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Author of one of the
best books on Olympic
weightlifting, Olympic

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Weightlifting: A Complete Guide for Athletes & Coaches, Greg Everett found the sport as an adult, but didn't let it stop him from pursuing his dream. He is now the owner of Catalyst Athletics and Performance Menu. His goal is to have a fully-sponsored professional weightlifting team.

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Complete archive of all articles for the Workouts Greg Everett category on Breaking Muscle

Workouts Greg Everett | Breaking Muscle

Now a gym owner and full-time coach, Greg shares three weeks of his weightlifting programming with us. The intent of these three weeks is to balance building

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strength and correct postures. Greg's intention is also to give the athlete enough exposure to the classic lifts, or variants, that they will ingrain proper movement and an ability to hold the technique well.

Greg Everett: Week 1, Day 2 - Breaking Muscle

Sunnyvale, California, United States. Olympic Weightlifting. Share

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Tweet. EDITOR'S NOTE:
Greg Everett is well known for his books on Olympic weightlifting. He has also been featured here on Breaking Muscle in interviews and in his three-week Olympic lifting program. Now Greg needs YOUR help. Can you help him come up with the perfect products to finish out his holiday wish list?

Greg Everett Needs
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**Your Help Holiday
Wish List | Breaking**

...

To learn more about Greg, read part one our feature interview:
Featured Coach: Greg Everett, Part 1 - The Dream of Professional Weightlifting . To follow Greg's three weeks of workouts here on Breaking Muscle follow this link: [Strength & Conditioning Workouts from Greg Everett](#)

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**Featured Coach:
Greg Everett, Part 2
- Breaking Muscle**

EDITOR'S NOTE:

Welcome to 12 Reps - in each appearance of 12 Reps, our coaches, writers, and occasional guests will be answering the same twelve questions. Go "into the locker-room" with them and get to know our coaches and writers a little bit better! 12 Reps with Olympic Weightlifting

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Coach Greg Everett

**12 Reps with Greg
Everett, Olympic ... -
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Barbell Life

Weightlifting Scoop

Weightlifting Talk

Sports Coach Radio In

the Trenches Rdella

Training Movesmart

Weightlifting Academy

Barbell Shrugged. You

May Also Like. Greg

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Collection ... Greg

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Everett is the owner of Catalyst Athletics, ...

Podcasts with Greg Everett by Greg Everett - Editorial ...

Greg Everett The basic movement of the third pull of the snatch is simple: the elbows need to move out and up toward the shoulders, reaching approximately shoulder height (usually slightly below), before the arms are turned over,

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and during this turnover, the elbows should remain at the same height relative to the shoulders and then continue moving up—they should never drop from this level during the turnover.

The Muscle Snatch: You're Probably Doing it Wrong by Greg ...

Catalyst Athletics is the world's largest source of Olympic

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weightlifting education material, including articles, vidoes, photos, workouts, training programs, books, a monthly journal and more. From Greg Everett.

Olympic Weightlifting:

Catalyst Athletics

Mesquite's new campus, designed for students who want to pursue a specific path toward a career in

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engineering, health science, technology or construction science, is on track to open for the ...

Mesquite's upcoming 'choice' high school gets more ...

Weightlifting coach by greg everett olympic weightlifting has changed olympic weightlifting has changed an olympic weightlifting coach.

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Pics of : Olympic
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Program. ... How To
Choose The Right
Weightlifting Coach For
You Breaking Muscle ...

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EOUA Blog**

Lyssna på Breaking
Muscle Radio på:
Stitcher. iTunes.
Soundcloud. Möt vår
expertpanel: Bob
Takano - Bob infördes i

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USA: s viktlyft Hall of Fame 2007 och har tränat fyra nationella mästare, två nationella rekordhållare, två panamerikanska mästare och en olympisk. Han är på lärarpersonalen för programmet USAW Weightlifting Coaching Education.

**Rollen för en
tyngdlyftare, Ep 10 |
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Greg Everett, I've

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nearly always defined a power snatch (or clean) by a receipt above a parallel squat. This is how I was taught. For the most part, I continue to use this definition because it's served me fine. However, at times I change my expectations based on what I want achieved. My other definition is no less than a 90-degree angle at ...

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**The Power Snatch:
Uses & Cautions by
Greg Everett ...**

"The double day squat program by Greg Everett was the hardest program I've done. But my back squat went from 405 to 485 and my front squat went from 325 to 395."

- Ryan K. "Following the Double-Day squat program in my garage, my front squat went from 315 to 375. My clean and jerk went

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from a struggling,
pressed-out 235 to a
solid and easy 286.

**Olympic
Weightlifting
Workouts & Training
Programs ...**

For example, if you're
training snatches
today, a great warm up
for that would be
Muscle Snatch +
Pressing Snatch
Balance + Sots press,
with something very
light and nothing that

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would tax you for your actual session. Oddly enough, Greg wrote an article about this as well here... 3. Stretch in between sets. This to me is the best thing ever.

Mobility for People Who Hate Doing Mobility by Mike Gray ...

Olympic Weightlifting Instructional Posters
These posters demonstrate and

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describe Greg Everett's teaching progressions for the snatch, clean and jerk using full color photos and descriptive text for each step.

24x36" 100lb gloss paper. Buy each lift individually or save 15% when you buy the set of all 3.

Remote coaching for Olympic... - Catalyst Athletics | Facebook

The muscle snatch is possibly one of the

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most underused and commonly incorrectly-performed exercises in weightlifting. Its commonly poor execution may contribute to its underuse, as if it's done ...

**Muscle Snatch -
Olympic
Weightlifting
Exercise Library -
Catalyst Athletics**
Olympic Weightlifting
for Sports by Greg
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Everett From the author of... what has been called the best book on Olympic weightlifting, Olympic Weightlifting: A Complete Guide for Athletes & Coaches, comes Olympic Weightlifting for Sports. This book focuses on athletes and coaches outside of the competitive weightlifting world to present a method of teaching the Olympic

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lifts and their variants

...

**Olympic
Weightlifting for
Sports by Greg... -
Catalyst ...**

In the 2013 music documentary, "Muscle Shoals," by Boulder-based filmmaker Greg "Freddy" Camalier, viewers see the backstory and magic of Fame Studios and Muscle Shoals Sound Studio, that...

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