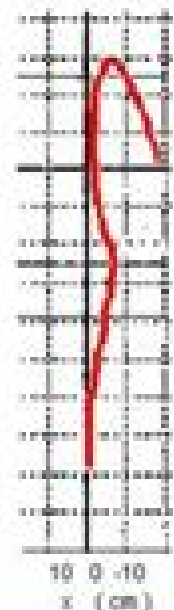
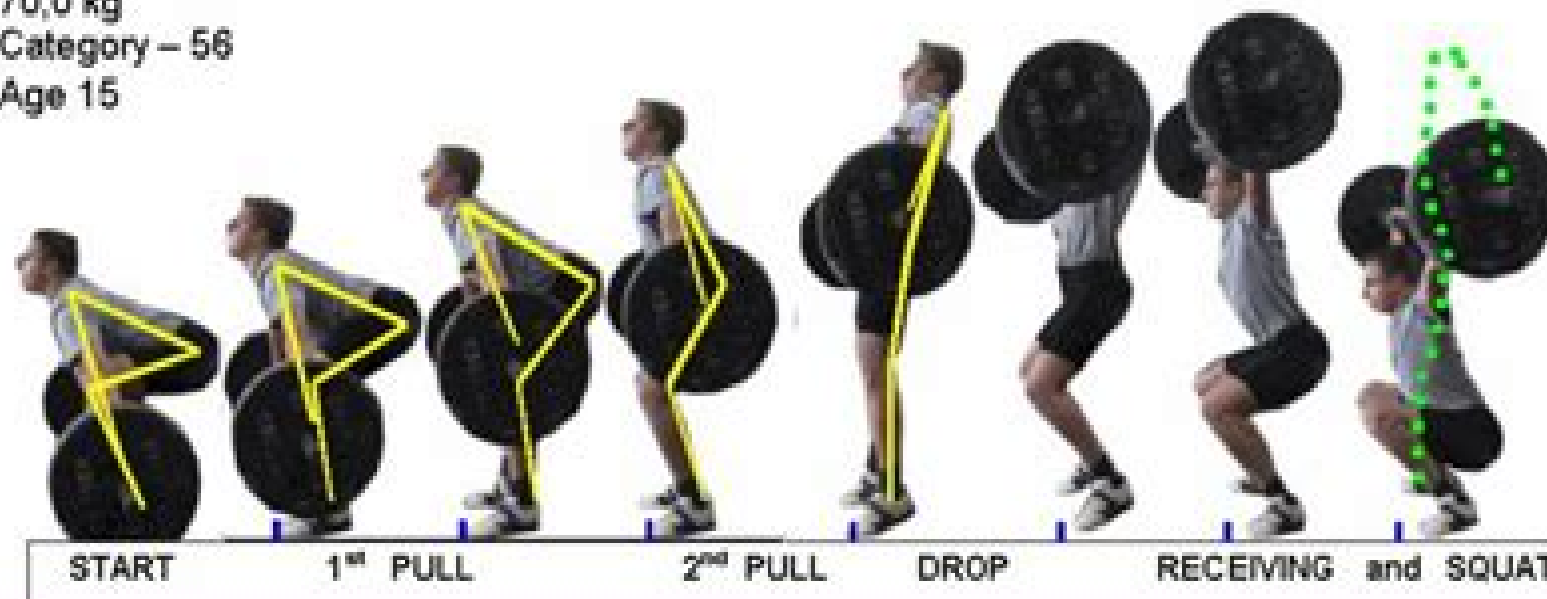




# Technique - Snatch

Olympic Weight Lifting

70,0 kg  
Category – 56  
Age 15



V max.

Path of the bar

Muscles tight  
Back flat  
Shoulders  
above the bar  
Feet hip width  
apart  
Toe tips under  
the bar  
Arms straight

no rising of the  
buttocks  
(parallel back shift)  
Knees move  
backwards  
Back flat  
Arms straight

explosive hip  
and knee  
extension  
full body  
extension,  
shrug  
Arms remain  
straight  
reaching  
maximum  
velocity (V max.)

quick drop  
under the bar  
active arm pull  
pull close to the  
body, do not  
swing  
jump in to  
squat  
feet move low  
above ground

immediately contact to  
the ground  
active break of the falling  
bar  
Feet shoulder width apart  
Stable squat position,  
muscles tight,  
Elbows locked

Bar moves  
behind the  
vertical line  
(from start)  
do not move  
around the  
knees (1<sup>st</sup> pull)  
no bar swing  
during 2<sup>nd</sup> pull



