

Sabatini Strength



Olympic Weightlifting Seminars

Snatch Instruction



Clean and Jerk Instruction



Phil Sabatini

- 2012 Olympic Trials (4th Place)
- 3 Time Member of Team USA
- USA National Champion
- 155kg Snatch (341 lbs) / 191kg Clean and Jerk (420 lbs)
- Collegiate Strength and Conditioning Coach
(Head Football Strength and Conditioning Coach at VMI)

Sabatini Strength

Olympic Weightlifting Seminar

8:00 AM – 9:30 AM

-Olympic Weightlifting Demonstration

Phil Sabatini will train to maximum Snatch and Clean and Jerk

10:00 AM – 12:00 PM

-Squat Introduction

-Snatch Instruction

12:00 PM – 1:00 PM

-Lunch Break

1:00 PM – 3:00 PM

-Clean Instruction

-Jerk Instruction

3:00 – 4:00 PM

-Q and A / Closing