

The Complete Olympic Lifting Handbook: Your Comprehensive Guide to Mastering the Snatch, Clean, and Jerk

By Wil Fleming

Olympic lifting is a demanding sport that requires strength, power, and coordination. The snatch, clean, and jerk are the three lifts that make up Olympic weightlifting, and they are some of the most challenging lifts in all of strength training.



Complete Olympic Lifting Handbook by Wil Fleming

★★★★☆ 4.5 out of 5

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If you're looking to master the Olympic lifts, then you need to check out Wil Fleming's Complete Olympic Lifting Handbook. This comprehensive guide covers everything you need to know about the snatch, clean, and jerk, from the basics of the lifts to advanced techniques and programming.

What's Inside the Complete Olympic Lifting Handbook?

The Complete Olympic Lifting Handbook is divided into three parts:

1. **The Basics:** This section covers the fundamentals of the snatch, clean, and jerk. You'll learn about the proper technique for each lift, as well as how to program your training.
2. **Advanced Techniques:** This section covers more advanced techniques for the snatch, clean, and jerk. You'll learn how to improve your mobility, strength, and power.
3. **Programming:** This section covers how to program your Olympic lifting training. You'll learn how to create a training plan that is tailored to your individual needs and goals.

Who is the Complete Olympic Lifting Handbook for?

The Complete Olympic Lifting Handbook is for anyone who wants to master the Olympic lifts. Whether you're a beginner just starting out or an experienced lifter looking to improve your technique, this book has something for you.

About the Author

Wil Fleming is a world-renowned Olympic lifting coach and author. He has coached some of the world's top lifters, including Olympians and world champions. Wil is also the founder of the Wil Fleming Weightlifting Academy, one of the leading Olympic lifting gyms in the world.

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