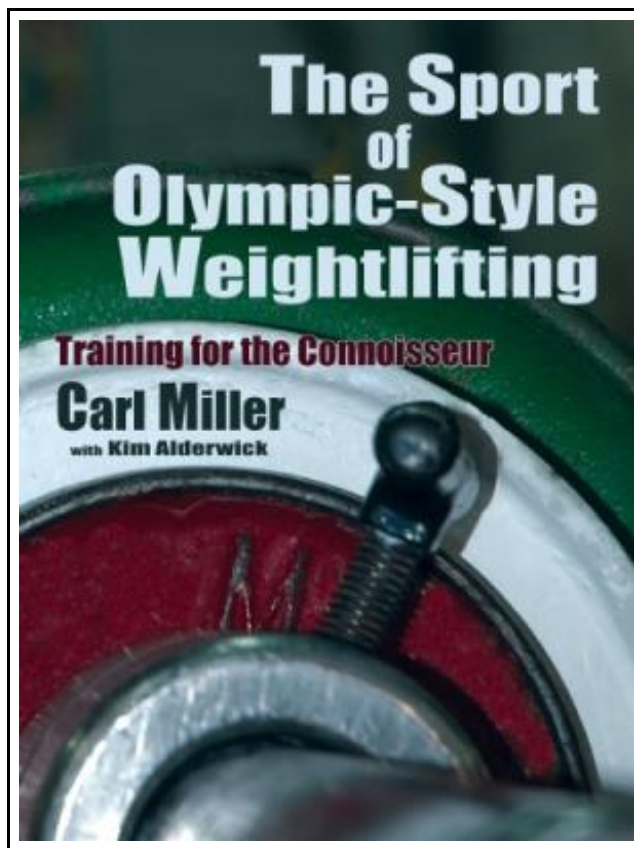


The Sport of Olympic-Style Weightlifting



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Sunstone Press, United States, 2011. Paperback. Book Condition: New. 277 x 208 mm. Language: English . Brand New Book ***** Print on Demand *****.This book consolidates Carl Miller s extensive knowledge gained while pursuing his life s work in Olympic-style weightlifting. There are scientific principles behind Olympic-style weightlifting, and Miller s 50 years of lifting, researching and coaching provide valuable insight into the process of Olympic lifting. Whether you are an advanced lifter or a novice, Miller equips you with the tools to become a champion, even if it s in your own mind. For those lifters with the desire to compete, Carl s book will inspire you to immerse your body and mind in the intricacies required to be a winner. Miller s success as a young weightlifter led him to a long and unique career coaching weightlifting, fitness and nutrition to elite athletes in the 1960s and 1970s, and later he spread his message about the benefits of weight training to a wider audience. As Coaching Coordinator for the U.S. Olympic weightlifting team, Miller put into practice many methods and techniques he gleaned from studying successful international lifting programs. The U.S. Olympic weightlifting team under head coach Tommy Kono won a record number of Olympic medals using assistant Olympic coach Carl Miller s coaching system. He gathered the best lifters in the country, had the best coaches in the sport, and introduced new lifting techniques to elevate the U.S. lifters to contenders. Carl Miller has dedicated himself to analyzing and tweaking the techniques of Olympic lifting. During the 1970s, in addition to his duties with the Olympic team, he was a National coach, World coach, elementary school teacher and vice principal. As a teacher and vice principal Miller developed physical conditioning programs for the kids in his school....

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