

Weightlifting Movement Assessment Optimization: Mobility Stability for the Snatch and Clean Jerk (Paperback)



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Reviews

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WEIGHTLIFTING MOVEMENT ASSESSMENT OPTIMIZATION: MOBILITY STABILITY FOR THE SNATCH AND CLEAN JERK (PAPERBACK)

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Catalyst Athletics, LLC, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. 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. Henoch has assembled a straightforward, systematic approach to evaluating and correcting mobility and stability concerns in weightlifters that will replace the typical haphazard, shotgun approach that so often falls short of its goals. -Greg Everett, head coach of USAW national champion team Catalyst Athletics, author of Olympic Weightlifting: A Complete Guide for Athletes Coaches I highly recommend the book to any coach or athlete who uses the Olympic lifts in training. -Mike Burgener, USA Weightlifting senior international coach I think Quinn Henoch has done an incredible job presenting methods and techniques for improving anyone s mobility and best individual body positions for doing the Snatch and Clean Jerk. He offers many different options of exercises and techniques to help a lifter overcome, correct, or minimize flaws in their technique and positions. All weightlifting coaches should read this book and have it in the gym with them so they can help their lifters make corrections as they identify them. -Jim Schmitz, 3-time USA Weightlifting Olympic Team Coach Finally an answer for those looking for mobility work specifically for weightlifting. It dispels common misconceptions and makes clear why certain things work with a few surprises why others don t. The clear outline format makes it easy to follow. A great read -Daniel Camargo, USA Weightlifting...



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