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The Sport of Olympic-Style Weightlifting

By Carl Miller

Sunstone Press, United States, 2011. Paperback. Book Condition: New. 277 x 208 mm. Language: English . Brand New Book ***** Print on Demand *****.This book consolidates Carl Miller's extensive knowledge gained while pursuing his life's work in Olympic-style weightlifting. There are scientific principles behind Olympic-style weightlifting, and Miller's 50 years of lifting, researching and coaching provide valuable insight into the process of Olympic lifting. Whether you are an advanced lifter or a novice, Miller equips you with the tools to become a champion, even if it's in your own mind. For those lifters with the desire to compete, Carl's book will inspire you to immerse your body and mind in the intricacies required to be a winner. Miller's success as a young weightlifter led him to a long and unique career coaching weightlifting, fitness and nutrition to elite athletes in the 1960s and 1970s, and later he spread his message about the benefits of weight training to a wider audience. As Coaching Coordinator for the U.S. Olympic weightlifting team, Miller put into practice many methods and techniques he gleaned from studying successful international lifting programs. The U.S. Olympic weightlifting team under head coach Tommy...



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Reviews

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-- Prof. Edgar Kshlerin

It is easy in study safer to comprehend. It can be written in basic phrases and never confusing. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Emmitt Harber