



Weight Training and Lifting (Other Sports)

John Lear

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This official coaching manual for the British Amateur Weight Lifting Association concerns weight training, weight lifting and powerlifting. It provides an in-depth coverage of technique development in each lift, basic anatomical principles, exercises to increase strength, speed and mobility and training schedules for lifters of all standards. It indicates how progress can be assessed, how groups and individual lifters should be supervised during training sessions and how coaches can encourage and direct their athletes toward success in competition.



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