



# The Portable Greg Everett: Collected Articles 2005-2012

*Greg Everett*

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## **The Portable Greg Everett: Collected Articles 2005-2012** Greg Everett

A collection of Greg Everett's best articles from Catalyst Athletics the Performance Menu and his Ask Greg column from the Performance Menu from 2005-2012. Includes the articles: - Six Truths of Weightlifting Technique - Hips, Meet Bar - Improving the Clean through a Better Turnover - The Power Snatch: Uses and Cautions - Overhead Stability in the Snatch - The Point - Mensticular Fortitude - The Role of Strength in Weightlifting - Technique Drills and Training Lifts - Strength. Again. - Beginning Weightlifting as an Adult - The Simplest Program in the World - Program Design Case Study - Twinkle Toes - Catalyst Athletics: Our Warm-up is a Warm-up - Plandomization - Eliminating the Stopwatch - Teaching the Olympic Lifts in the CrossFit Setting - When the Olympic Lifts Aren't Appropriate - Isolation Exercises - Shoulder Solutions - Before You Squat - The Importance of Technique for the Generalist - The Prodigal Chain - CrossFit Criteria - Getting Stiff: A Revisionist Approach to Flexibility - The Push-Up: Why Is This So Hard? - The Kettlebell Swing - Thoughts on the Kipping Pull-up - A More Civilized Approach to Bleeding - Attitude Adjustment - Ask Greg: Performance Menu Issues 72-86 Note: Some of these articles are available for free on the Catalyst Athletics website.

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