

The Dutch Strength Weightlifting Method



Tom Bruijnen

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by Tom Bruijnen

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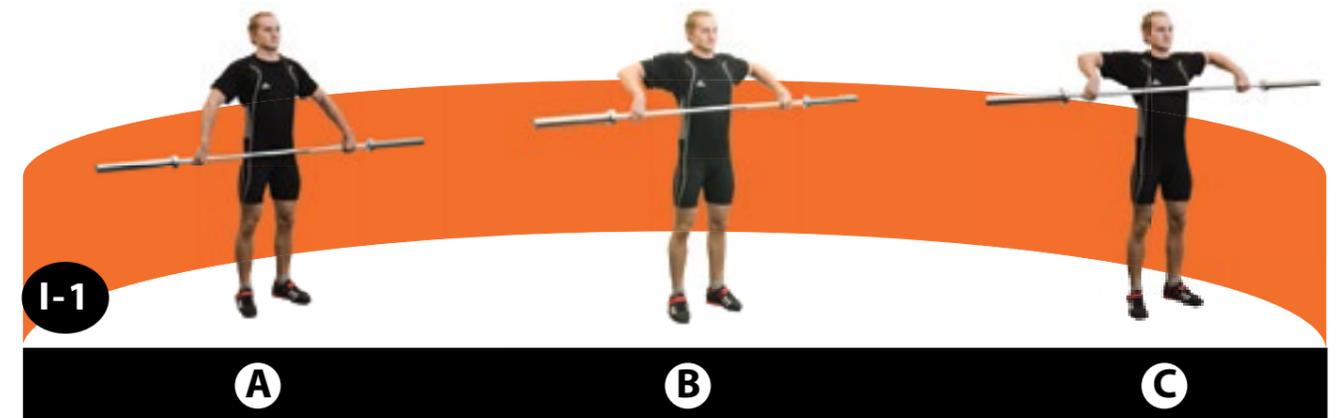
Circuit 1 - Posture

Preface

Tom's method of lifting has been used over 20 years. This little booklet is a shortcut and meant to be used as a workbook. Beginners use the circuits to learn and understand the olympic style of lifting, others use the circuits to get fit and in shape. Competitive weightlifters use it as part of their general physical preparation, specific part of warm-up or transition after a heavy competition period to restore and recover. The circuits are depicted by photos and in the near future all lifts, variations and some verbal instructions will be published as short video's - Dutch Strength is the project that will be providing this. If you question your health in any way consult a doctor or physio to get advise. Have fun lifting!

The Dutch Strength Weightlifting Circuits are designed to help you learn and prepare for Olympic-style weightlifting movements and principles. They can be used with the Dutch Strength Technique Posters of the snatch and clean and jerk. The exercises fit in certain phases on the posters. The circuits are both partial- and whole-movement oriented. The sequence can be seen as a route with stopovers. You can work for longer on an exercise to focus on details, or combine it with other movements for more general work. Use the circuits to shape technique. In addition to the Dutch Strength Method you can always try other methods. Ask trainers to help you further.

Wide High Elbow Pull



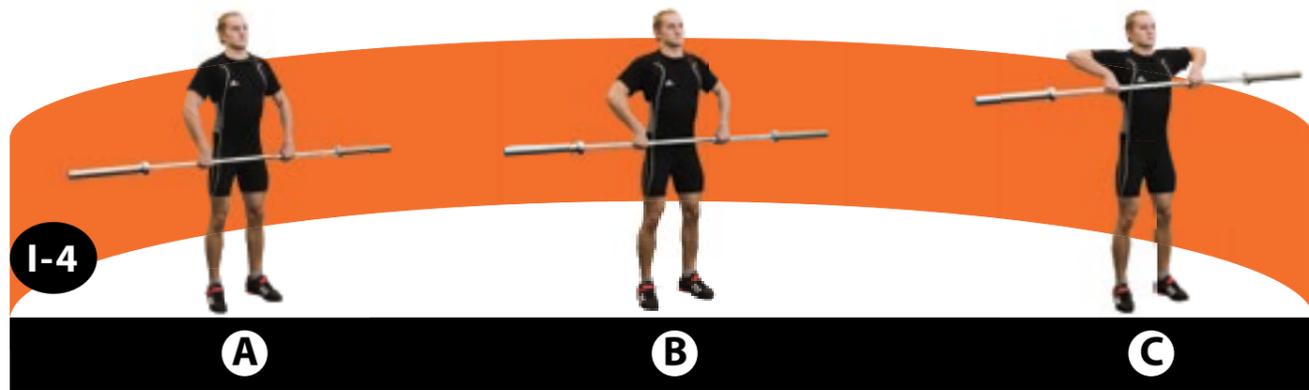
Back Elbow Press



Overhead Squat



Narrow High Elbow Pull



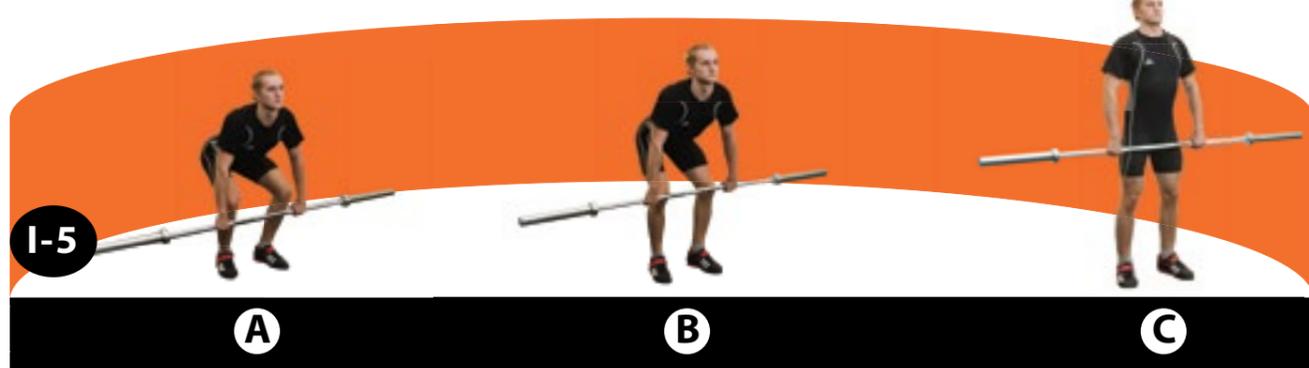
I-4

A

B

C

Olympic Style Deadlift



I-5

A

B

C



The first two, or all fingers are aligned with the bar.

GRIP & BASIC POSTURE



The thumb is between the first and/or second finger and the bar. (Hook Grip)

1st Circuit - Posture

The basic posture in weightlifting is an adapted and active posture to carry and lift heavy weights. Co-activation creates stability from the feet up.

• Feed mistakes and feel what happens, find the most neutral and strong position.

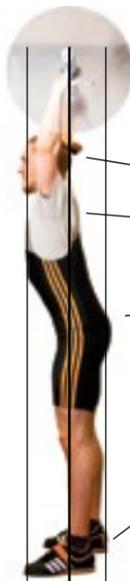
• Mid-ear aligned with mid-hip, mid-knee and mid-foot, overhead leaning forward

• Sternum and ribs up and forward, shoulder blades out and rearward down, chin tucked in and crown of head high.

