

# The Complete Olympic Lifting Handbook by Wil Fleming: A Comprehensive Guide to Mastering the Lifts

Olympic lifting is a demanding sport that requires both strength and technique. The Complete Olympic Lifting Handbook by Wil Fleming is the definitive guide to mastering the Olympic lifts. This comprehensive resource covers everything from the basics to advanced techniques, and is illustrated with over 500 photos and diagrams.



## Complete Olympic Lifting Handbook by Wil Fleming

★★★★☆ 4.5 out of 5

Language : English

File size : 16734 KB

Screen Reader : Supported

Print length : 108 pages

Lending : Enabled



## What's Inside The Complete Olympic Lifting Handbook

The Complete Olympic Lifting Handbook is divided into three parts:

1. **Part 1: The Basics** covers the fundamentals of Olympic lifting, including the snatch, clean and jerk, and squat. Fleming explains the proper form for each lift, as well as how to program your training.
2. **Part 2: The Advanced Lifts** covers more advanced Olympic lifts, such as the power snatch, power clean, and push jerk. Fleming also provides tips on how to improve your speed and power.

3. **Part 3: The Science of Olympic Lifting** covers the science behind Olympic lifting, including the anatomy of the lifts, the physiology of training, and the psychology of competition.

## Who Should Read The Complete Olympic Lifting Handbook

The Complete Olympic Lifting Handbook is a must-read for anyone who wants to master the Olympic lifts. This book is perfect for beginners who are just getting started, as well as experienced lifters who want to improve their technique and performance.

## About the Author

Wil Fleming is a world-renowned Olympic lifting coach and the author of several books on the sport. He is the founder of the Wil Fleming Weightlifting Academy, which has produced some of the world's top Olympic lifters.

The Complete Olympic Lifting Handbook by Wil Fleming is the definitive guide to mastering the Olympic lifts. This comprehensive resource covers everything from the basics to advanced techniques, and is illustrated with over 500 photos and diagrams. Whether you're a beginner or an experienced lifter, this book is a must-read.

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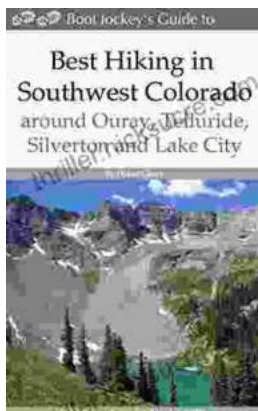
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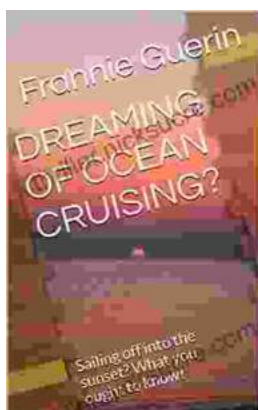
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