Technical Lifting Course References

Part 1: Technical Lifting Scientific Principles

I. Weight Lifting Safety


II. Foot Stability/Effect of footwear on weightlifting performance

III. Force Irradiation


IV. Strength and Resistance Training for Clinical Populations


V. Deep Squats and Knee Injury Risk


VI. Scapula Positioning and shoulder Stability during pulling and pushing movements


VII. Caloric expenditure during different weightlifting exercises


VIII. Strength and Injury Prevention


IX. Hip Joint External Rotation/Hip joint stability and Injury prevention


X. Stability-Mobility Continuum


XI. Position of the knees and hips during the squat and Injury Risk

Part 2: The Squat

References


Part 3: The Bench Press

References:

The Bench Press


Part 4: The Deadlift

References:


