



***2019 NSCA TACTICAL
ANNUAL TRAINING***

Conflict of Interest Statement

I have no actual or potential conflict of interest in relation to this presentation.

Weightlifting Variations and Substitutions

Sport or Training Tool?



Hunter Schurrer, M.Ed., CSCS, USAW L2

Learning Objectives

- Determining if weightlifting is right for your population
 - What are we using this sport to begin with?!?
 - Reality vs. tradition and broscience
- Weightlifting variations to help maximize training and minimize risk
 - Using the movements properly to produce the training results we desire
- Substitutions for the weightlifting movements
 - Is there a better way?

GET UP



Why use the lifts at all?

- Fun
- Mentally Challenging
- Strength
- Acceleration
- Rate of Force Production
- Force Absorption
- Mobility
- Stability
- Technical Learning/Coordination

Purpose

- Position
- Pattern
- Power
 - Bob Takano
 - Nate Palin – NSCA
 - Jeff Carroll
 - “How well you move it, how fast, then how much”
 - Stefan Underwood – EXOS
 - “Don’t Use a Pattern Cue for a Positional Fault”

Limitations

- Risk/Reward
 - Athlete
 - Coach

- “We aren’t weightlifters” or “it’s a max” are not valid excuses for poor execution. “I don’t know what f*** I’m doing” is a valid excuse.
 - Sean Waxman.

Variations

Substitutions

Closing

- Questions, comments, concerns?

Thank you

Hunter Schurrer

hschurrer@gmail.com