



## Olympic Weightlifting for Masters: Training at 30, 40, 50 & Beyond

By Matt Foreman

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**Olympic Weightlifting for Masters: Training at 30, 40, 50 & Beyond** By Matt Foreman

25-year weightlifting veteran Matt Foreman takes on the topic of weightlifting for the masters crowd, from brand-new lifters who have discovered the sport later in life, to those who are simply trying to continue the sport past the age of 35. Sections include Addressing Prior Notions of Age in Weightlifting; Physical Assessment, Prior Training, and Injury History; Coaching and Lifting; Programming and Training; Pain Management and Injury Prevention; Resolution and Attitude. The book also includes actual training programs and advice from several successful masters weightlifters.

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