Biomechanical & Physiological Considerations

A) Centers of Gravity
B) Force Arm & Lever Arm
C) Speed of Movement
D) Neural Responses

Lower Extremity

A) Squats & Versions of the Squat
B) Cleans & Snatches and Versions of the Lifts
C) Hamstrings

Upper Extremity

A) Anterior or Posterior Related Injury
B) Elbow and Wrist Considerations
C) Scapular Activity

Conclusion

A) Combining & Sequencing the Human Body
B) Keeping in Mind Warm-up / Cool-down / Follow Through