

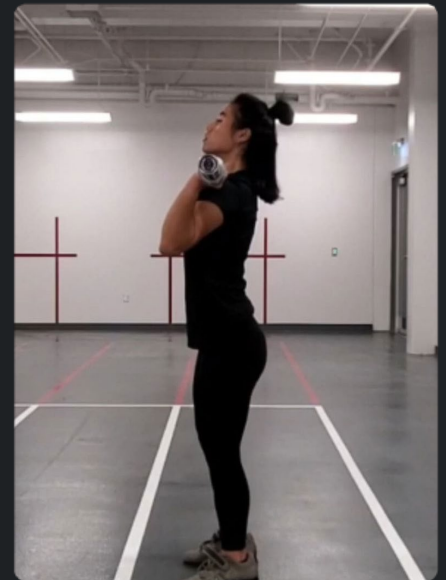
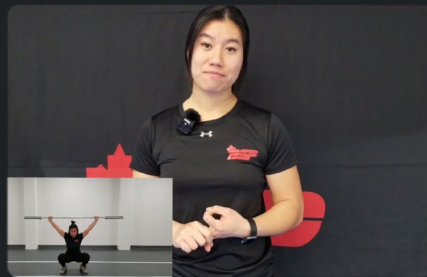
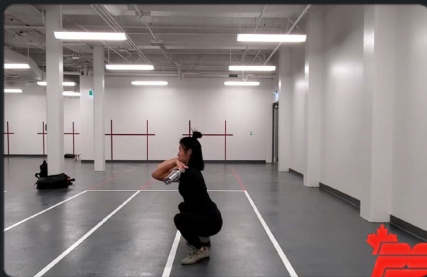


# Olympic Weightlifting Workshop

## The snatch

## The clean

## The jerk



Overview of basic techniques.

Breakdowns sequences and progression in order to perform the three lifts.

Supplementary exercises to be incorporated into a specific weightlifting training program.

