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DGP0831 Weightlifting

Olympic-style Weightlifting and its two disciplines - the Snatch and the Clean and Jerk - are feats of explosive strength, flexibility and speed, as well as being highly technical, providing an insight into sharply explosive movements performed with optimal timing, coordination, and power. This combination makes the sport very popular among strength, fitness and conditioning coaches and athletes from various sports due to the benefits that this specific training can provide. Recently the popularity of CrossFit has proven this: CrossFit has combined the Olympic lifts along with various circuit training as well as gymnastics, proving that weightlifting is a perfect opportunity to build the optimum modern athlete.