



Olympic Weightlifting: Cues & Corrections

Daniel Camargo

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Daniel Camargo is a 24-year veteran of Olympic Weightlifting. After representing the USA in nine international competitions and setting three Junior American Records, he began coaching and is now a USA Weightlifting International Coach. In this book, Camargo presents his approach to teaching lifters the snatch, clean and jerk, and provides clear, simple strategies for recognizing and correcting the most common technical errors in the Olympic lifts. Table of Contents Progressions: Introduction Snatch Progressions Clean Progressions Jerk Progressions Corrections & Cues: Introduction Corrections & Cues: Snatch Corrections & Cues: Clean Corrections & Cues: Jerk Drills Error Index Snatch Jumping Forward Early Arm Bend Failing to drop under the bar Hips rising faster than the bar or shoulders Losing bar behind Missing Power Position Landing on Toes Instead of Flat Footed Failure to Triple Extend Donkey Kick Throwing Head Back Knees in the Way Clean Jumping Forward Flipping the Bar into the Rack Early Arm Bend Failing to Drop under the Bar Hips Rising Faster than the Bar or Shoulders Missing Power Position Landing on Toes Instead of Flat Footed Failure to Triple Extend Donkey Kick Throwing Head Back Knees in the Way Crashing the Barbell Jerk Forward on Toes During Dip & Drive Pressing Out Bar Ends Past the Frontal Plane Split Position Imbalance, Inconsistencies, or Discomfort One Foot Strikes Before the Other in the Split Jerk Losing Contact with the Bar During the Dip & Drive

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