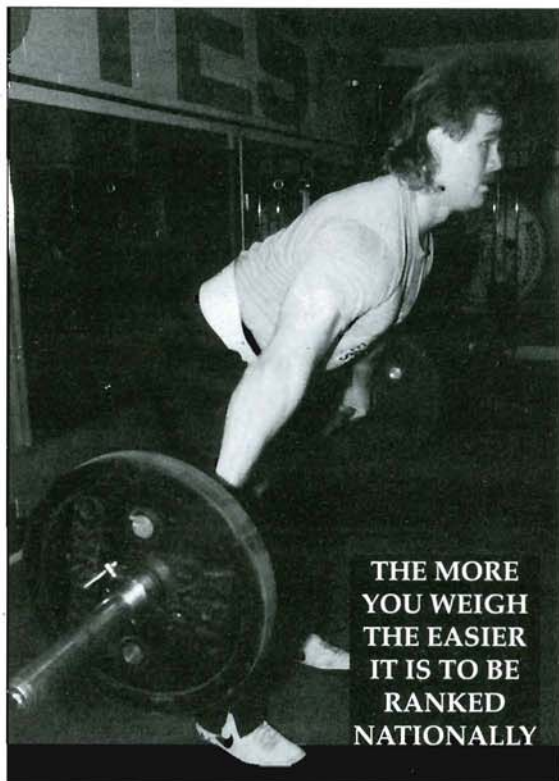


OLYMPIC LIFTING CONTESTS DON'T MISS THE BOAT



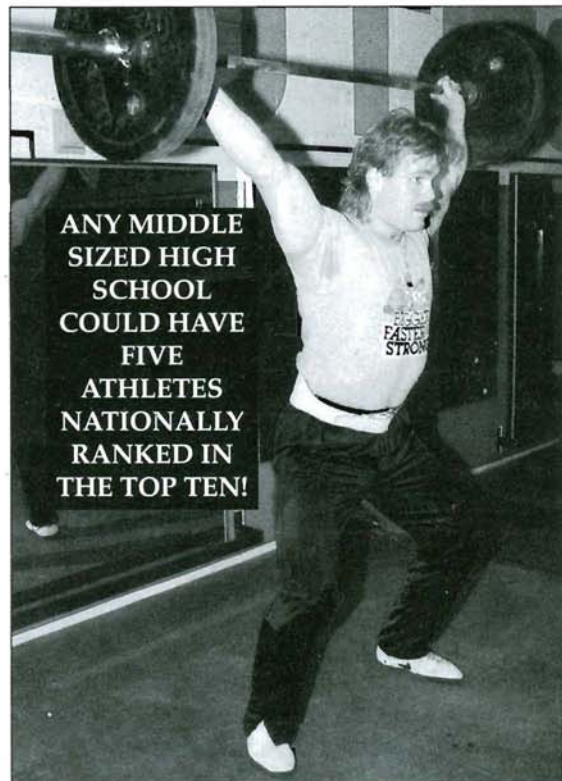
**THE MORE
YOU WEIGH
THE EASIER
IT IS TO BE
RANKED
NATIONALLY**

It's Easy! Just do a Power Snatch. Take a wide Grip. (First Finger On The Line) Then pull slow to a great power position like Stefan on the left. Now jump and snap the bar overhead as photo on right. Notice feet have popped out to an athletic stance. Honest. That's all there is to it to be nationally ranked!

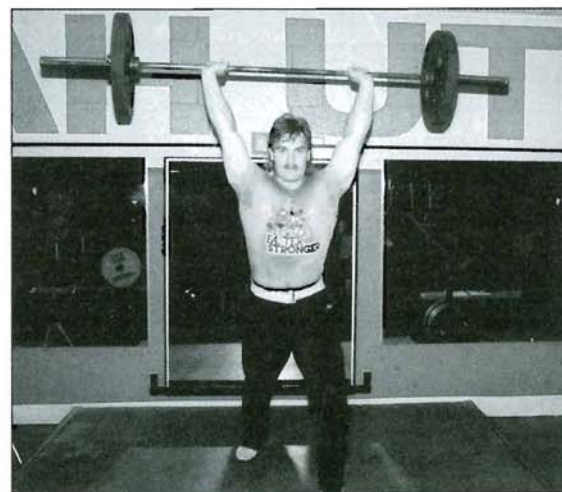
The Clean and Jerk is also easy. Just do a Power Clean and stand erect with stance like photo bottom left. Now dip slightly as shown and explode upward. Then split feet from front to back and lock out elbows as shown in bottom right photo. This will get you started. You can learn the finer points later.

