



The Gym Bag Manual of Essentials of Weightlifting and Strength Training

Mohamed F. El-Hewie

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In order to offer the trainee with a convenient source of practical information suitable for the fast pace of gym environment, I opted to extract the training routines and procedures from textbook "Essentials of Weightlifting and Strength Training" that directly relate to the immediate activities of exercising. The remainder of theoretical information is thus left for those moments when the trainee wishes to find supportive or explanatory analysis of the training process.

In this edition, the book is organized in such manner that follows the gradual, progressive, and incremental exercising, from stretching and warm up to bodybuilding and strengthening, and finally to the highly skilled and agile Olympic lifting. The aforementioned succession might not necessarily ensue in a session or more but rather it might ensue in both brief sessions as well as over many years of training. Both the maintenance of previously attained level of strength and fitness, as well progressively evolving strength, must proceed in cycles of Bodybuilding, Powerlifting, and highly skilled Weightlifting.

Those cycles vary in length, duration, and intensity according to the individual characteristics of training habits.

The initial phase of warming-up and stretching is discussed in Chapter 1. Chapter 2 describes the next phase of proper lifting techniques which must be ingrained before engaging in any resistance training. Chapter 3 comprises the bulk of the book as it details many Bodybuilding exercises that cover the entire musculoskeletal system. This is the most important chapter in the book since it acquaints the reader with the functional anatomy of the human body. Chapter 4 takes the trainee into a more specialized field of Bodybuilding that emphasizes the acquisition of muscular power; e.g.; Powerlifting. Before the trainee is introduced to the highly skilled Olympic lifting, Chapter 5 outlines the schemes and strategies of such fascinating and addicting sport. Chapter 6 teaches the trainee the intricate details of the Snatch Lift. Chapter 7 does the same as the previous chapter but in regards to the Clean & Jerk

Spot on Contents:

METHODS OF STRETCHING

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IMPULSIVE, SYMMETRIC STRETCHING OF PELVIC AND SPINAL JOINTS

STATIC, ASYMMETRIC PELVIC STRETCHING

STATIC, SYMMETRIC STRETCHING OF KNEES AND ANKLES

STATIC, ASYMMETRIC STRETCHING OF LEGS

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PHASE OF ACCELERATION OF THE SNATCH
PHASE OF INITIATING MOMENTUM OF THE SNATCH

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