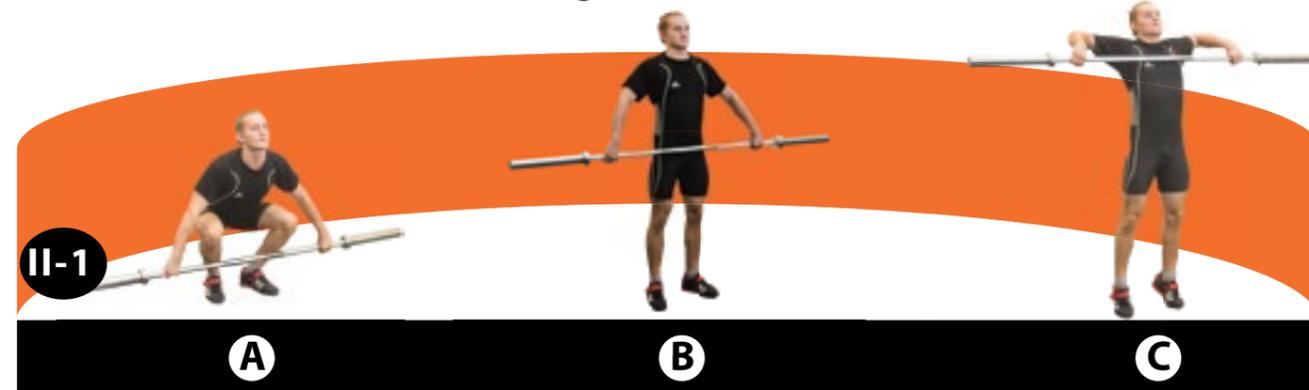
• Pubic bone slightly up, belly button slightly in, elongation of spine in general, from tail to head in the natural s-curve.

• Weight distribution on the feet just in front of ankle, pressure more outside of the feet, mid-kneecap directed to second toe, knees slightly bent and outwardly directed, and hips pointed out.

• Close your eyes and take time to experiment and become aware of changes in tension while changing alignment