**For meet info or
to get your own
sanctioned meet,
call:**

719-578-4508



**ANY MIDDLE
SIZED HIGH
SCHOOL
COULD HAVE
FIVE
ATHLETES
NATIONALLY
RANKED IN
THE TOP TEN!**

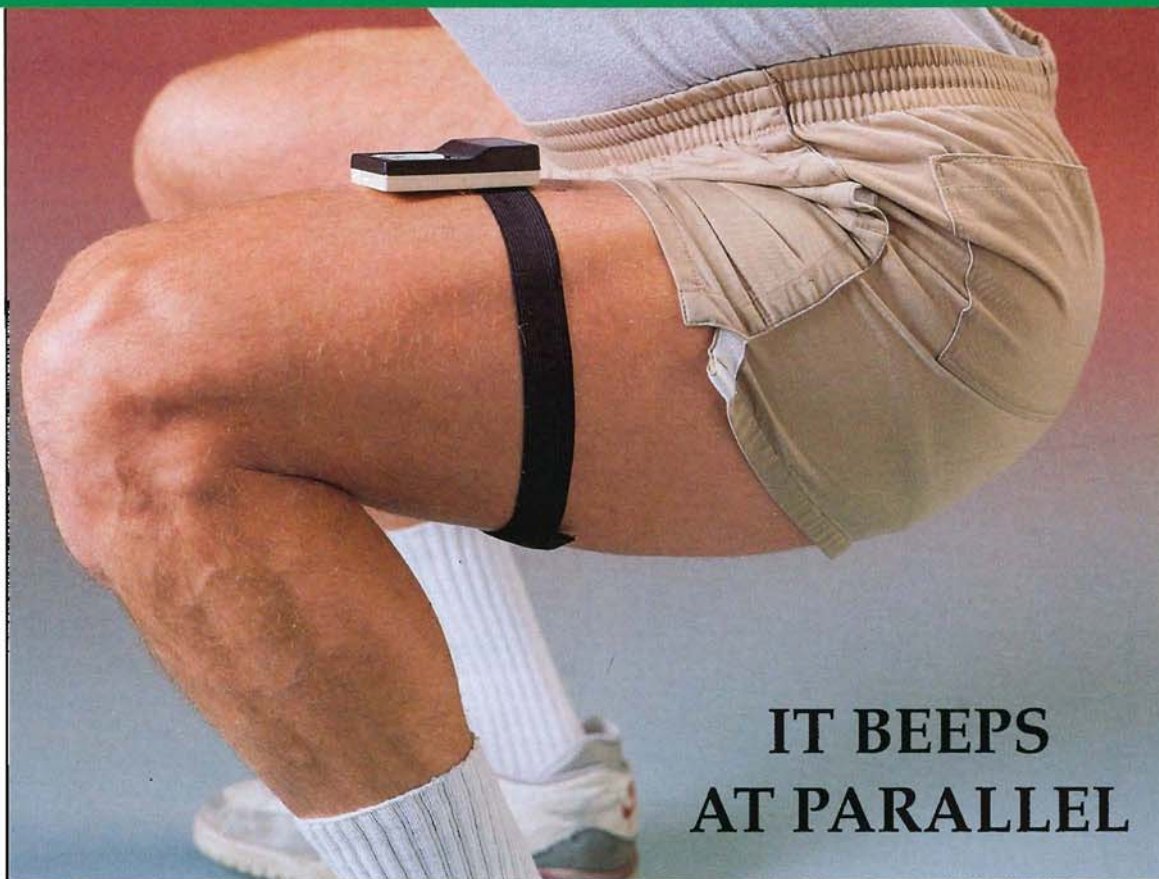


★ HERE'S ALL YOU HAVE TO DO FOR A NATIONAL TOP TEN RANKING

AGE / WT.	114	123	132	148	165	181	198	198+
14	195	165	275	255	265	200	210	210
15	195	210	255	275	310	220	295	220
16	210	255	295	355	400	375	290	220
17	195	220	319	355	385	400	220	220
18	185	185	235	385	310	240	220	220

★ This is a total of the Snatch and Clean & Jerk: Example 300 Total could be: 120 Snatch, 180 Clean & Jerk.

THE SAFETY SQUAT



**IT BEEPS
AT PARALLEL**

NEW SLEEK HIGH TECH DESIGN



**FITS EASILY AROUND
ANY THIGH**

**NO MORE GUESSWORK
NO MORE ARGUMENTS
LESS SUPERVISION REQUIRED**

Cost: \$45.00

Save:

**Get Two
Only \$79.00**

**NEW ONE YEAR
WARRANTY**

When the thigh reaches parallel, the Safety Squat will BEEP! It eliminates all guess work in judging proper depth. Great motivational device and coaching aid!

Some athletes don't go down far enough. They think they are, but they lean forward at the waist. They might even argue. Now, they can't! It will aid in their form. Also for those who go too low, usually by going down too fast, the Safety Squat will BEEP at just the right time.

We highly recommend the Safety Squat! You should try at least one. Then, you'll want to get one or two for each Squat Station!