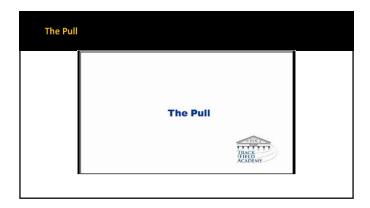


Introducing the Touch and Go Philosophy

Touch and Go – Plates Never Rest on the Floor
Reset With the Bar at the Waist
Better Blood Chemistry
Safe Up to 85% Loads

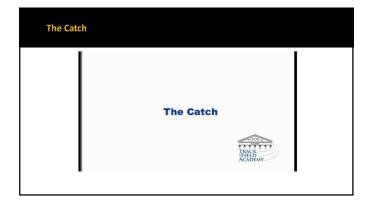
Technical Exercises for the Olympic Lifts

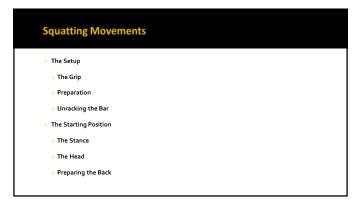
The Pull
Bar Acceleration Patterns
Brushing the Bar
Other Errors



Technical Exercises for the Olympic Lifts • The Catch • Catch Exercises • Spotted Hand Catches • Spotted Bar Catches • Spotted Cleans or Snatches • Front and Snatch Squats

Technical Exercises for the Olympic Lifts The Catch (continued) Footwork in the Catch Technical Specifics – the Snatch Catch Technical Specifics – the Clean Catch Full Cleans and Snatches Diversification





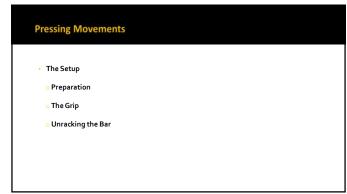
Squatting Movements

The Descent
The Head
The Back
Rate
Flexion
Abduction
Deceleration

Squatting Movements

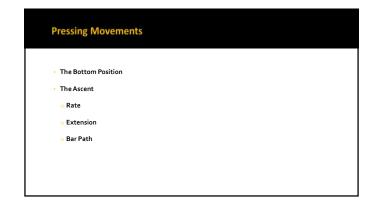
The Bottom Position
Stance
Depth
Low Positions
Markers
The Ascent
Rate
Extension
Adduction





Pressing Movements

- The Descent
- The Head
- The Back
- Rate
- Flexion
- Deceleration



Pressing Movements

Pressing Movements

Split Movements
Exercises
Posture
The Stance
Amortization
The Knee
The Ankle