Circuit 2 - Combine High Pull Snatch



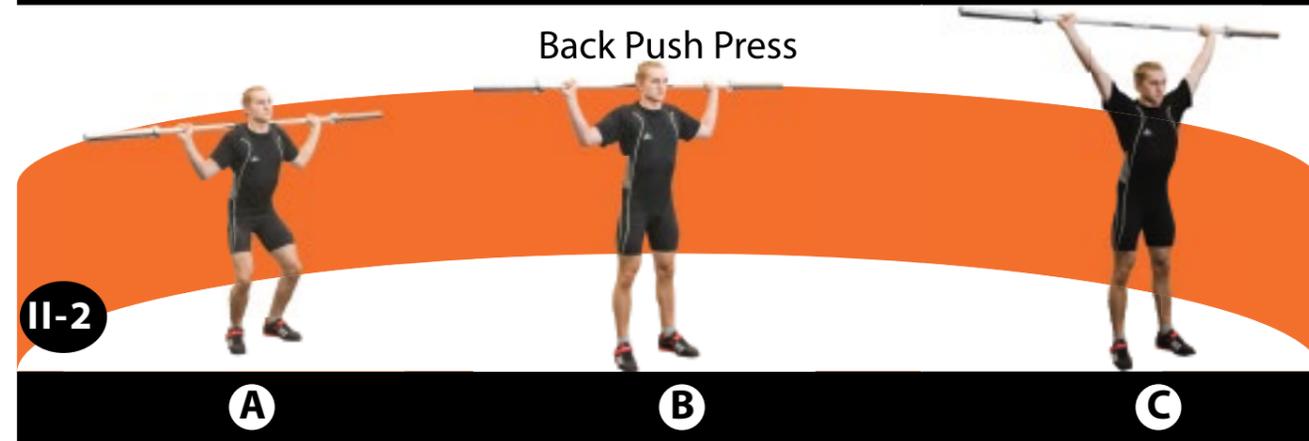
II-1

A

B

C

Back Push Press



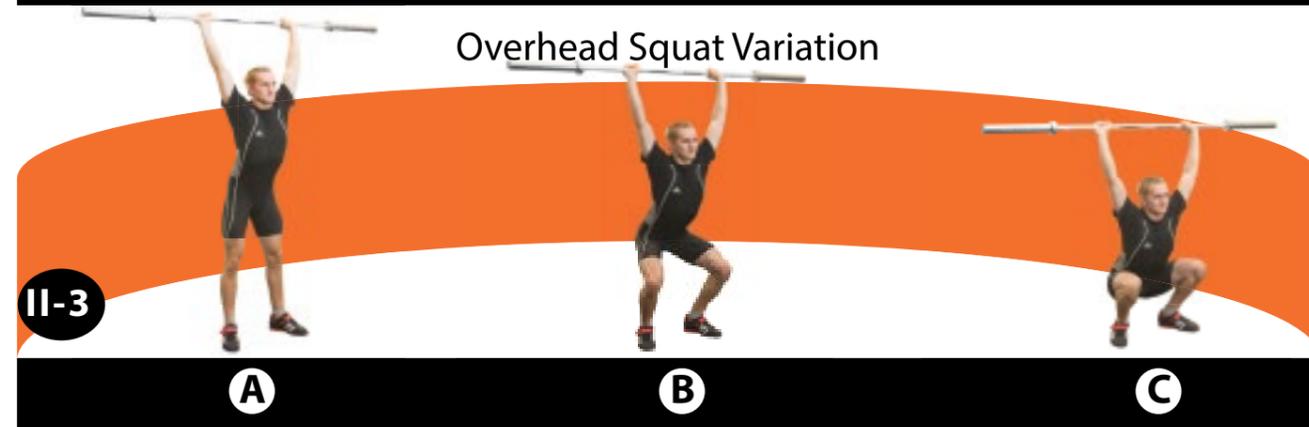
II-2

A

B

C

Overhead Squat Variation



II-3

A

B

C

(Power) Lunge



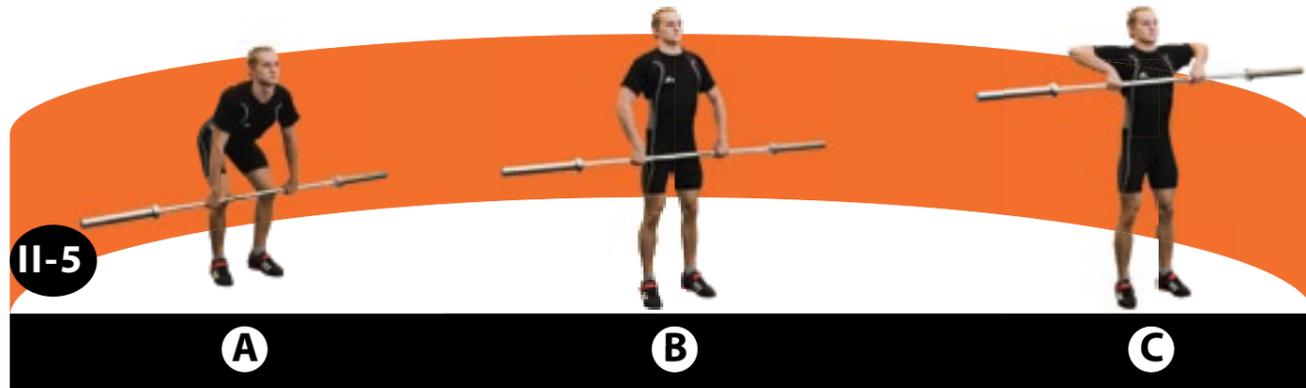
II-4

A

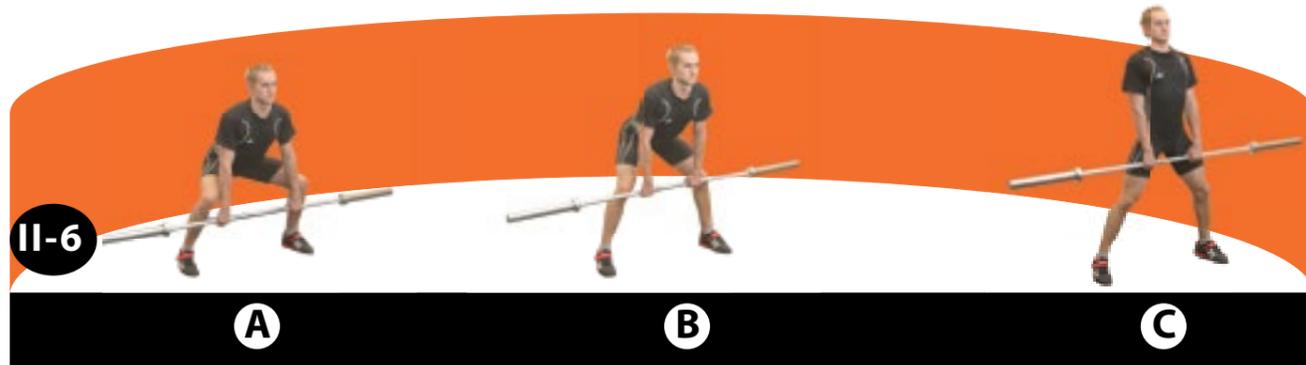
B

C

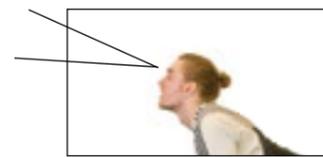
Hang High Pull Clean



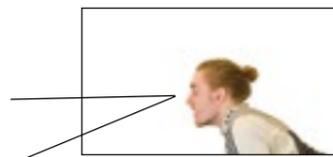
Deadlift Variation



Viewing Direction



Option 1
Always looking slightly
up from start to finish.



Option 2
Aligned with spine,
ending slightly upward.

2nd Circuit - Combine

The first exercise in Circuit 2 is instantly more complex than all exercises in Circuit 1. The first difficulty is that you have to hip hinge much further in a wide grip than a narrow grip - it demands a lot more strength & stability around the shoulder girdle and lower back. Remember that you are not the only one struggling to stay in the correct posture! In addition to this, you also have to combine the last exercise I-5 "Olympic Style Deadlift" with I-1 "Wide High Elbow Pull" while keeping your speed and bar alignment correct. Push the knees backward in the first pull and back pull to get the bar in a path shifting to the rear a few centimetres and after that try to keep the bar close and moving upward with the same speed during the wide high pull. Only use the arms after completing the second pull. Your trainer or an experienced buddy can guide you further in this circuit.

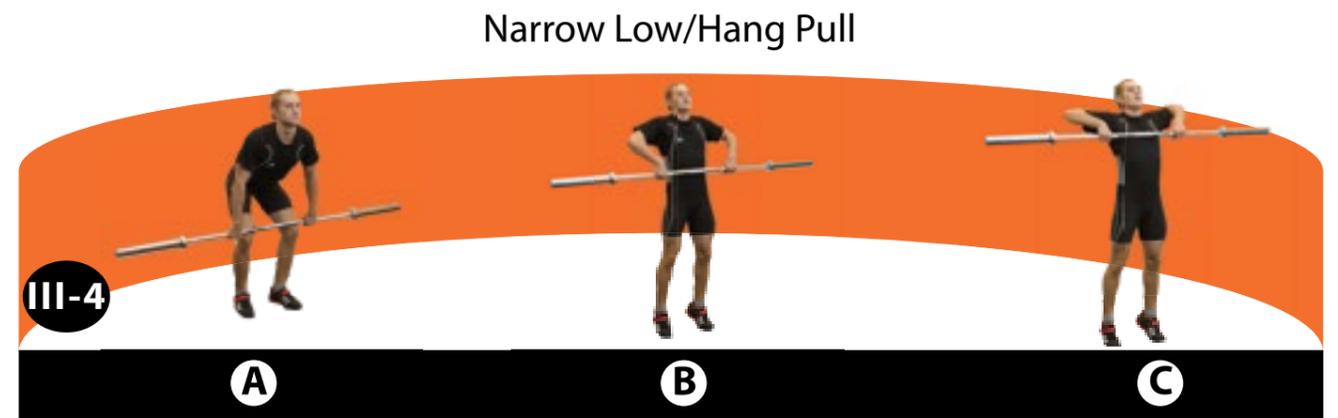
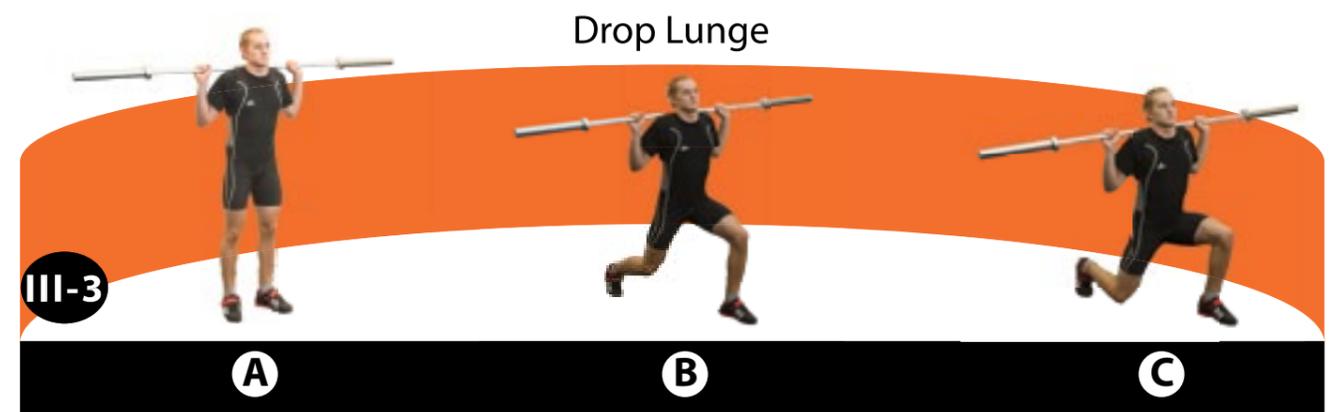
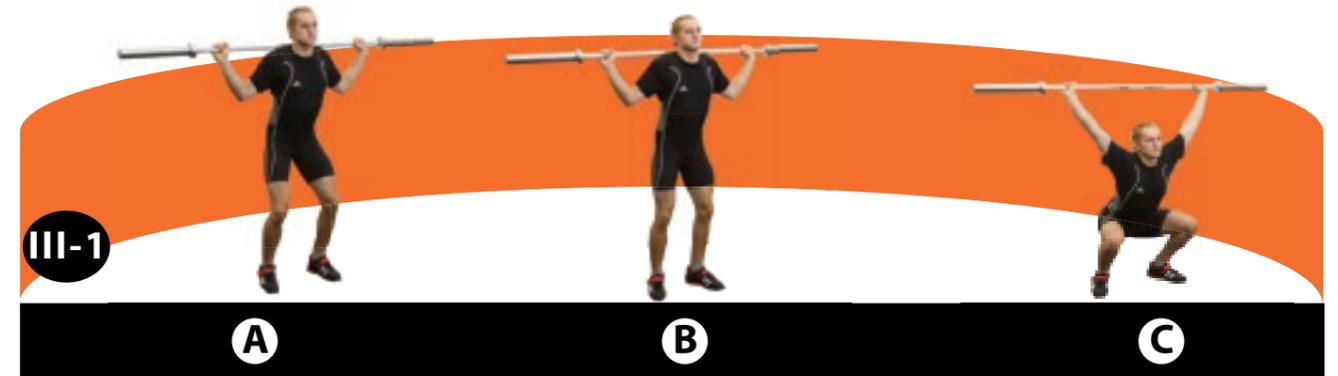
Why lift circuits?

Circuit-training has been intensively researched for its benefits compared to stationary training. More reps with lesser weights have been shown to be effective and efficient. Using compound and bodyweight movements also demand more energy and can generate a cardiovascular response and better general conditioning. After learning, training starts by doing supersets of exercises, finishing with all exercises continuously performed without any breaks. The sequence of the exercises has been chosen to fit into a circuit-training. Using a heart rate monitor to keep track of maximum heart rate can be helpful.

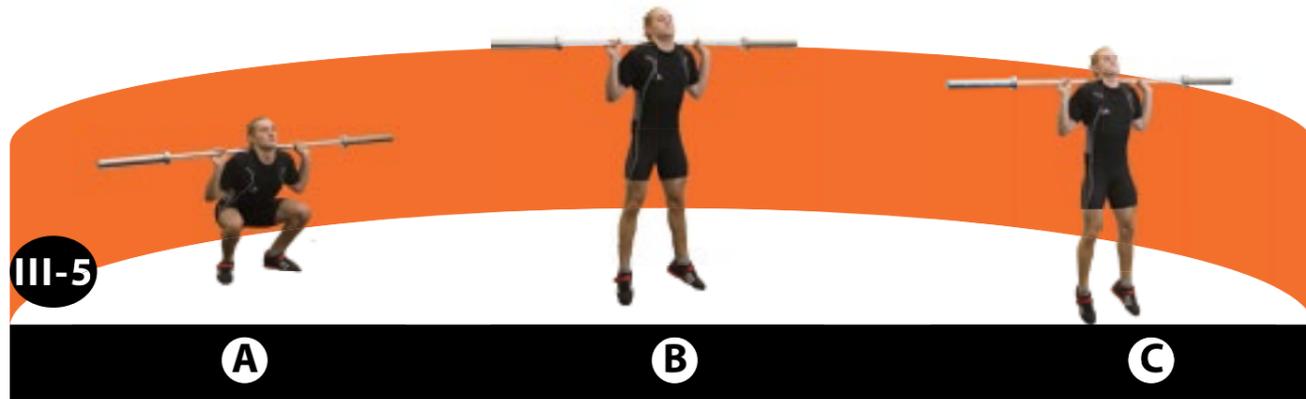
Learn or train?

Learning isn't effective when you are too tired or the exercises are too difficult. Dutch Strength recommends warming up first, paying special attention to wrists, shoulders, hips, knees and ankles. Choose a weight that you can handle for at least 1 minute in all movements and work with 3-6 reps in static or slow-motion movements. In circuits 3-6 more speed will be scheduled. Just do 2-4 sets and do the next exercise. After some time you can vary movements in changing symmetrics, stability, co-ordination (closed eyes) and increase the volume before loading more weight.

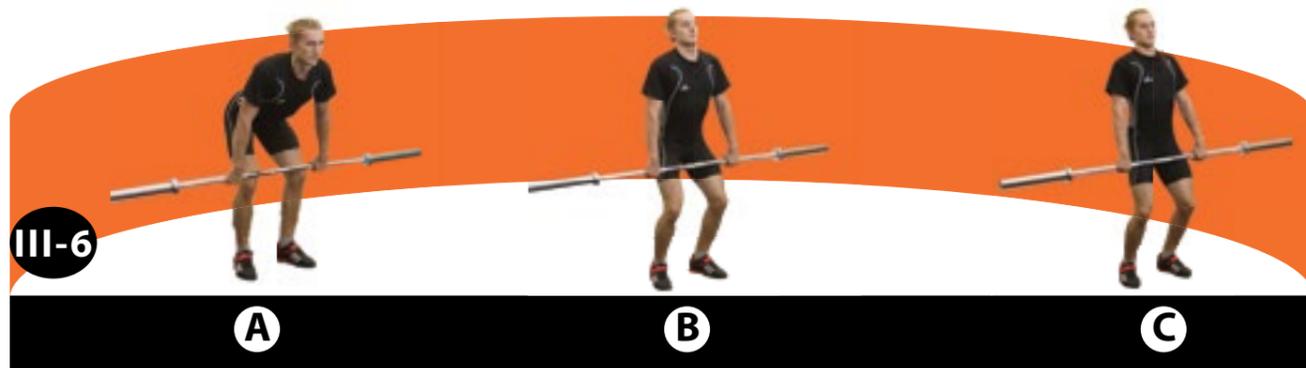
Circuit 3 - Bracing Drop Snatch



Back Squat Jump



Lower Back Deadlift



3rd Circuit - Bracing

Circuit 3 teaches acceleration & deceleration of the bar. Exc. 1, 3, 4 & 5 can be seen as learning how to lift with the changing of speed. These phases emphasise power or impact. Power is the combination of speed and strength, or generating more energy in a short time. Impact combines mass with speed – the bar & body are descending and speeding up. You have to brace your trunk in both movements to send the force through the legs and arms. Some coaches refer to the legs as springs and arms as whips. Remember it's a combination of the factors force x speed (lifting) and mass x speed (catching & racking) that creates success. Exercise 2 teaches you the 3-dimensional path of the bar from the clean position on the shoulders to the end of the jerk. Exercise 6 teaches you how to use the back in the transition phase. Both also allow you to catch your breath while training in circuit mode.

