



The Gym Bag Manual of Weightlifting and Strength Training: Bodybuilding, Powerlifting, and Olympic Weightlifting

Mohamed F. El-Hewie

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In order to offer the trainee with a convenient source of practical information suitable for the fast pace of gym environment, I opted to extract the training routines and procedures that directly relate to the immediate activities of exercising. The remainder of theoretical information is thus left for those moments when the trainee hunts for supportive or explanatory analysis of the training process. In this edition, the book is organized in such manner that follows the gradual, progressive, and incremental exercising, from stretching and warm up to bodybuilding and strengthening, and finally to the highly skilled and agile Olympic lifting. The aforementioned succession might not necessarily ensue in a session or more but rather it might ensue in both brief sessions as well as over many years of training. Both the maintenance of previously attained level of strength and fitness, as well as progressively evolving strength, must succeed in cycles of Bodybuilding, Powerlifting, and highly skilled Weightlifting. Those cycles vary in length, duration, and intensity according to the individual characteristics of training habits. . The initial phase of warming-up and stretching is discussed in Chapter 1. Chapter 2 describes the next phase of proper lifting techniques which must be ingrained before engaging in any resistance training. Chapter 3 comprises the bulk of the book as it details many Bodybuilding exercises that cover the entire musculoskeletal system. This is the most important chapter in the book since it acquaints the reader with the functional anatomy of the human body. Chapter 4 takes the trainee into a more specialized field of Bodybuilding that emphasizes the acquisition of muscular power; e.g.; Powerlifting. Before the trainee is introduced to the highly skilled Olympic lifting, Chapter 5 outlines the schemes and strategies of such fascinating and addicting sport. Chapter 6 teaches the trainee the intricate details of the Snatch Lift. Chapter 7 does the same as the previous chapter but in regards to the Clean & Jerk

Spot on Contents: METHODS OF STRETCHING STRETCHING BASICS IMPULSIVE, SYMMETRIC STRETCHING OF PELVIC AND SPINAL JOINTS STATIC, ASYMMETRIC PELVIC STRETCHING STATIC, SYMMETRIC STRETCHING OF KNEES AND ANKLES STATIC, ASYMMETRIC STRETCHING OF LEGS STRETCHING WITH LIGHT WEIGHTS PROPER LIFTING TECHNIQUES APPROACHING LIFTING UPPER BODY POSTURE BEND YOUR KNEES PULLING VERSUS YANKING THE APPROACH PHASE INITIAL PHASE LEVERAGE OF TORQUE EQUALIZATION PHASE THE PHASE OF EXTERNAL MOTION BODYBUILDING STRENGTHENING ELBOW FLEXORS BRACHIALIS MUSCLE BICEPS BRACHII MUSCLE BRACHIORADIALIS MUSCLE WRIST AND FINGER EXTENSORS AND FLEXORS STRENGTHENING ELBOW EXTENSORS ELBOW EXTENSION EXERCISES SHOULDER ELEVATION and ROTATION Barbell Shoulder Press Seated Shoulder Press One-Hand Shoulder Dumbbell Press Dumbbell Front Raises Cable Front Raises Dumbbell Flyes Incline Dumbbell Flyes Cable Flyes Deck Flyes Pullover Bench Press Inclined Bench Press Pushups Parallel Bar Dips SHOULDER ADDUCTION AND EXTENSION SHOULDER ABDUCTION Lateral Arm Raises Shoulder Extension SHOULDER FLEXION STRENGTHENING THE HIPS HIP EXTENSION HIP FLEXION STRENGTHENING THE KNEES KNEE EXTENSION KNEE FLEXION STRENGTHENING THE ANKLE LOWER BACK EXERCISES ABDOMINAL EXERCISES BACK SQUAT OVERHEAD SQUAT MILITARY CLEAN POWER CLEAN HANG CLEAN MILITARY SNATCH POWER SNATCH DEADLIFT FEATURES OF WEIGHTLIFTING TRAINING STANDARD WEIGHTLIFTING TRAINING SESSIONS TRAINING FOR COMPETITION ASSISTING EXERCISES OF WEIGHTLIFTING SQUAT STANDARD SNATCH TECHNIQUE INDUCTION OF ACCELERATION INDUCTION OF SPEED INDUCTION OF

MOMENTUM INDUCTION OF WEIGHTLESSNESS OVERHEAD SQUATTING FINAL ASCENT
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FEATURES OF THE MECHANISM OF EXECUTION OF THE SNATCH PHASE OF ACCELERATION
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This The Gym Bag Manual of Weightlifting and Strength Training: Bodybuilding, Powerlifting, and Olympic Weightlifting book is simply not ordinary book, you have it then the world is in your hands. The benefit you obtain by reading this book is definitely information inside this publication incredible fresh, you will get data which is getting deeper anyone read a lot of information you will get. This specific The Gym Bag Manual of Weightlifting and Strength Training: Bodybuilding, Powerlifting, and Olympic Weightlifting without we realize teach the one who reading through it become critical in pondering and analyzing. Don't become worry The Gym Bag Manual of Weightlifting and Strength Training: Bodybuilding, Powerlifting, and Olympic Weightlifting can bring once you are and not make your case space or bookshelves' come to be full because you can have it in your lovely laptop even telephone. This The Gym Bag Manual of Weightlifting and Strength Training: Bodybuilding, Powerlifting, and Olympic Weightlifting having very good arrangement in word along with layout, so you will not truly feel uninterested in reading.

Claudia Fox:

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Linda Barefoot:

Reading can called mind hangout, why? Because when you are reading a book especially book entitled The Gym Bag Manual of Weightlifting and Strength Training: Bodybuilding, Powerlifting, and Olympic Weightlifting your mind will drift away trough every dimension, wandering in every single aspect that maybe unfamiliar for but surely will become your mind friends. Imaging each and every word written in a publication then become one web form conclusion and explanation that maybe you never get before. The The Gym Bag Manual of Weightlifting and Strength Training: Bodybuilding, Powerlifting, and Olympic Weightlifting giving you one more experience more than blown away your mind but also giving you useful facts for your better life in this era. So now let us teach you the relaxing pattern here is your body and mind will likely be pleased when you are finished looking at it, like winning a game. Do you want to try this extraordinary paying spare time activity?

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