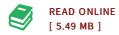




Weightlifting Routines and Bar Trajectories: A Home-Gym Edition: Black and White Edition (Paperback)

By Mohamed F El-Hewie, Sjaak Smorenburg

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****** Print on Demand ******.1. PLANNING WEIGHTLIFTING ROUTINES EVALUATING BAR
TRAJECTORIES 2. START LOW, GO SLOW MANAGING PARTIAL AND FULL-RANGE EXERCISES STRICT
SAFETY PROTOCOLS 3. LEARNING FLUID MOVEMENT LEARNING POUNDAGE MANAGEMENT
UNDERSTANDING KNEE INJURIES 4. WORKING ON TIGHTENING THE CONDUIT OF MUSCULAR
FORCES FEET ESCAPE DURING FULL BODY EXTENSION WHEN TO LET GO? 5. DIFFERENCE BETWEEN
THE MUSCULAR SYSTEM AND THE MUSCULOSKELETAL SYSTEM HOW DOES MUSCLE FUELING
AFFECT GENERATING MOMENTUM? 6. REFINING THE BAR TRAJECTORY IN THE SNATCH LIFT
OPTIMIZING BODYWEIGHT AND STRENGTH 7. LIFTING FROM THE HANG HANG SNATCH HANG CLEAN
8. SPREAD-OUT VERSUS INTERRUPTED STRENGTH-TRAINING FEET ESCAPE AVOIDED BOUNCING IN
THE DEEP SQUAT 9. CLEAN PULL CLASSICAL CLEAN CLASSICAL JERK 10. COMPARATIVE
PERFORMANCE ANALYSIS 11. PROGRESS IN THE DEADLIFT PROGRESS IN THE POWER CLEAN 12.
ONLINE COACHING VERSUS COACHING IN-PERSON 13. VECTOR ANALYSIS MAGNITUDE, DIRECTION,
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