Example of building up volume with reps

Exercise	#1	#2	#3	#4	#5	#6
1	6	8	8	8	8	8
2	6	6	6	6	8	8
3	6	6	8	8	8	8
4	6	6	6	6	6	8
5	6	6	6	8	8	8
Sum	30 reps	32 (+6%)	34 (+6%)	36 (+6%)	38 (+6%)	40 (+5%)

Example of building up volume by increasing effort time

Exercise	#1	#2	#3	#4	#5	#6
1	20	25	25	30	30	30
2	20	20	25	25	25	30
3	20	25	25	25	30	30
4	20	20	20	25	25	30
5	20	20	25	25	30	30
Sum	100 sec	110 (+10%)	120 (+9%)	130 (+8%)	140 (+8%)	150 (+7%)

Now it's Time to Train....

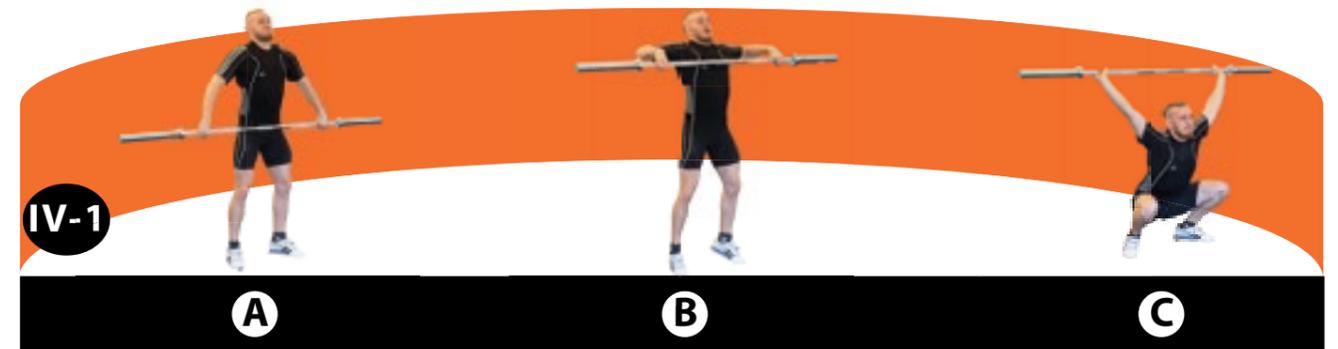
As explained in Circuit 2, training is different from learning and refers to building your capacity to work with the right technique when becoming tired; as a rough guide you can try to build up stamina first with max 10% increments. To the left are two tables with examples of how to build up volume in Circuit 1 with reps or time. Begin to work with 3 rounds and build up to 6 rounds with 1-2 min. pause - ex. circuit 1 x 3, next training circuit 1, circuit 2, circuit 1 - etc.

After this moderate linear buildup of volume you can choose to have different programs. Dutch Strength Training uses a well known 2 & 1 principle. It means two hard training days – one light, cycle again and one day off per week. The same rule applies in weeks, two hard training weeks followed by one light training week. Ask your trainer for further advice on your routine.

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Circuit 4 - Weightlifting Commences

