



Ultimate Olympic Weightlifting: A Complete Guide to Barbell Lifts—from Beginner to Gold Medal

Dave Randolph

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ACHIEVE THE STRENGTH OF AN OLYMPIAN WITH THIS HARDCORE GUIDE TO WEIGHTLIFTING

Every four years, the world's most powerful athletes showcase their amazing abilities at the Olympics. This book takes you step by step through the same primary lifts, assistance movements and training techniques used by these high-level athletes to help you build explosive strength, power and speed.

By following the programs, exercises and instructions in *Ultimate Olympic Weightlifting*, you learn how to:

- *Develop Full-Body Strength**
- *Perfect Your Barbell Lifting Form**
- *Utilize Cross-Training Techniques**
- *Fuel Your Body for Working Out**
- *Avoid Overexertion and Injury**

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