

## Olympic Weightlifting Area Training Manual

### Introduction:

UC Santa Barbara Recreation is excited to offer Olympic Weightlifting with 2 platforms in Fitness Center West. The Olympic Weightlifting Area is a monitored, controlled space where UCSB students and Recreation Center members may perform Olympic Weightlifting lifts after meeting certain safety criteria. Patrons wishing to utilize the Olympic Weightlifting Platform Area must be “authorized” by one of our nationally certified personal trainers prior to lifting. This manual is by no means a comprehensive overview of Olympic Weightlifting technique or coaching strategies. It has been created to cover facility rules and basic safety recommendations. For more information on Olympic Weightlifting coaching and services please contact [findyourfit@recreation.ucsb.edu](mailto:findyourfit@recreation.ucsb.edu) .



### Equipment

Each platform will be equipped with an Olympic (weightlifting) bar, bumper plates, and training plates, as well as a storage area for the bumpers and plates. The bar weighs 20kg (44 lbs) and is not to be moved from the platform (for example: to be used for bench pressing). The bar is designed specifically for weightlifting movements, and the sleeves will rotate to assist with these lifts. Weightlifting bars also have more “whip” or flex, compared to a powerlifting bar.

Colored bumper plates are rubberized and designed to withstand dropping. They will bounce a bit when dropped, and the rubber mats on each side of the platform will minimize bounce and noise. The lifter is also responsible for controlling the bar as it bounces. **Colored bumper plates are only to be used on the platform.**

Training plates provide beginning or less strong lifters with the ability to begin each lift from the same position as a stronger lifter using the colored bumper plates. Training plates are designed to make contact with the platforms, however they **may not be dropped** because they are fragile, and should not be mixed in with bumper plates during a lift. Standard rubber encased metal plates (only 2.5 & 5 lbs) can be added to a bumper plate instead.

The storage area for bumpers and plates should be organized with weights in order from lightest to heaviest.

The platforms are only to be used with Olympic bars and bumpers/training plates (in some cases 2.5 and 5 lbs standard rubber encased metal plates). No benches, dumbbells, medicine balls, kettlebells, box jumps, bodyweight/calisthenic exercises are allowed.

# Participant Inspection

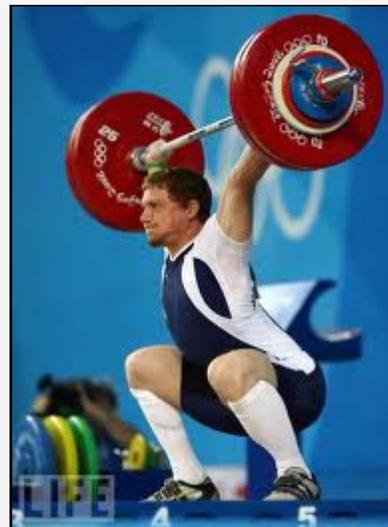
- Bar sleeves are self-lubricating.
- Staff will clean the bars with True 7. Please check prior to use that the bar is dry.
- Along with staff doing hourly platform checks, please visually inspected the platform area assuring there is no damage to bars, platforms, or bumper plates. Please notify a staff member if you notice damages to any of the equipment.
- Please rack bumper plates in order from lightest to heaviest (left to right, prior to returning ID card).
- Blood on the bars or platforms from scraping the shins is possible. Inspect the bars before and after use. If you notice blood on the bar, please notify a fitness center staff member who will clean the bar and/or platform as needed according to the **normal blood borne pathogen** protocol.

