



# Weightlifting routines and bar trajectories: a home-gym edition: Black and White edition

*Mohamed F. El-Hewie, Sjaak Smorenburg*

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1. PLANNING WEIGHTLIFTING ROUTINES EVALUATING BAR TRAJECTORIES 2. START LOW, GO SLOW MANAGING PARTIAL AND FULL-RANGE EXERCISES STRICT SAFETY PROTOCOLS 3. LEARNING FLUID MOVEMENT LEARNING POUNDAGE MANAGEMENT UNDERSTANDING KNEE INJURIES 4. WORKING ON TIGHTENING THE CONDUIT OF MUSCULAR FORCES FEET ESCAPE DURING FULL BODY EXTENSION WHEN TO LET GO? 5. DIFFERENCE BETWEEN THE MUSCULAR SYSTEM AND THE MUSCULOSKELETAL SYSTEM HOW DOES MUSCLE FUELING AFFECT GENERATING MOMENTUM? 6. REFINING THE BAR TRAJECTORY IN THE SNATCH LIFT OPTIMIZING BODYWEIGHT AND STRENGTH 7. LIFTING FROM THE HANG HANG SNATCH HANG CLEAN 8. SPREAD-OUT VERSUS INTERRUPTED STRENGTH-TRAINING FEET ESCAPE AVOIDED BOUNCING IN THE DEEP SQUAT 9. CLEAN PULL CLASSICAL CLEAN CLASSICAL JERK 10. COMPARATIVE PERFORMANCE ANALYSIS 11. PROGRESS IN THE DEADLIFT PROGRESS IN THE POWER CLEAN 12. ONLINE COACHING VERSUS COACHING IN-PERSON 13. VECTOR ANALYSIS MAGNITUDE, DIRECTION, AND TIMING OF FORCES REACTIVE FORCES IN ENERGIZED MASSES 14. ANATOMY OF WEIGHTLIFTING

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