



Olympic Weightlifting: A Complete Guide For Athletes & Coaches

Greg Everett

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Olympic Weightlifting is a comprehensive guide to learning and instructing the Olympic and related lifts. Includes sections on teaching progressions, lift analyses, error correction, programming, competition, supplemental exercises, warm-up protocols, nutrition, and sample training programs. "Simply the best book available on Olympic weightlifting." Don Weideman, Vice President, Pacific Weightlifting Association "Without a doubt the best book on the market today about Olympic-style weightlifting." Mike Burgener, USA Weightlifting senior international coach "Outstanding, Accurate, and Concise! A must read for athletes and coaches involved in the movements." Daniel Camargo, USA Weightlifting International Coach; President, Florida Weightlifting Federation. "Everett's Olympic Weightlifting text is one of the best instructional books for the sport to be published in years. This is a must have for every weightlifting/strength and conditioning coach's library shelf." Bob Takano, Member USA Weightlifting Hall of Fame "I highly recommend the book. I would strongly argue that this book belongs on the shelf between Pavel's Power to the People and Tommy Kono's Weightlifting: Olympic Style as the three books that will lead you to the next level. Dan John "This is the book I would recommend to anyone wanting to begin the sport of Weightlifting. Greg took material that has been discussed for decades by many many great coaches and authors and managed to present it with a clarity that has rarely, if ever, been achieved. I don't care how many years you have coached, or how many lifters you have coached, no one is going to read this book without coming across a few passages that make a light-bulb go off in his head. Greg has a way of taking material that has been argued and discussed to death, and presenting it in such a clear way that it makes you wonder why anything else ever had to be written or said." Glenn Pendlay "Everett's strengths are his attention to detail and intelligent, accessible progressions. You will love this book, and it will never end up at the used bookstore." Robb Wolf, NorCal Strength & Conditioning

Olympic Weightlifting: A Complete Guide For Athletes & Coaches Details

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From Reader Review Olympic Weightlifting: A Complete Guide For Athletes & Coaches for online ebook

Lauren Casapulla says

Greg really knows how to explain things. This supplements my in-the-gym training with my coaches and gives me technique fixes to consider when I'm on my own at open gym time.

Cristian Morales says

About the book:

This is a great textbook. I highly recommend this to anyone currently practicing the Olympic lifts as it will improve your understanding of the mechanics behind each movement, as well as the quality of your communication with your coach. The most practical information I could find was regarding flexibility. I've inadvertently been using a very narrow stance on front squats and cleans, and have been working towards improving it. This is what I'm currently doing, next to what I consider to be ideal form:

About the training:

Due to schedule constraints, I haven't been able to continue training with my weightlifting team. I returned to Starting Strength (with some additional exercises), good nutrition and sleep and got these 1RM's @ 165lb a couple of weeks ago:

Press: 129lb

Squat: 295lb

Bench: 187lb

Deadlift: 293lb

Power Clean: 180lb

I'll bulk to 180lb and hopefully get these 1RMs in some years:

Press: 164lb

Squat: 367lb

Bench: 275lb

Deadlift: 438lb

Power Clean: 264lb

Panashe M. says

The title says it all, and it's certainly no exaggeration, this is an exhaustive and comprehensive guide to all things weightlifting. Greg breaks the Olympic lifts down into easy to understand progressions, and he is sure to detail every aspect of technical performance. Already, I've managed to improve my own technique by following some of his recommendations. Concise yet thorough, written in an engaging (and at times slightly humorous manner), this is an outstanding resource for athletes, and especially coaches, who wish to improve

their understanding of Olympic weightlifting, or add a reliable method of speed-strength development to their training.

Amanda says

Very readable guide to olympic weightlifting. The textbook size is at first intimidating, but the writing style, diagrams, and organized sections make it digestible, even to a total weightlifting beginner.

I have only recently become interested in this hobby/sport and was relieved to see a breakdown of fully described and pictorial progressions into the actual moves. The book shows you how to work toward the actual technical lifts so that you can safely get the coordination down without jumping straight into killing yourself with a bad first attempt at something you are not prepared for. The author uses pictures of male and female lifters of various shapes and sizes so that you can get an idea of how things should look for a body type similar to your own.

Toward the end of the book there are many lifting programs written out for beginners to advanced lifters. There are plans for different goals, age groups etc- for example, there is a program that focuses on hypertrophy, squat power, level 0-4 lifters...

I would recommend this book for a variety of lifters- beginner, youth, intermediate, male, female...

Lea says

Awesome book! Has all the information needed and more. Will definitely read it over and over as a helpful guide for my trainings and lectures.

Cheri says

Highly detailed, perfectly organized and well-written guidebook to the Olympic lifts

This book is for the athlete or coach who is looking for a definitive starting point to their study of the Olympic lifts. I turned to this book when Internet research and videos just didn't provide me with enough detail to develop a true understanding of performing and coaching the lifts.

The best part of this book is the progressive nature in which the material is presented. This is helpful in learning to perform the lifts, and in learning to understand the technical details of the lifts.

I consider this book my go-to reference when I'm dealing with a specific fault in an athlete I'm coaching, or in myself. It's an awesome combo of academic knowledge, and practical application.

Patrick says

Wow. Too much information, I think. Great stuff, and I'm sure that it would be fantastic for a strength coach who was in the position of teaching the Olympic Lifts, but I became boggled after a while. Might revisit this one if I decide to really pursue the Olympic Lifts at a later date, however.

Yevgeniy Brikman says

This book contains a ton of information, including just about everything you need to learn the olympic lifts. However, while it's all there, the organization and writing style make it difficult to parse through and find exactly what you need. I guess I'm comparing this book to the gold standard - Rippetoe & Kilgore's "Starting Strength" - but I found it hard to separate the "need to know" from the other stuff. Starting Strength seemed to lay out information in a simple, straight forward fashion where you could mentally outline a series of steps to follow to succeed at a lift. While all the steps for olympic weightlifting are definitely in this book, they are muddled with all sorts of other discussions and don't stick in your mind as distinctly. Further contributing to this is Everett's writing style, which can be very mechanical and dry. I often found myself re-reading the same sentence multiple times either due to boredom or just tangled phrasing. I think this book will work very well as a reference manual - as something I'd go back and check when I'm curious about some specific detail of a lift - but I don't think it's a great choice for learning the lifts from scratch.