## Examples of Approved FC2 Platform Area Olympic Lifts

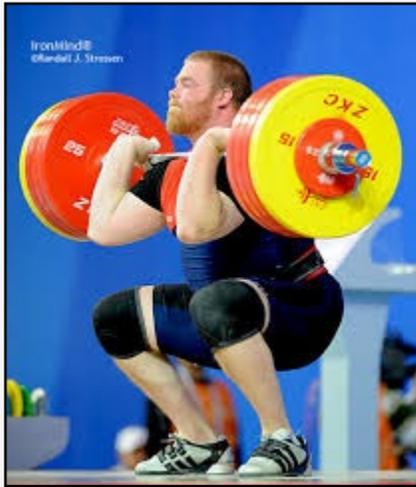
Clean (Power clean, hang clean, full or “squat” clean)



Snatch (Power snatch, hang snatch, full or “squat” snatch)



## Clean and Jerk



CLEAN LIFTER (THEN STANDS UP STRAIGHT)



JERK



OVERHEAD SQUAT, BOTTOM POSITION



FRONT SQUAT (LIFTER SHOULD KNOW HOW TO BAIL OUT IF HE/SHE CAN'T STAND UP W/ THE WEIGHT).

## Pulls (clean or snatch grip)



SIDE VIEW



FRONT VIEW (SNATCH GRIP)

## Push press, push (or power) jerk, split jerk



ENDING POSITION OF A  
PUSH PRESS OR PUSH JERK



ENDING POSITION OF SPLIT  
JERK (FEET ARE "SPLIT" APART,  
NOT PARALLEL)

## Grips



Standard or "opposing" grip.



Beginning of the "hook" grip.



Final position of the hook grip.



Thumbless grip (unacceptable).

## Safety and Spotting

Due to the dynamic nature of most of these lifts, spotting is not allowed while on the platforms. Instead, the lifter must know how to "miss" a lift. Because a missed lift might entail the bar going from overhead to the platform either in front or behind the lifter, it is vital that other patrons in the area do not take shortcuts using the platforms when another patron is lifting. If patrons are lifting in a group (3 per platform max), all platform users waiting for their turn must remain alert and in a safe area with eyes and attention on the lifter. Safe areas for waiting include the far rear of the platform area closest to the dumbbells.

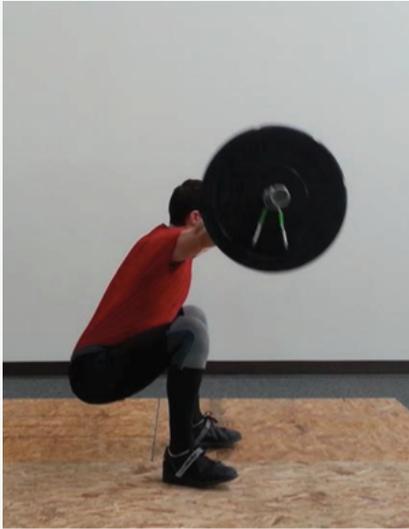
## Examples of Missed Lifts



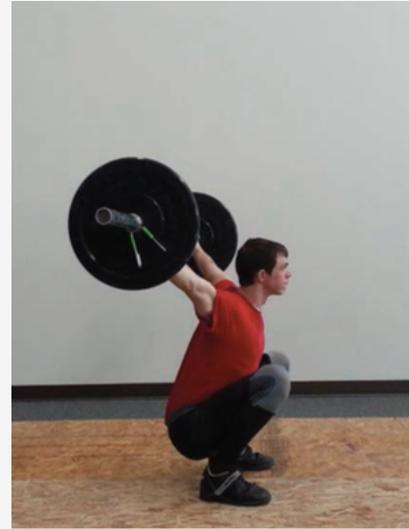
**MISSED LIFT EXAMPLES-MOST LIKELY A MISSED SNATCH**



**MISSED JERK**



When missing forward, the lifter pushes the bar forward on straight arms and pulls the knees back to drop the bar forward safely.



When missing backward, the lifter pushes back on straight arms and jumps forward to drop the bar behind safely (the hands open to release the bar to fall freely when the bar has reached approximately the position shown, or slightly lower).



The stick overhead in a typical split jerk position.



The stick has travelled too far behind the shoulders and hips to be controlled safely so the lifter will push it back on straight arms and pull the back arm forward, out of the way of the falling bar.



Here the stick is too far forward, so the lifter will push it further forward on straight arms and pull the front foot back, out of the way of the falling bar.