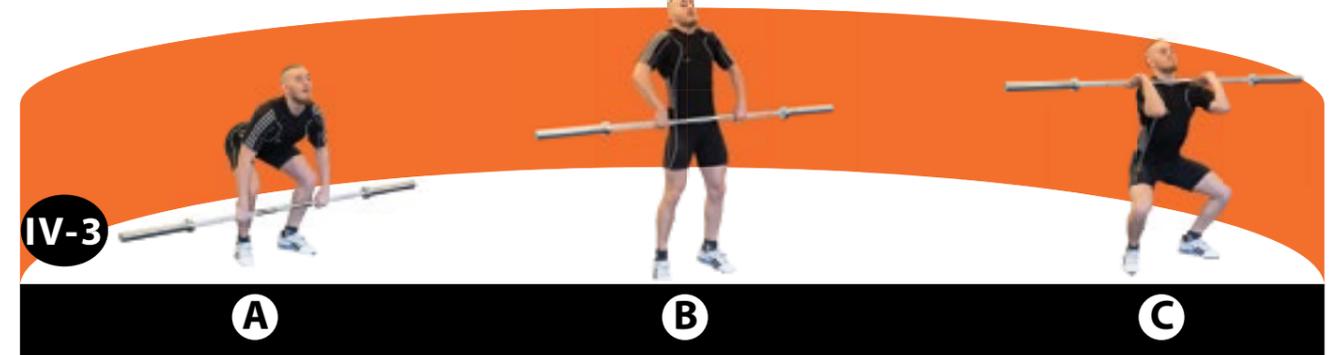
High Hang Snatch



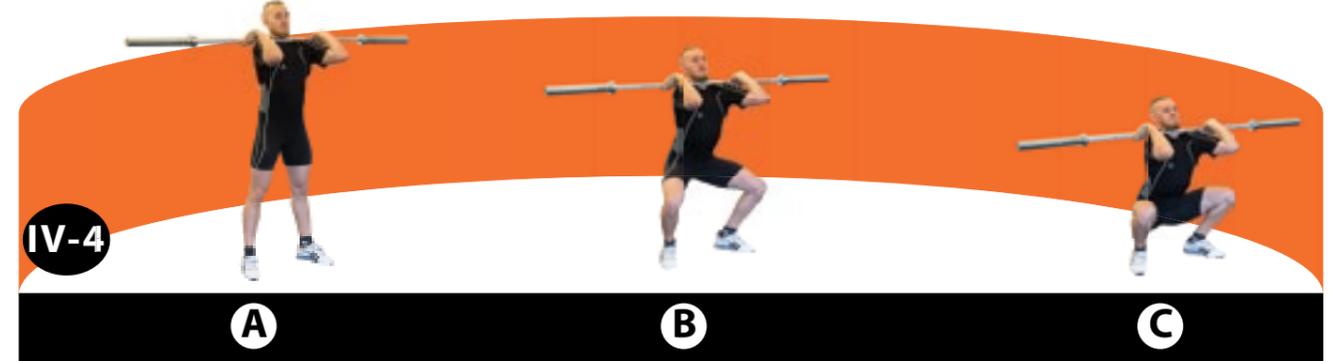
(Dead) Hang Pull Snatch



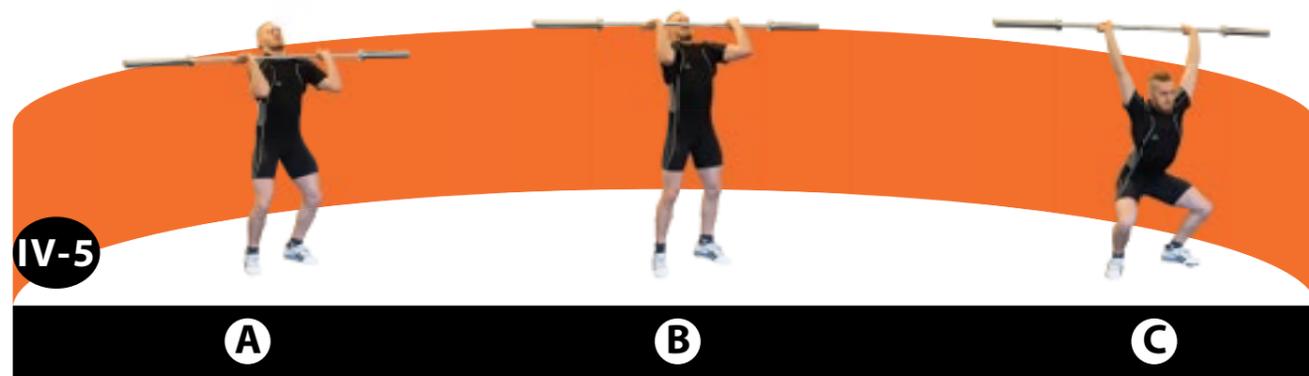
Power Clean



Front Squat



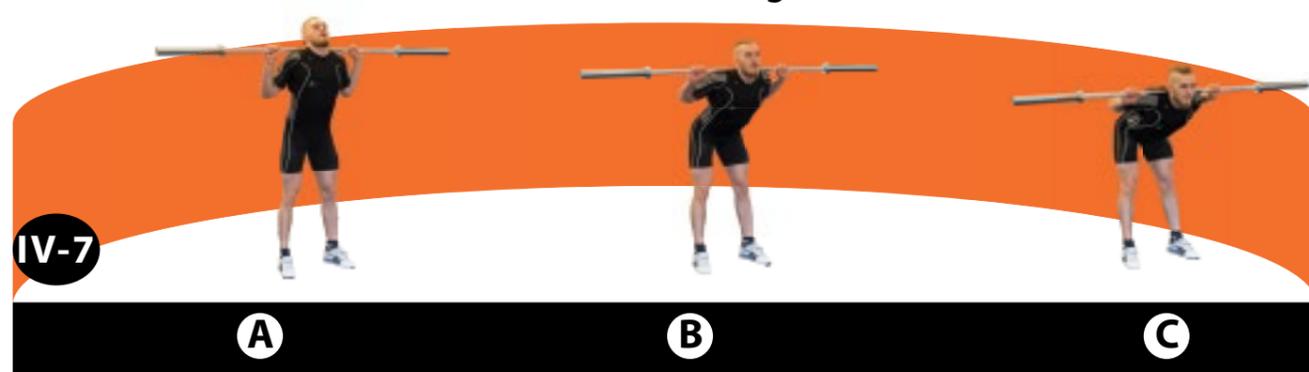
Power Squat Jerk



Split Jumps



Good Morning



Time to Lift

In Olympic weightlifting we often move in 4 themes. Lift, Turn, Carry & Close. "Lift" refers to the bar being lifted from the floor to full extension (second pull) with some arm bend. Depending on your build, speed and strength coaches can try to get more lift & height in the bar, allowing the athlete more time to get under the bar. During the air phase of the bar athletes will perform some acrobatics, as if using the bar to pull themselves under the bar "turn". Immediately after the turn you have to brace yourself and damp the downward movement of the bar. If athletes achieve lesser height with the bar, they will have to move really fast and deep under the bar. The last theme, "close", refers to the fact that both the bar and the athlete need to stay as close as possible in the line of gravity.

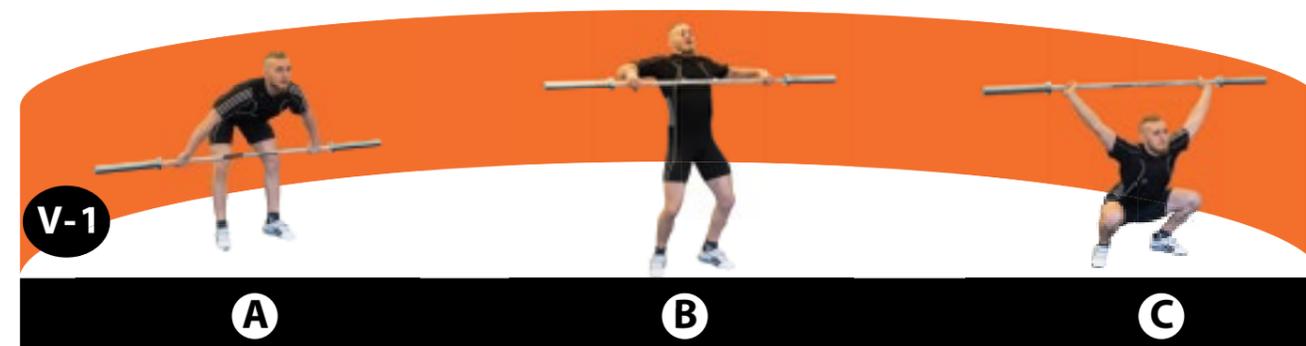
Biomechanics

Here, in brief, are a few biomechanical principles that can be helpful to understand Olympic weightlifting. Although during the circuits low weights are used, try to imagine that you begin the movement as if you are pushing a car - the mass is inert and you need a lot of Strength; $F=m \times (g+a)$. In the second pull you try to get more energy in the bar in a short time, combining Speed and Strength to generate Power; $P = F \times v$. When you want to move as fast as possible you need to be free of resistance, so the turning is almost entirely Speed; $v = d / t$. The landing of the bar is like an Impact; $I = m \times v$. Always try to get the movement down ASAP to zero! Because lifting starts at the floor, try to guide the energy through the body without leaking or blocking it, using the principle of Action = - Reaction. Footwork, bracing the core and grip all work together.

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Circuit 5 - Weightlifting From Hang

