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Greg Everett is the owner of Catalyst Athletics, coach of the USA Weightlifting National Champion team Catalyst Athletics, author of the books Olympic Weightlifting: A Complete Guide for Athletes & Coaches and Olympic Weightlifting for Sports, director/writer/producer/editor/everything of the documentary American Weightlifting, co-host of the Weightlifting Life Podcast, and publisher of The Performance Menu journal.

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Olympic weightlifting - Wikipedia

The Complete Guide to Olympic Weightlifting

Programming So what are the key factors you need to think about when looking at programming for Olympic Weightlifting? From a cookie cutter program point of view and for absolute essentials, every athlete needs to improve their leg strength, explosiveness and technique in the primary lifts; the Snatch and Clean and Jerk.

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Olympic-style weightlifting, or Olympic weightlifting,

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often simply referred to as weightlifting, is an athletic discipline in the modern Olympic program in which the athlete attempts a maximum-weight single lift of a barbell loaded with weight plates. The two competition lifts in order are the snatch and the clean and jerk.

Greg Everett – Olympic Weightlifting, A Complete Guide

Everett's iconic book titled Olympic Weightlifting: A Complete Guide for Athletes & Coaches is a “go to” resource for weightlifting in text form. I can't begin to tell you how many of my coaches' bookshelves I've seen this gem on.

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