



# Olympic Weightlifting: A Complete Guide for Athletes & Coaches

By Greg Everett

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**Olympic Weightlifting: A Complete Guide for Athletes & Coaches** By Greg Everett

Companion DVD Also Available Now - Olympic Weightlifting: A DVD Guide to Learning & Teaching the Olympic Lifts

*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*

"Olympic Weightlifting: a Complete Guide for Athletes & Coaches is the best book available on teaching & training Olympic weightlifting. The book is comprehensive yet digestible while being easy to follow and apply."

*Josh Everett, Head Strength & Conditioning Coach, University of California*

*Riverside*

"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*

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### **Olympic Weightlifting: A Complete Guide for Athletes & Coaches By Greg Everett Bibliography**

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#### **Review**

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I have purchased dozens of books over the past fifteen years on topics ranging from martial arts to elements of gymnastics and weightlifting. Most contain some useful information; however, few make the yearly cut when I weed through my bookshelf to make room for new material. Why? I can't look back at these books, year after year and find something new every time I open the page. This is not the case with Olympic Weightlifting: A Complete Guide for Athletes & Coaches. Everett's book is unique in that it is concise, yet thorough. Anyone from a raw beginner to the elite level competitor will find something new in this book every time they open its pages. 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

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