Hang Snatch



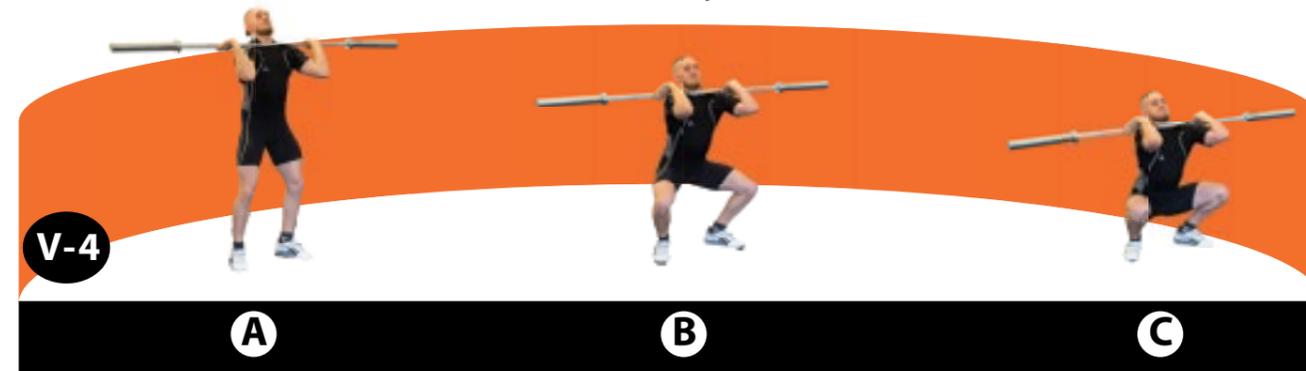
Medium Grip High Pull



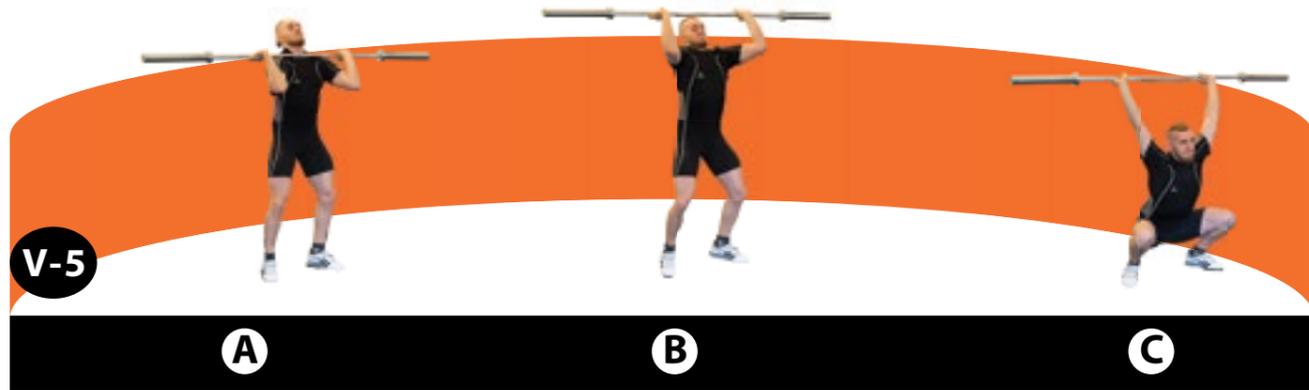
Hang Clean



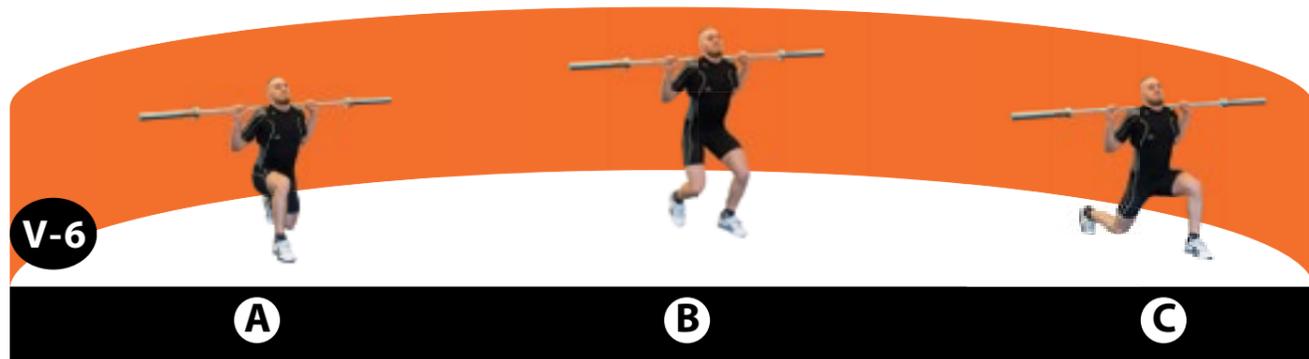
Front Squat



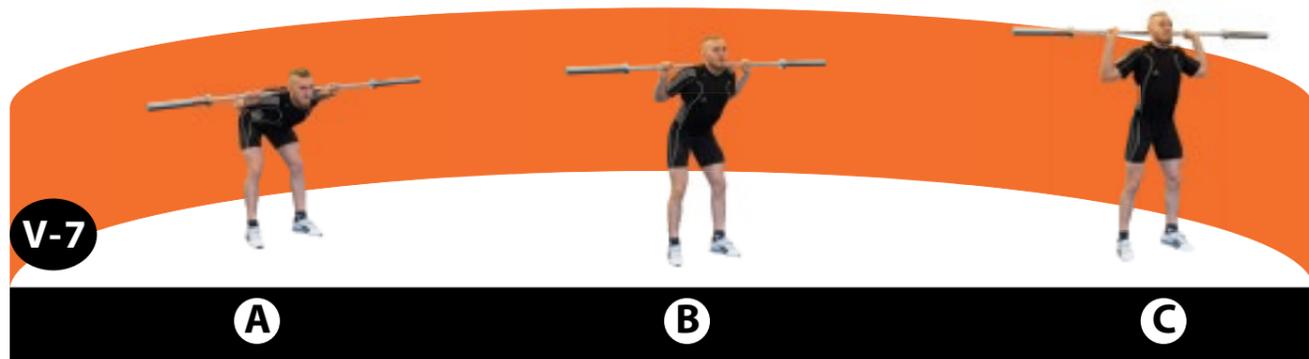
Full Squat Jerk



Horizontal Split Jump



Good Morning Variation



What not to expect from Olympic weightlifting?

First of all – no one method of lifting fits all. Your unique style of lifting will depend on simple mechanics like build, skills and weight. Take your time to discover your unique style of lifting! Although Olympic weightlifting is a complete sequence of movements it's mostly a leg & posterior chain workout. The author of this poster set also recommends that you do some bench pressing and extra core training. Just refer to "anterior chain work". I also like using moments instead of movements, challenging my balance, speed & agility and doing 3 dimensional movements, e.g. swings, chops, superman holds. Weightlifting is lifting as close as possible in the line of gravity, in a limited range of movement and very short time. It's recommended that you also take your time to stretch, mobilise all joints, and do some endurance training. Your main course of lifting should be accompanied by some "poweryoga and slow long endurance".

Plan at least 3 times a week 1,5 hour training sessions to fit everything in. Kick-off with 10 minutes mobility and functional movement flows, do your weightlifting circuits for another 10 minutes, weightlifting-related exercises including strength for around 40 minutes, rotate your additional exercises for 10 minutes of speed/agility/core, and finish with recovery work like foamrolling and stretching.

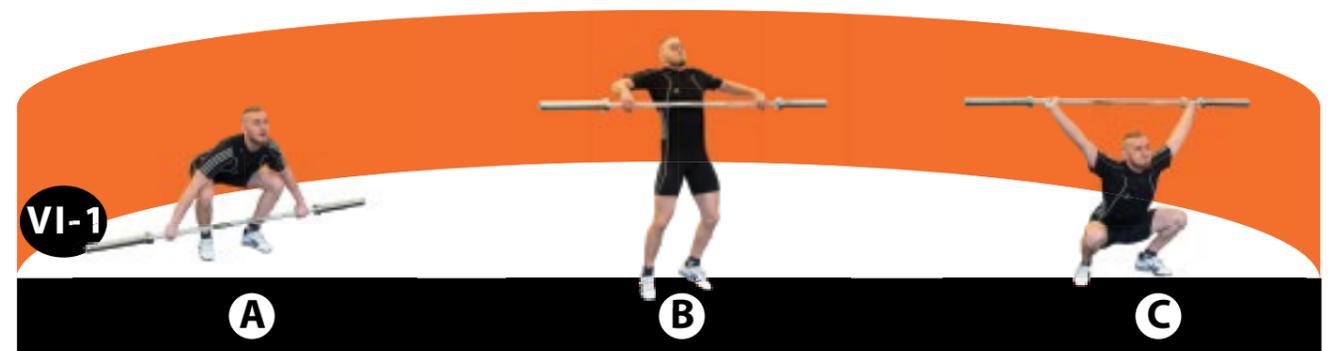
If you started Olympic weightlifting you could further improve technique by using video analysis and start a 3-9 weeks programming with some kind of test or competition in the end. Maybe we will meet somewhere?

