-one lessons with a coach, but this is an excellent resource for studying common mistakes and how exactly to correct them. With the growth of OL, this body of function is for everybody who's serious about their own training or getting better as a OL trainer. Weightlifting Bible Excellent resource for anybody serious about weightlifting. Everything you want/want to learn about WL! My initial purchase is a great barbell and quality bumper plates. Everything is broken down so clearly, anyone could understand why. If you're browsing for a Weightlifting reserve, this would be my first pick. Must have reference in your weightlifting library This and the Catalyst website are my top references for coaching weightlifting and also improving my own functionality. As a masters athlete and not used to the sport, I needed to learn from the best coaches therefore that I possibly could develop my late-in-life career as a coach. Fortunately, thanks in part to this excellent publication, I am known as the "technical trainer" at the gym along with the go-to trainer for creating a sound strength basis for weightlifting. A must-have for everyone Excellent book. My because of the author for his inspirational function. Greg Everett has a method of explaining the "hows" and "whys" of the lifts in a manner that make sense to the layman. So it's essential for anyone learning the lifts by themselves, or anyone who would like a better knowledge of the lifts for coaching purposes. Most comprehensive however accessible book I've read on olympic lifting Greg writes comprehensive, yet easy to follow descriptions. In the event that you read only one publication on OL, this could be the only real book you'd ever need.



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