

Biomechanical Profiles of Olympic Weightlifters

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The heaviest successful snatch and clean and jerk for five Gold medalists in weightlifting at the 1984 Olympic Games were analyzed from 16mm film. Bar trajectories all showed that as the barbell was lifted from the platform it moved toward the athlete during the first pull, then away from the athlete and finally toward him again as it began to descend during the catch phase. Bar velocity profiles showed that most lifters decelerated the barbell at the end of the first pull while reorienting their body position for the second pull. Calculated power outputs were large in magnitude and showed considerable similarities for selected phases of the lifts of a given athlete. Power output values for complete snatch and clean pulls typically ranged between 28 and 35 W/Kg of body mass. Higher values were found for subphases of the pulls and for the jerk thrusts. Previously published data on one of the Gold medalists permitted longitudinal comparisons of his lifting technique. High power output capacity was the most distinguishing characteristic of the athletes studied and is likely necessary for successful participation in weightlifting at the elite level.

In weightlifting, as in other sports, accurate information about performance characteristics of the world's best athletes is of great interest for scientific knowledge about how the lifting movements are executed as well as practical issues related to coaching. The vast majority of published biomechanical studies of weightlifting involves data collected in the laboratory or at competitions well below world championship level. The ideal situation would be to obtain data on world-class athletes while they are competing in top physical condition and under maximal competitive pressures. Such is the situation at world championship and Olympic Games competition. However, few competitions at that level have been studied. Ono, Kubota, and Kato (1969) reported selected bar kinematics and body segment orientations for gold medalists at the 1964 Tokyo Olympic Games, while Garhammer (1981) reported selected bar kinematics and power outputs for gold medalists at the 1978 World Weightlifting Championships. The purpose of this report is to contribute additional data on world-class weightlifters competing during the 1984 Summer Olympic Games.

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