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2 Introduction

We are aware of the importance of the Olympic lifts in athletic performance. The explosive triple extension that occurs in the clean, snatch, jerk ...

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Greg is the author of the most popular book on Olympic weightlifting "Olympic Weightlifting: A Complete Guide for Athletes & Coaches" and has just launched the 3rd edition, which has been completely revised, improved, and expanded by 150 new pages.

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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.

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