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Equipment Barbell. Olympic weightlifting uses a steel bar (also known as a barbell) with larger-diameter rotating sleeves on... Bumper plates. The weight plates,

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typically referred to as " bumper plates " because of their rubber coated design,... Collars. An Olympic lifter, Jang Mi-ran, holding a ...

Olympic weightlifting - Wikipedia

This is not the case with Olympic Weightlifting: A Complete Guide for Athletes & Coaches. Everett s book is unique in that it is concise, yet thorough. Anyone from a raw beginner to the elite level competitor will find something new in this book every time they open its pages.

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