



Antonio Urso

WEIGHTLIFTING
Sport for all Sports

**CALZETTI
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editore

One of the peculiar characteristics of weightlifting is that as time goes by, athletes experience "rejuvenation". This rejuvenation is mainly due to the fact that, in addition to being a noble Olympic sport, it is one of the best training systems for all types of sports that require considerable amounts of strength. It is precisely for this research into training, which is adopted in numerous sports, that this first volume has fully elaborated the subject by illustrating every aspect of Olympic and auxiliary exercises: from biomechanical references, to the problems of teaching and learning and general parameters of periodisation. Additionally, much attention was given to the aspects of body composition and functional rehabilitation which by means of weightlifting exercises provide an excellent base for all sports.

Dedicated to:

Waldemar Baszanowski

unique example of extraordinary Man,
Athlete and President



Antonio Urso

President of European and Italian Weightlifting Federation

Academic Qualifications

Accountant and Accountancy Expert Diploma

Degree in Law Sciences

Degree in Sport Sciences

Advanced Degree in Preventive Sciences of Sport

Master in Preventive Sciences of Sport and Recovery

Professor of Sciences and Techniques of Individual Sport at the University of Rome "Tor Vergata"

Professional Sport Qualification

1984 - *Qualified as Weightlifting Coach*

1990 - *Qualified as Weightlifting Instructor*

2002 - *Qualified as Weightlifting Maestro*

Professional Experiences – Athlete

Italian Champion in the years (1977, 1978, 1979, 1980, 1981, 1982, 1986, 1988, 1989)

Professional Experience – Coach

1992 - *Participation in Women European Championships as national coach (1 gold, 2 silver, 1 bronze medals)*

1998 - *Participation in Women European Championships as national coach (1 silver, 2 bronze medals)*

1999 - *Participation in Women European Championships as national coach (2 silver, 2 bronze medals)*

Honours

1988 - *Italian Olympic Committee Bronze medal for sport merit*

2006 - *Italian Olympic Committee Gold medal for sport merit*

2007 - *EWF Certificate of Merit*

Technical and Scientific Publications

1985 - *Published Book "Weightlifting for Schoolchildren"*

2000 - *Published Book "The Scientific Foundation of Muscle Strengthening"*

2003 - *Published Book "Muscle Strengthening Scientific Foundation and practical Suggestions"*

2003 - *Published Book "Weightlifting Exercise"*

2004 - *Published Book "Weightlifting in Caltanissetta, Story of a Sporting and Social Phenomenon"*

IT IS POSSIBLE TO ORDER THE BOOK AT THE COMPANY:

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