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The Olympic weight categories are: Men: 61 kg., 67 kg., 73 kg., 81 kg., 96 kg., 109 kg., +109 kg. Women: 49 kg., 55 kg., 59 kg., 64 kg., 76 kg., 87 kg., +87 kg. IWF-sanctioned competitions will ...

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Bodyweight tabatas,  
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training can be fun, but  
if you spend enough  
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Olympic weightlifting, or Olympic-style weightlifting, often 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

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competition lifts in order are the snatch and the clean and jerk. The snatch is a wide-grip, one-move lift.

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**Olympic weightlifting - Wikipedia**

Olympic Weightlifting: A Complete Guide for Athletes & Coaches.

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instructing the Olympic  
and related lifts.

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The snatch is the first of the two lifts (the snatch and the clean & jerk) contested in the sport of weightlifting (AKA Olympic weightlifting). The athlete lifts the barbell from the floor to overhead in a single

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**Snatch - Olympic  
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takes you step by step through the same primary lifts, assistance movements and training techniques used by these high-level athletes to help you build explosive strength, power and speed.

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Author of one of the  
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Greg Everett found the  
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Olympic Lifting vs.

Powerlifting .

Powerlifting on the other hand, includes the squat, bench press and the deadlift, none of which move vertically overhead.

Powerlifting movements are used in both CrossFit and in

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strong, feel ...**

Number of weeks: 4

Recommended days

per week: 4 This is just

a recommendation, if

you want to train less

per week that is up to



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