# Weightlifting Guide

**Rosina Ehmann**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.



## Weightlifting Guide:

*The Complete Guide to Lifting Heavy Weights* Geoffrey K. Platt, 2013-05-30 This is the definitive book for fitness professionals coaches and sportspeople using or supervising the use of heavy weights Heavy weights are very popular in gyms but there is a lack of supervision and good instruction This is not only dangerous to the gym user but also bad news for the gym and it prompted the Register of Exercise Professionals REPS to authorise a range of new courses designed by the book's author *The Complete Guide to Lifting Heavy Weights* is required reading for students taking these courses and an essential guide for anyone who works with or supervises the use of heavy weights As with all titles in the Complete Guide series it is packed with information tips strategies and training plans from beginner level through to advanced This applies to those who wish to build body strength and bulk as well as people wanting to improve their performance in a range of other sports Well illustrated and authoritative it covers everything you need to know to deal with heavy weights safely and successfully

***The Complete Idiot's Guide to Weight Training, Illustrated, 4th Edition*** Deidre Cane, Jonathan Cane, 2012-12-04 *The Complete Idiot's Guide to Weight Training Illustrated Fourth Edition* is for both novice and intermediate gym workouts Multiple exercises are explained with step by step instructions using well over 300 illustrations in this large trim easy to read training guide Every muscle group is worked and every piece of equipment one is likely to find in gyms is fully explained and illustrated

*Ultimate Olympic Weightlifting* Dave Randolph, 2015-07-07 **ACHIEVE OLYMPIC STRENGTH WITH THIS HARDCORE GUIDE TO WEIGHTLIFTING** Every four years the world's most powerful athletes showcase their amazing abilities at the Olympics This book takes you step by step through the same primary lifts assistance movements and training techniques used by these high level athletes to help you build explosive strength power and speed By following the programs exercises and instructions in *Ultimate Olympic Weightlifting* you learn how to Develop Full Body Strength Perfect Your Barbell Lifting Form Utilize Cross Training Techniques Fuel Your Body for Working Out Avoid Overexertion and Injury

*Strength Training Bible for Men* William Smith, David Kirschen, 2015-09-29 The coaching you need to build strength maximum muscle growth and power Experts agree the fastest and most effective way to build strength and increase muscle mass is to lift weights Written by top strength training professionals *Strength Training Bible* is the comprehensive easy to understand guide to mastering the basics of weight lifting and barbell training Divided by fitness levels *Strength Training Bible* shows you how to craft powerful workouts that are tailored to your unique goals Designed to minimize risk and maximize results the *Strength Training Bible* program combines the best elements of strength training and weight lifting in a program you can do at home or in the gym With the *Strength Training Bible* program you will Build muscle and definition Increase endurance and energy Achieve perfect form with detailed step by step exercise instructions Turn your home work space or garage into a fully functional weight room Reach long time fitness goals and maintain definition year round Get the body you've always wanted in record time Stop looking for the perfect program and start working towards



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Trujillo, 2021-04-27 The book for newcomers to weight training This book on weight lifting includes Get started Learn weight lifting fundamentals like how to choose the right weight defining gym jargon and using proper gym etiquette Get training Build muscle and stamina with 35 beginner based exercises and a complete 4 week weight lifting routine that includes specific exercises sets and reps that can be modified for your skill level Get results and compliments You ll feel fitter and healthier and you may even notice a firm muscle or two plus you get well timed encouragement when you need it

*Beginner's Guide to Weight Lifting* Kyle Hunt, 2020-01-14 From square one to living strong a beginner s guide to weight lifting You don t have to hire a personal trainer to learn how to lift weights the smart safe way The Beginner s Guide to Weight Lifting is the perfect companion for men and women who are starting from scratch and want to begin working out at the gym or at home From air squats to barbell bench presses you ll explore beginner friendly exercises with clear illustrations so you can perfect your form get stronger while building muscle and improve your cardiovascular health The Beginner s Guide to Weight Lifting can help you get the most out of your workout routine by sharing how to set up your home gym safety tips nutrition and more It doesn t matter who you are your age or physical ability it s never too late to start weight lifting This ultimate beginner s guide to weight lifting includes Get started Learn weight lifting fundamentals like how to choose the right weight defining gym jargon and using proper gym etiquette Get training Build muscle and stamina with 35 beginner based exercises and a complete 4 week weight lifting routine that includes specific exercises sets and reps that can be modified for your skill level Get results and compliments You ll feel fitter and healthier and you may even notice a firm muscle or two plus you get well timed encouragement when you need it Lift weights without the heavy lifting all you need is the Beginner s Guide to Weight Lifting      Olympic Weightlifting Greg Everett, 2016-01-14 Since shortly after its original release in 2008 Olympic Weightlifting A Complete Guide for Athletes 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 It includes a thorough section on competition to prepare both lifters and coaches Provided by publisher      *100 Days of Technique* Christopher Yang, 2018-05-15 100 Days of Technique is a straightforward guide to improving Olympic weightlifting at any level Through simple but critical steps 100 Days of



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