

OLYMPIC WEIGHTLIFTING STRENGTH & TECHNIQUE ANALYSIS

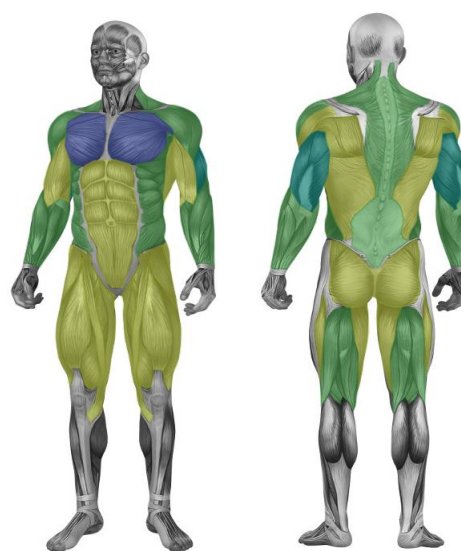


VALMENNUS
-VALMENNUSTA TIEDOLLA-

ATHLETE			
NAME		BODY FAT %	23 Average
AGE		MUSCLE MASS (MM)	69 Freak
HEIGHT		FFBMI	22,3 Freak
WEIGHT		THEORETICAL MM	79
SPORT		YEARS TO ACHIEVE	4

STRENGTH				
movement	1RM	Potential	Relative	Balance
Back squat	120	231	1,64	92 %
Front squat	100	196	1,37	83 %
Deadlift	130	264	1,78	108 %
Bench press	70	154	0,96	58 %
Pull up	10	103	0,14	119 %
Overhead press	55	65	0,75	46 %

BODY SYMMETRIES



MOBILITY	
Overactive muscles	Underactive muscles
Lower back	gluteus maximus
tibialis	latissimus dorsi
pecks	rear delts

OLYMPIC LIFTS								
movement	optima max	Potential max	speed (m/s)	Horizonta l Movem.	Drop under	1RM from pull	real life 1RM	Ratio
Snatch	76,8	148	1,85			120	120	100 %
power snatch	67,584	130	2,1			100	100	83 %
clean	97,2	187	1,62			150	150	80 %
power clean	81,6	157	1,92			136	136	91 %
Jerk	100,8	194	2,1			155	155	103 %

FORCE-VELOCITY & LIFTING TECHNIQUE

BAR TRAJECTORY & VELOCITY CURVE	LIFTING BIOMECHANICS & POSITIONS	
	balance	Bar
	Starting position	Optimal optimal
	knee height	forward forward
	extension	forward optimal
	catch position	optimal forward
	squat	optimal optimal
Analysed by Kalle Koskimäki		