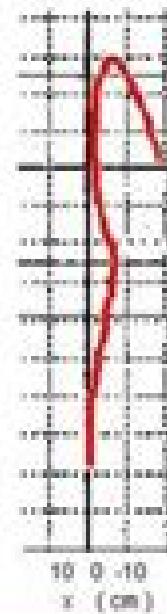
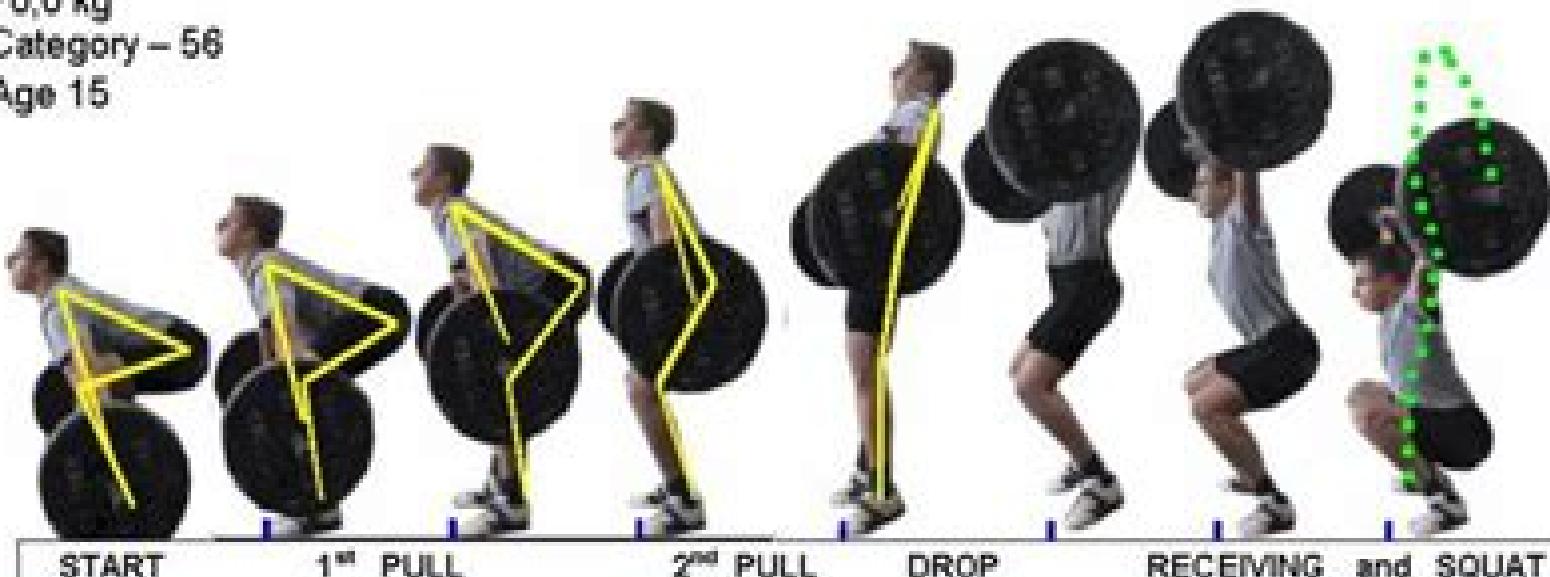




# Technique - Snatch

Olympic Weight Lifting

70,0 kg  
Category – 56  
Age 15



START

1<sup>st</sup> PULL

2<sup>nd</sup> PULL

DROP

RECEIVING and SQUAT

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

**Patrick McHenry, NSCA -National  
Strength & Conditioning  
Association, Mike Nitka**

## 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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your goals with an exercise regimen created to help you reach the next level in physical fitness It's time to take the first step towards your physical peak with Strength Training Bible Guided instructional videos community and expert support for this book available at GetFitNow.com and on Facebook at GetFitNowdotcom **NSCA's Guide to High School Strength and Conditioning** Patrick McHenry, NSCA -National Strength & Conditioning Association, Mike Nitka, 2022 NSCA's Guide to High School Strength and Conditioning equips you to deliver the highest quality strength and conditioning program in the high school setting whether you are a strength and conditioning professional physical education teacher sport coach or administrator **Guide to Weight Lifting Competition** Bob Hoffman, 1945 *Guide To Weightlifting* Elias 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

Technique provides lifters with cues tips and advice that has been used tested and proven to work It is intended as an ongoing coaching and lifting resource The Complete Idiot's Guide to Weight Training Deidre Johnson-Cane,Joe Glickman,Jonathan Cane,2002-12-01 This text aims to be useful to those looking for an approachable beginner s guide to lifting weights The book is issued in the illustrated format where photographs and line illustrations are given as much attention as the easy to read text The guide includes multiple exercises for all the major muscle groups photographs depicting the beginning midpoint and ending positions for each exercise and photographs depicting the most common mistakes in executing various exercises allowing readers to learn from others mistakes Weight Lifting and Weight Training Noah Daniels,2013-10-16 Whether you call it weightlifting pumping iron or bodybuilding lifting weights both light and heavy has long been a great way to get in shape and stay in shape Weightlifting or weight training has many health benefits for both men and women There are weightlifting and weight training routines appropriate for men woman even children of any age any size and any body type If you want to build muscle mass increase stamina improve cardiac function even stave off the symptoms of osteoporosis you can accomplish all of that and so much more by adding a good weight training routine to your regular workout Lifting weights improves your strength and stamina Lifting weights builds muscle and confidence improves cardiovascular health and can actually help prevent other sports injuries And lifting weights can help you lose extra pounds and keep them off so what are you weightlifting for come on get pumping The Ultimate Guide to Weight Training for Track and Field Robert G. Price,2003 **The Weightlifting Encyclopedia** Arthur J. Drechsler,1998 Lifting weights is perhaps one of the fastest growing athletic activities of recent years While many lift weights many more would like to do so if they simply knew how to go about it And those who know the most about weightlifting serious competitive weightlifters are not very accessible to the public This book reveals the secrets of weightlifting in material culled from more than 30 years of competitive experience a review of more than 60 years of weightlifting literature and extensive interviews with many of the greats of the sport The Ultimate Guide to Weight Training for Baseball (Enhanced Edition) Robert G. Price,2006 **Football Coach's Survival Guide** Mike Koehler,1992 Organized for easy use into 16 sections including player recruitment conditioning game preparation Covers policies to combat drug steroid use tested scouting reports ways to improve performance more **The Official Gold's Gym Beginner's Guide to Fitness** David Porter,2004-09 With the help of instructive photographs shot on location at Gold s facilities this book on fitness features tips on getting started and staying motivated warming up and stretching choosing the right exercises for your specific goals avoiding injuries and eating the right food Weightlifting for Boxers Anthony V. Gioia,2010 Weightlifting for Boxers contains a new comprehensive strengthening coreconditioning workout for fighters of all disciplines Whethera boxer MMA fighter or traditional martial artist the reader will discover new ways to develop muscle power and body hardeningthat can be applied to any of the combat sports About the Author Dr Anthony V Gioia is a chiropractic physician and practices in

Algonquin Illinois He has also been certified in acupuncture and is a certified chiropractic rehabilitation doctor CCRD He has been training through it all He currently resides in McHenry Illinois with his two daughters Brianna and Ellie In addition to his educational and physical training Dr Gioia found time to earn his private pilot s license and recently became engaged

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