\*USAW Weightlifting Safety Recommendations

Exercise	Good Technique	Poor Technique	Notes
<b>Clean Deadlift (start of clean)</b>	<ul style="list-style-type: none"> <li>• Bar against shins</li> <li>• Feet flat</li> <li>• Shoulders in line or in front of bar</li> <li>• Lower back “flat” (neutral spine)</li> <li>• Upper back flat/ chest up (scapulae retracted)</li> <li>• Feet are in ideal vertical jump stance</li> <li>• Roughly a shoulder-width grip</li> </ul>	<ul style="list-style-type: none"> <li>• Bar not in contact w/ shins</li> <li>• Heels up</li> <li>• Shoulders behind bar</li> <li>• Upper OR lower back rounded</li> <li>• Feet too close or too far apart</li> </ul>	
<b>First Pull (from floor to knee level)</b>	<ul style="list-style-type: none"> <li>• Shoulders, knees and hips move at the same rate</li> <li>• Back stays flat/tight</li> <li>• Bar stays close to legs-knees will naturally move backward to avoid contact</li> </ul>	<ul style="list-style-type: none"> <li>• Rounded back</li> <li>• Hips move first</li> <li>• Knees don’t extend on time, resulting in scraping shins w/bar</li> </ul>	
<b>Second Pull (from knee level to chest/ shoulder level)</b>	<ul style="list-style-type: none"> <li>• Bar stays close to legs/body</li> <li>• Arms start to bend as a result of shrugging the shoulders as the lifter extends hips and pushes off floor w/balls of feet</li> <li>• Bar should brush against lifter’s upper thighs</li> <li>• Elbows stay above bar until turnover and catch.</li> <li>• Feet jump out to squatting width</li> </ul>	<ul style="list-style-type: none"> <li>• Bar swings forward-away from body</li> <li>• Arms already bent before bar passes knees</li> <li>• “Reverse curling” the bar</li> </ul>	
<b>The Catch (or “rack”) Lifter starts to drop underneath the bar to catch on clavicle/ deltoid region</b>	<ul style="list-style-type: none"> <li>• Bar stays close to body</li> <li>• Elbows whip underneath and in front of bar</li> <li>• Elbows point forward (as much as possible)</li> </ul>	<ul style="list-style-type: none"> <li>• Bar swings forward</li> <li>• Reverse curling the bar</li> <li>• Elbows not elevated in the catch</li> <li>• Feet jump out to extreme wide stance in order for lifter to catch the bar</li> </ul>	

Exercise	Good Technique	Poor Technique	Notes
<b>Front Squat (if doing full clean)</b>	<ul style="list-style-type: none"> <li>• Elbows stay up and forward</li> <li>• Lifter squats to parallel or below</li> <li>• Back stays tight</li> </ul>	<ul style="list-style-type: none"> <li>• Elbows drop</li> <li>• Upper back rounds</li> </ul>	
<b>Jerk After standing upright, lifter then dips and drives bar overhead while splitting legs front/back.</b>	<ul style="list-style-type: none"> <li>• Initiate lift with small dip in knees</li> <li>• Torso stays vertical</li> <li>• Lifter transfers power from legs to bar to finish overhead w/straight arms</li> <li>• Legs split with both knees bent</li> </ul>	<ul style="list-style-type: none"> <li>• Torso angles forward</li> <li>• Back leg straight at end of jerk</li> <li>• Back heel on ground at end of jerk</li> <li>• Bar not over “crown” of head at end of jerk</li> </ul>	<ul style="list-style-type: none"> <li>• Some lifters may do a push jerk instead, where legs do not split.</li> <li>• Recovery from jerk entails moving front leg a half step back, then the back leg a half step forward before lowering bar to shoulders.</li> </ul>

## Want to learn more about olympic weightlifting?

The Recreation Department offers 8 week olympic weightlifting classes, small group personal training and one on one personal training sessions. Please see our current list of class offerings at [register.recreation.ucsb.edu](http://register.recreation.ucsb.edu) or email [findyourfit@recreation.ucsb.edu](mailto:findyourfit@recreation.ucsb.edu) to learn more.