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to four sets for up to three to five repetitions, depending on your athletic level. Rhythmic Olympic lifts help you exercise your core tension and release, arm explosiveness, and coordination a perfect combination for swimmers.**How To Do The Snatch:**Here are 8 easy steps to perform the Snatch:Begin with the barbell on the ground in front of you, with your feet shoulder-width apart and your toes pointing slightly outward Squat down and grip the bar with your hands way wider than shoulder-width apart, with your palms facing down Slowly stand up, keeping your back straight and your shoulders directly over the bar As you begin to stand up, explode upwards, extending your hips, knees, and ankles in one fluid movement As the barbell rises, pull it as close to your body as possible, keeping your arms straight Once the bar reaches your hips, quickly pull your elbows up and out, flipping the bar over your head Drop into a squat position and catch the barbell overhead with your arms locked out Stand up to complete the lift**How To Do The Clean And Jerk:**Here are 9 easy steps to perform a Clean & Jerk:Begin with the barbell on the ground in front of you, with your feet shoulder-width apart and your toes pointing slightly outward Squat down and grip the bar with your hands slightly wider than shoulder-width apart, with your palms facing down Slowly stand up, keeping your back straight and your shoulders directly over the bar As you begin to stand up, explode upwards, extending your hips, knees, and ankles in one fluid movement As the bar reaches your hips, quickly pull your elbows up and out, flipping the bar over your shoulders Drop under the bar and catch it in a front squat position, with your elbows high and the bar resting on your shoulders Stand up and prepare to jerk the bar overhead Dip down slightly, then drive the bar overhead, extending your hips, knees, and ankles Once the bar is locked out overhead, lower it back down to the starting position to complete the lift**What Equipment Do You Need For Olympic Lifting?**If you dont have access to a gym or simply want to equip your own workout space for practicing Olympic lifts, heres the equipment youll need:**An Oly Barbell:** recognizable thanks to their standardized sizing, rotating sleeves, and knurling patterns. **Bumper plates:** weightlifting plates designed to be safely dropped without causing damage to your equipment and surroundings. A set of bumper plates will cover all your weight needs. **Barbell collars or clamps:** used to lock the weight plates in place on the barbell and prevent them from moving during exercising. A pair often comes with a barbell purchase, but theyre also inexpensive to buy separately. **Adequate lifting shoes:** there are shoes specifically designed for weightlifting, as they can withstand tremendous amounts of weight. However, since were focusing on form over strength, a pair of quality cross-training shoes will do the trick.**Additionally, we recommend finding adequate flooring that wont break from potential weight drops.** Rubber flooring tiles, such as those seen at gyms and training facilities, are the best solution, as theyre affordable and get the job done well.**Finally, although not necessary for performing Olympic lifts, a squat or power rack is a good place for storing your barbell when youre not using it, and its useful for other exercises such as overhead presses or squats.****Summary of Olympic Weight Lifting for Swimmers**For professional swimmers, dryland exercising is just as important as practicing in water. Olympic weightlifting is an excellent addition to any dryland exercise routine, as it helps with developing strength, explosiveness, speed, and coordination. Just like in swimming, its important to focus on proper lifting form and breathing technique.If you need help developing your strength and conditioning workout, our expert team at Swim Like A. Fish has you covered regardless of if youre an individual swimmer, coach, or swim team. SLAF currently offers custom dryland training programs full of swim-specific exercises, tailored to your goals.**Do you exercise besides swimming practice? Do you perform resistance training on a weekly basis?**Let me know in the comments!Until next time, Keep on swimming

Do olympic swimmers lift weights. Should swimmers lift weights. Swimmers lifting. Do swimmers lift weights. How often should swimmers lift weights. Swimmer weight lifting workout. What weight training do swimmers do. Do swimmers lift.