

## Simple Teaching Progressions for Key Weightlifting Exercises

### Technical Exercises for the Olympic Lifts

- The Setup
  - Preparation
  - The Descent
  - The Bottom Position
  - The Grip

### The Setup

#### The Setup



### Technical Exercises for the Olympic Lifts

- The Modified Deadlift
  - The Ascent
  - The Top Position
  - The Descent

### The Modified Deadlift

#### The Deadlift



### Technical Exercises for the Olympic Lifts

- The Shift
  - The Start
  - The Shift
  - The Descent

## The Shift

### The Shift



## Technical Exercises for the Olympic Lifts

- The Pause – Pull
  - The Start
  - The Arm Pull
  - The Legs
  - The Return and Descent

## The Pause - Pull

### The Pause - Pull



## 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

## The Pull

### The Pull



## 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

## The Catch

### The Catch



## Squatting Movements

- The Setup
  - The Grip
  - Preparation
  - Unracking the Bar
- The Starting Position
  - The Stance
  - The Head
  - Preparing the Back

## 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

## Squatting Movements

### Squatting Movements



## Pressing Movements

- The Setup
  - Preparation
  - The Grip
  - Unracking the Bar

## Pressing Movements

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

## Pressing Movements

- The Bottom Position
- The Ascent
  - Rate
  - Extension
  - Bar Path

## Pressing Movements

### Pressing Movements



## Split Movements

- Exercises
- Posture
- The Stance
- Amortization
  - The Knee
  - The Ankle

