



# Olympic Weightlifting: A Complete Guide for Athletes & Coaches

*Greg Everett*

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

Olympic Weightlifting: A Complete Guide for Athletes & Coaches is the most comprehensive and practical book available on learning, teaching and performing the Olympic lifts for athletes of all disciplines. Progressing logically from start to finish, the book covers every aspect of learning and training with both the simplicity necessary for the novice and the complexity desired by the more advanced. Contains more than 50 supplemental exercises and over 600 photographs.

\* Learning Progressions

\* Supplemental Exercises

\* Fault Correction

\* Flexibility Training

\* Nutrition & Bodyweight

\* Program Design

\* Recovery Management

\* Equipment & Facility

\* Competition

"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. If I were teaching a college class, this would be the book I would have all my students buy.

-Mike Burgener, USA Weightlifting senior international coach

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

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

"When I picked up the book, Olympic Weightlifting: A Complete Guide for Athletes and Coaches, my first thought was: "this is heavy... heavier than what most guys train with on a typical day. "Complete" is an understatement. 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

My expectations were very high but still wildly surpassed. The only downside is that this book has made the bulk of my training library obsolete.

-Rob McBee, CrossFit Camas

"Excellent book and should be required reading for all CrossFitters!"

-Steve Rakow, CrossFit Ocean City

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