

Olympic Weightlifting slo-motion

These 2 videos are great examples of the catapult method. Watch the lifters feet closely. He never transfers weight to the forefoot and his feet don't leave the ground. There is no triple extension in either of these two videos. It is also pretty clear in the video that the shrug comes into play to pull him down quicker not raise the bar higher. If you are doing triple extension you aren't doing it wrong, you're just not being as efficient as possible.

http://www.youtube.com/v/tjniueQ4JBo&hl=en_US&fs=1&

http://www.youtube.com/v/P9zaajrJpLI&hl=en_US&fs=1&