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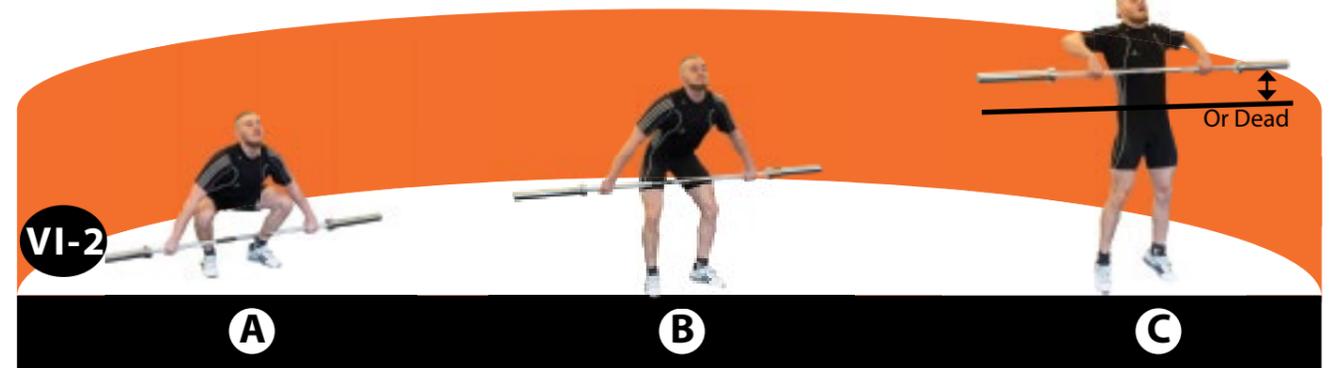
Circuit 6 - Weightlifting Completed

(Split) Snatch

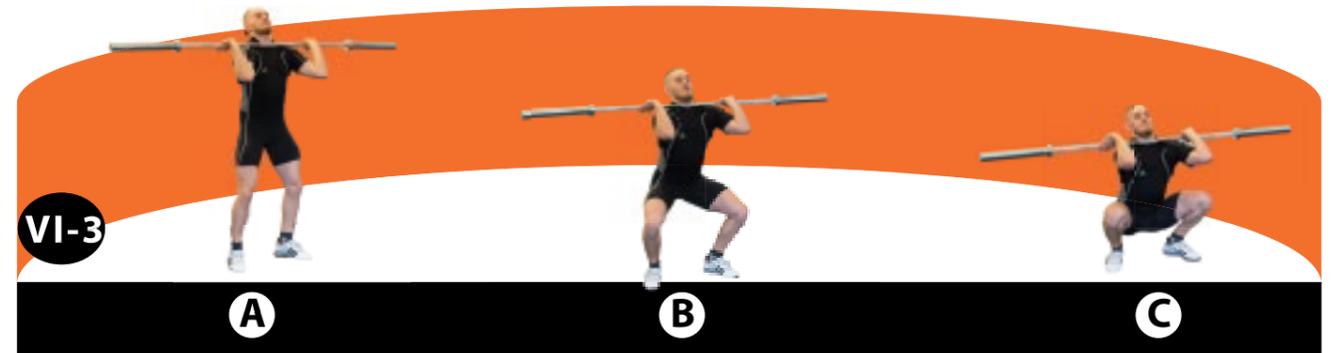
Vary with Split



(Dead) Pull Snatch

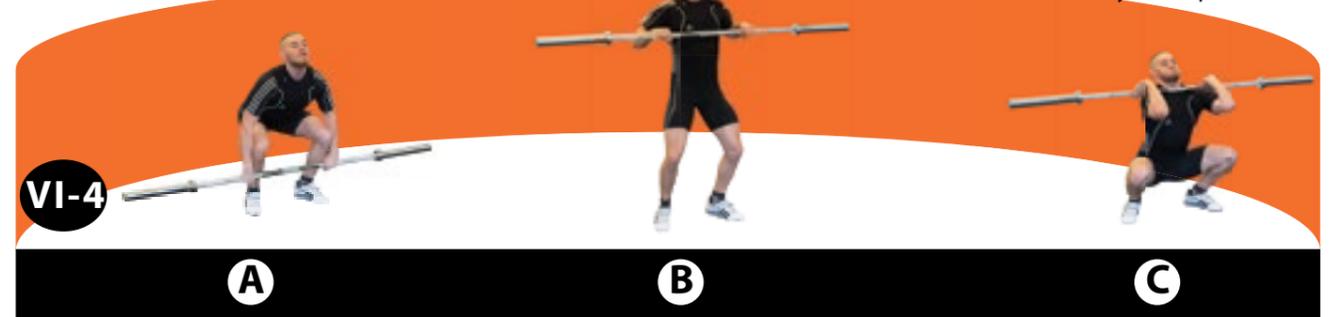


Front Squat



(Split) Clean

Vary with Split



Circuit 4

High Hang Snatch	<input type="checkbox"/>								
(Dead) Hang Pull Snatch	<input type="checkbox"/>								
Power Clean	<input type="checkbox"/>								
Front Squat	<input type="checkbox"/>								
Power Squat Jerk	<input type="checkbox"/>								
Split Jumps	<input type="checkbox"/>								
Good Morning	<input type="checkbox"/>								

Circuit 5

Hang Snatch	<input type="checkbox"/>								
Medium Grip High Pull	<input type="checkbox"/>								
Hang Clean	<input type="checkbox"/>								
Front Squat	<input type="checkbox"/>								
Full Squat Jerk	<input type="checkbox"/>								
Horizontal Split Jump	<input type="checkbox"/>								
Good Morning Variation	<input type="checkbox"/>								

Circuit 6

(Split) Snatch	<input type="checkbox"/>								
(Dead) Pull Snatch	<input type="checkbox"/>								
Front Squat	<input type="checkbox"/>								
(Split) Clean	<input type="checkbox"/>								
(Dead) Pull Clean	<input type="checkbox"/>								
Back Squat	<input type="checkbox"/>								
(Squat) Jerk	<input type="checkbox"/>								

Do you want to start weightlifting, but don't know how?
 Do you want to learn techniques, but don't know yet if you want to compete?
 Do you want to use the Dutch Strength Circuits as trainer/athlete?

This is your workbook to guide you. The Dutch Strength Weighlifting Method is a safe and responsible way to guide you to weightlifting. Tom has started over 2 decades ago the design of the sequences in this mixed learning method of weightlifting. Inspired by Bernstein, Worobjow and others he searched for a dutch compromise between competitive lifting and a life-long lifting for best results without taking to much burden of the heavy weights. His method is a safe route to weightlifting for fun or..... maybe you can even start competing at older age like he did?



About the author

The author started to lift weights like any child lifts heavy objects by nature. He started weightlifting age 18, but more as part of strength training. At age 33 he entered weightlifting competition and became a master 2 years later. He has over 30 years of experience of strength trainer, became national trainer/coach and is now a educator of weightlifting trainers and head trainer/coach of the Dutch Strength Weightlifting Team.