

## Olympic Weightlifting Notes

In case you didn't take the time to watch the videos but still want to improve your Olympic weightlifting. Here is the important things you should know.

[http://www.youtube.com/v/OeGeP8gLgVA&hl=en\\_US&fs=1&color1=0x3a3a3a&color2=0x999999](http://www.youtube.com/v/OeGeP8gLgVA&hl=en_US&fs=1&color1=0x3a3a3a&color2=0x999999)

\*Setting up: bar over base of the toes, shoulders forward, elbows turned out, arms loose and beside the knee, butt down, drive through the heels

\*No need to triple extend

\*Feet only leave the ground to accept the catch and should move as little as possible, it shouldn't look like a jumping jack

\*No weight on forefoot during hip drive

\*Dont shrug bar up, use traps to pull yourself down

\*You should already be going down when traps are being used

\*Strong traps are important to support back when you are out over bar just before double knee bend