

[PDF] Weightlifting Movement Assessment & Optimization: Mobility & Stability For The Snatch And Clean & Jerk

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Books Details:

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Description:

Finally, a book about mobility and stability specifically for Olympic weightlifting by a qualified professional experienced in the sport. Henoch lays the ground work with clearly explained theory, and then provides a systematic process for recognizing problems, discovering their sources, and addressing them effectively, all with the express purpose of achieving safe, optimal positions and movement patterns for the

snatch and clean & jerk. Contains over 900 photos and illustrations.

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