

Mobility & Stability for
The Snatch and Clean & Jerk

WEIGHTLIFTING MOVEMENT ASSESSMENT & OPTIMIZATION

Quinn Henoch, DPT



Weightlifting Movement Assessment Optimization Mobility Stability For The Snatch And Clean Jerk

S Ashworth

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Weightlifting Movement Assessment Optimization Mobility Stability For The Snatch And Clean Jerk:

Weightlifting Movement Assessment & Optimization Quinn Henoch, Quinn Henoch Dpt, 2017-04-29 The author lays a foundation with an explanation of theory and then provides a systematic process for recognizing problems discovering their sources and addressing them effectively all with the express purpose of achieving safe optimal positions and movement patterns for the snatch and clean jerk Contains over 900 photos and illustrations

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