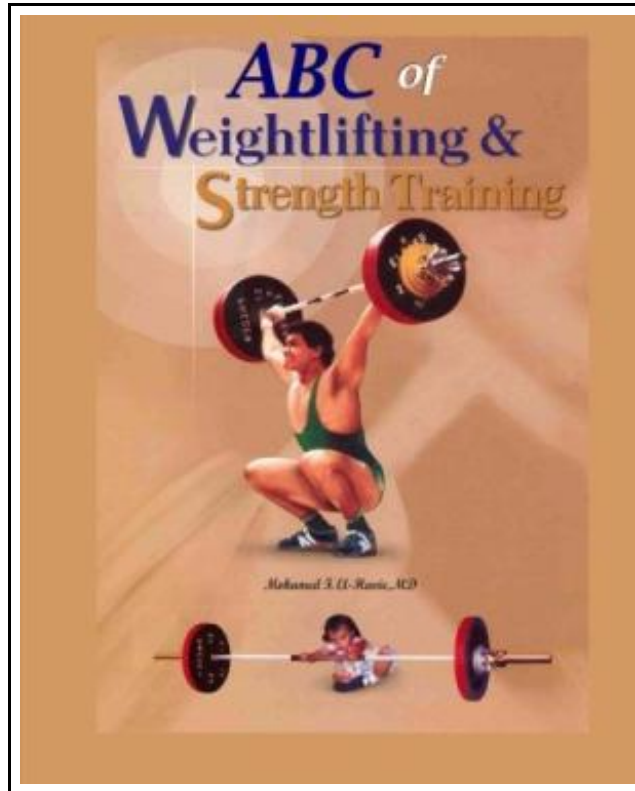


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Reviews

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(Dr. Teagan Beahan Sr.)

ABC OF WEIGHTLIFTING AND STRENGTH TRAINING



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Createspace, United States, 2011. Paperback. Book Condition: New. abridged edition. 251 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Due to the frequent complaints that the printed textbook was too voluminous to aid busy lifters and new comers to the sport of Weightlifting, the author opted for this abridged edition that encompasses the main classical lifts and their supporting routines. The following are the subjects covered in this abridged edition: 4. WEIGHTLIFTING 4.1. STRENGTH TRAINING IN WEIGHTLIFTING 4.2. FEATURES OF WEIGHTLIFTING TRAINING 4.3. STANDARD WEIGHTLIFTING TRAINING SESSIONS 4.4. TRAINING FOR COMPETITION 4.5. ASSISTING EXERCISES OF WEIGHTLIFTING 4.6. INTERNATIONAL TRENDS IN WEIGHTLIFTING 4.7. HIGHLIGHTS OF CHAPTER FOUR 8. THE SNATCH LIFT 8.1. STANDARD SNATCH TECHNIQUE 8.2. CONTEST RULES OF THE SNATCH LIFT 8.3. TRAINING PRACTICE ON THE SNATCH LIFT 8.4. SPECIFIC FEATURES OF THE MECHANISM OF EXECUTION OF THE SNATCH 8.5. LEARNING THE SNATCH LIFT 8.6. START POSITION OF THE SNATCH 8.7. PHASE OF ACCELERATION OF THE SNATCH 8.8. PHASE OF INITIATING MOMENTUM OF THE SNATCH 8.9. PHASE OF MAXIMAL SPEED OF THE SNATCH 8.10. PHASE OF MAXIMAL MOMENTUM OF THE SNATCH 8.11. PHASE OF SHOULDER ABDUCTION OF THE SNATCH 8.12. PHASE OF DESCENT OF THE SNATCH 8.13. PHASE OF FULL SQUAT SNATCH 8.14. PHASE OF FULL ASCENT OF SNATCH 8.15. TEACHING THE SNATCH LIFT 8.16. HIGHLIGHTS OF CHAPTER EIGHT 9. THE CLEAN JERK 9.1. STANDARD TECHNIQUE OF THE CLEAN 9.2. STANDARD TECHNIQUE OF THE JERK 9.3. CONTEST RULES OF THE CLEAN AND JERK LIFT 9.4. TRAINING PRACTICE ON THE CLEAN AND JERK LIFT 9.5. PROPER LIFTING TECHNIQUE FOR THE CLEAN AND JERK 9.6. PROS AND CONS OF EXPLOSIVE WEIGHT TRAINING 9.7. ERRORS IN THE CLEAN AND JERK 9.8. MANAGING TRAINING LOAD INTENSITY AND VOLUME 9.9 HIGHLIGHTS OF CHAPTER NINE.



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