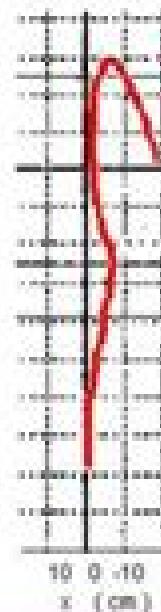
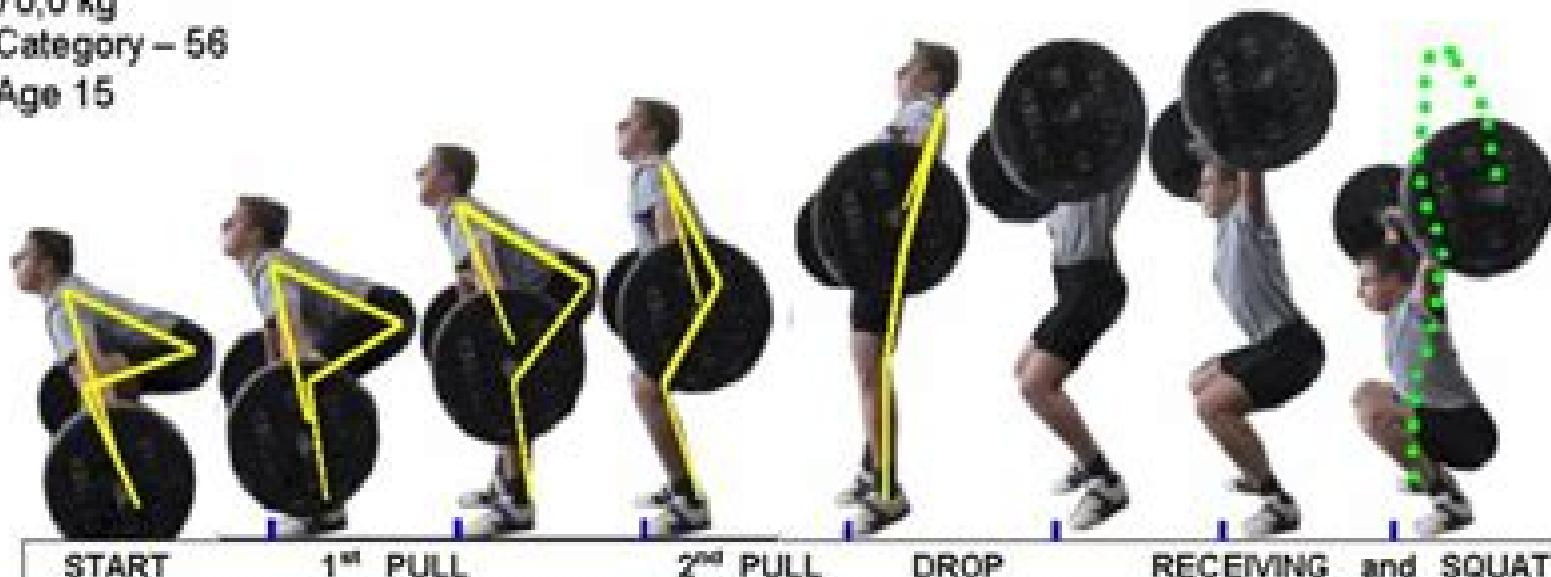




Technique - Snatch

Olympic Weight Lifting

70,0 kg
Category - 56
Age 15



START 1st PULL 2nd 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 (1st pull)
no bar swing during 2nd pull

Weightlifting Guide

Mike Koehler

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.

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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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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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1. Understanding the eBook Weightlifting Guide
 - The Rise of Digital Reading Weightlifting Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Weightlifting Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Weightlifting Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Weightlifting Guide
 - Personalized Recommendations

- Weightlifting Guide User Reviews and Ratings
- Weightlifting Guide and Bestseller Lists

5. Accessing Weightlifting Guide Free and Paid eBooks
 - Weightlifting Guide Public Domain eBooks
 - Weightlifting Guide eBook Subscription Services
 - Weightlifting Guide Budget-Friendly Options
6. Navigating Weightlifting Guide eBook Formats
 - ePUB, PDF, MOBI, and More
 - Weightlifting Guide Compatibility with Devices
 - Weightlifting Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Weightlifting Guide
 - Highlighting and Note-Taking Weightlifting Guide
 - Interactive Elements Weightlifting Guide
8. Staying Engaged with Weightlifting Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Weightlifting Guide
9. Balancing eBooks and Physical Books Weightlifting Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Weightlifting Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Weightlifting Guide
 - Setting Reading Goals Weightlifting Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Weightlifting Guide
 - Fact-Checking eBook Content of Weightlifting Guide

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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