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Weightlifting coach - kinesiology - western

USA Weightlifting Level I Instructor: Roger Nielsen - Senior International Weightlifting Coach
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Club coach application

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You must be a current USA Weightlifting (USAW) member.

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Becoming a weightlifter - strength training

the best would be the USA Weightlifting coaching manual, Explosive Lifting for Sports (Harvey Newton), and who preferably is a USAW Senior Coach.

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