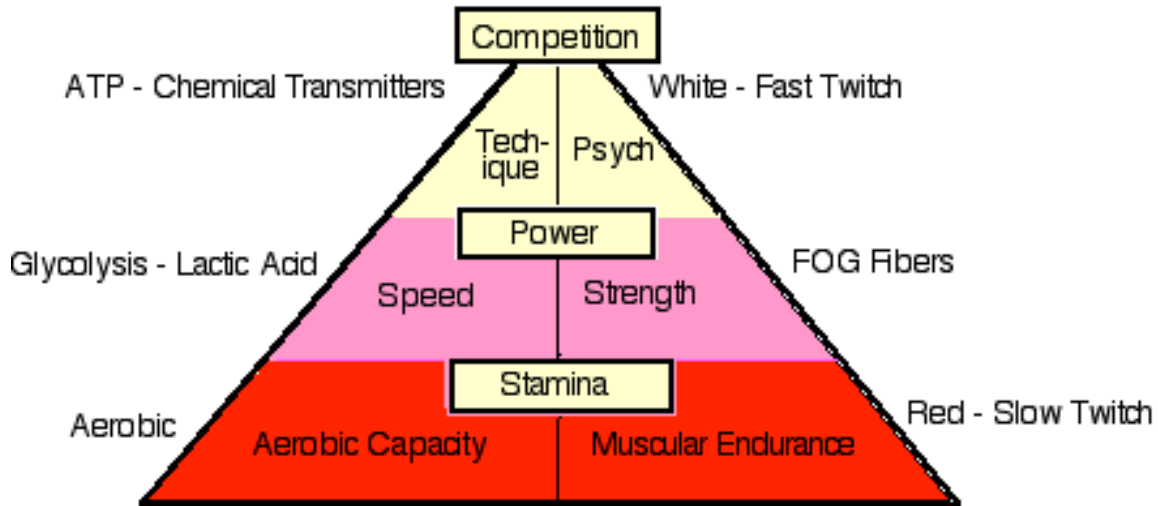


Basic Weightlifting Techniques

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Physiology Pyramid



Power to Competition Phase: Track Season

- ⚡ Foot/lbs per second: Easier to move twice as fast than doubling the weight
- ⚡ Big Muscle Groups Coordinating together for one movement
- ⚡ Emphasis on technique, motor skills and motor patterns
- ⚡ All or None Law: Muscle fibers working together for major contraction

Lifting Technique: Big Picture

Power Position: Position for Baseball, Volleyball, Football, Tennis, Basketball



Stance: Knee over toes, Chest & butt out, weight on ball of foot, slight lardosis

Acceleration/Deceleration: Bench & Squat 1/2 lift is decelerating the bar.

Flexibility: Exponential increase in power at end of the range of motion.

Technical Aspects:

First Pull Phase

Scoop

Second Pull Phase

Drop/Catch

Racking

Recovery

Clean Lift Progressions

Power Clean From a Hang

Deep Clean From a Hang

High Pulls (to chin)

Scoop

Power Clean From the Floor

Deep Clean From the Floor

Jerks

Snatch Lift Progressions

Power Snatch From a Hang

Drop Snatch

Deep Snatch From a Hang

High Pulls (to eyes)

Power Snatch From the Floor

Deep Snatch From the Floor

Split Snatch vs Drop Snatch

Other Lifts

Form Drills, (sprint form, bounding, hopping etc...)

Medicine Ball

Isokinetic

Stretch Bands

Throwing/Jumping Technique

Plyosled/Leaper Machine

Plyometrics

Notes: Start with the 4 core lifts: Squat, Clean, Snatch, and Drill lift, (deadlift, bench, High Pulls, Drop Snatch etc...). Try to include a power lift, and a deep lift, one from a hang and one from the floor each workout. Start with 3 sets of 8 reps, raise the weight then 3 sets of 5 reps until technique is sharp. Progress to 3 sets of 5 and 3 sets of 3 reps. Later increase weights and set combination with decreased reps. Finish with 4 accessory lifts.