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Author of one of the best books on Olympic weightlifting, *Olympic Weightlifting: A Complete Guide for Athletes & Coaches*, Greg Everett found the sport as an adult, but didn't let it stop him from pursuing his dream. He is now the owner of Catalyst Athletics and Performance Menu. His goal is to have a fully-sponsored professional weightlifting team.

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Now a gym owner and full-time coach, Greg shares three weeks of his weightlifting programming with us. The intent of these three weeks is to balance building strength and correct postures. Greg's intention is also to give the athlete enough exposure to the classic lifts, or variants, that they will ingrain proper movement and an ability to hold the technique well.

Greg Everett: Week 1, Day 1 - Breaking Muscle

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Greg Everett: Week 1, Day 2 - Breaking Muscle

Strength & Conditioning - Greg Everett: Week 1, Day 1 Welcome to the first week of workouts by Greg Everett. These workouts are inspired by Olympic weightlifting, but will benefit anyone who wants to gain strength and improve lifting technique.

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Catalyst Athletics is the world's largest source of Olympic weightlifting education material, including articles, vidoes, photos, workouts, training programs, books, a monthly journal and more. From Greg Everett.

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ASHBURN, Va. (AP) - Washington safety Deshaun Evans went on injured reserve Thursday with a pectoral muscle injury that also affected his shoulder. Everett started six games this season for ...

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Washington Football Team safety Deshaun Everett was placed on injured reserve Thursday due to a torn pectoral muscle. Everett sustained the injury during last Sunday's 23-15 win over the San Francisco 49ers. The 28-year-old Everett has 31 tackles and one forced fumble in 11 games (six starts) this season.

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