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Olympic weightlifting is the original strength sport. Before powerlifting and bodybuilding were officially recognized, Olympic lifting was a popular activity. There are two official Olympic weightlifting

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disciplines, the clean
and jerk, and the snatch.
Both of these moves
involve lifting a weight
from the floor to
overhead, albeit with
very different
techniques.

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Olympic weightlifting,
or Olympic-style
weightlifting, often

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Simply referred to as weightlifting, is a sport in which the athlete attempts a maximum-weight single lift of a barbell loaded with weight plates. The two competition lifts in order are the snatch and the clean and jerk. The snatch is a wide-grip, one-move lift. The clean and jerk is a close-grip, two-move lift. Each

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weightlifter receives A

three attempts in each,

and the combined total

of the highest two

successful lifts

determines the

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Everett's iconic book

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“go to” resource for
weightlifting in text
form. I can't begin to
tell you how many of
my coaches'

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books, and the first one that anyone should pick up, is, “Olympic Weightlifting: A

Complete Guide for Athletes and Coaches.”

The book is written by Greg Everett, who is no stranger to the Olympic Weightlifting circuit.

**Weightlifting Theory:
Our Top 3 Olympic
Weightlifting books**

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Olympic Weightlifting
is a comprehensive
guide to learning and
instructing the Olympic
and related lifts.

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correction,
programming,
competition,
supplemental exercises,
warm-up protocols,
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