



# Olympic Weightlifting: A Complete Guide for Athletes & Coaches

By Greg Everett

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Since shortly after its original release in 2008, *Olympic Weightlifting: A Complete Guide for Athletes & Coaches* has been the most popular book on the sport of weightlifting in the world and has become the standard text for learning and teaching the snatch and clean & jerk.

This all new third edition has been expanded over 150 pages with revised and improved chapters, new chapters, improved organization, more tables and diagrams, over 600 photographs, improved readability, and improved reference functionality with an index, glossary and expanded table of contents.

The book presents a complete progression for athletes and coaches starting with foundational elements such as breath control and trunk stabilization, squatting, balance and weight distribution, warming-up, individual variation; working to complete learning and teaching progressions for the snatch, clean and jerk; 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; and a thorough section on competition to prepare both lifters and coaches.

“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

“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

“Everett's book is one of the most accessible and comprehensive weightlifting sources available for the coach and athlete today. I highly recommend this book for every serious strength coach or weightlifting practitioner.” -John Thrush, Head Coach Calpians Weightlifting

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### **Editorial Review**

#### About the Author

Greg Everett is the head coach of the USA Weightlifting National Champions Catalyst Athletics weightlifting team. He remains a competitive lifter at the senior national level with a top placement of fifth in the National Championships, and is the 2015 Masters National Champion and masters American record holder in the clean & jerk in the 105kg 35-39-year-old category. Everett is the primary content creator for Catalyst Athletics, known internationally as one of the top sources for weightlifting educational material and weightlifting training programs, and publisher of multiple books on weightlifting. Catalyst Athletics also offers coaching certification based on Everett's methods and curriculum, and has been providing weightlifting seminars around the world for almost ten years. He has authored multiple popular books; Olympic Weightlifting: A Complete Guide for Athletes & Coaches has been the most popular book on weightlifting available since shortly after its original release in 2008. He owns the Catalyst Athletics gym in Sunnyvale, California, where he coaches his competitive weightlifting team, and which also provides training for recreational weightlifters and athletes of other sports, and has published the monthly journal, The Performance Menu, for over ten years. In 2013, Everett released the first feature-length documentary film on the sport of weightlifting in the US, American Weightlifting, which he wrote, directed, produced, shot and edited on his own with no outside funding.

### **Users Review**

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##### **James Daniels:**

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