

YORK BARBELL SYSTEM OF TRAINING

Course No. 4—Weight Lifting Training



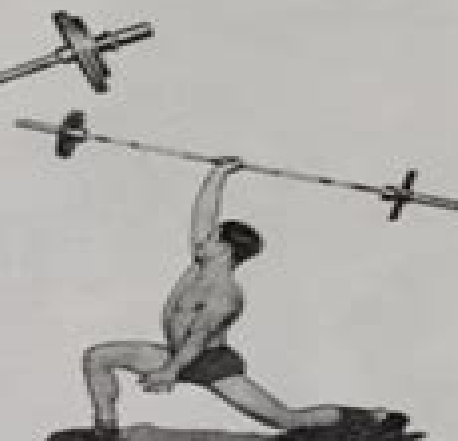
1. Two Arm Military Press



2. Two Arm Military Press



3. Start of One Arm Jerk



4. Finish of One Arm Jerk

Correct Form in the Two Arm Snatch



5. Start of the Lift



6. Wally Zagurski's Style



7. Anthony Terlazzo's Style



8. Stanley Kratkowski's Style



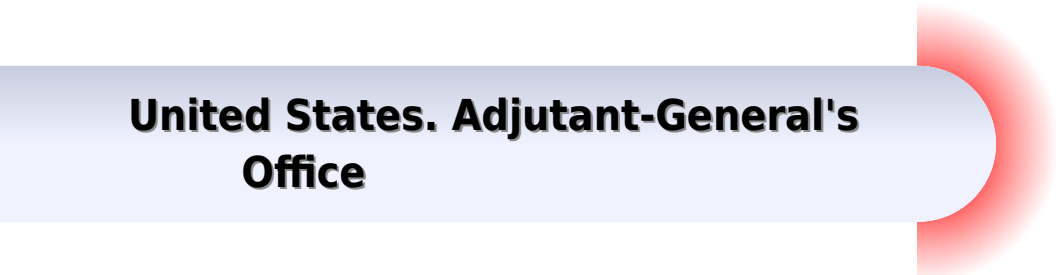
9. Bob Mitchell's Style

Correct Form in the Two Arm Jerk



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