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Phases Of The Snatch/Clean Pull In Weightlifting 1st Pull Transition Shift Scoop Stretch ! (ends In The Power Position Shown) 2nd Pull (jump Shrug Or Triple Extension With Shrug) Lee James, 90 Kg USA Silver Medalist 1976 Olympic Games Advantages Of The Second Knee Bend (pict Mar 19th, 2024

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Before The Loading Of The Attempt Is Completed And Under No Circumstances Can The Weight Already Loaded On The Bar Be Lowered. 11. The Barbell Is Loaded In Progression. The Athlete Requesting The Lightest Weight Lifts First. Once The Announced Weight Is Loaded On The Barbell Jun 6th, 2024

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