

Additional Reading



[Survey of Barbell Trajectory and Kinematics of the Snatch Lift from the 2015 World and 2017 Pan-American Weightlifting Championship](#)

[Recover Quicker, Perform Better - Athlete365 – international Olympic Committee \(IOC\)](#)

<https://www.olympic.org/athlete365/courses/recover-quicker-perform-better/>

(Requires Sign in / Log in)

Kellmann, M., Bertollo, M., Bosquet, L., Brink, M., Coutts, A. J., Duffield, R., & Kallus, K. W. (2018). Recovery and performance in sport: consensus statement. *Int J Sports Physiol Perform*, 13(2), 240-245. DOI: <https://doi.org/10.1123/ijsp.2017-0759>

<https://journals.humankinetics.com/view/journals/ijsp/13/2/article-p240.xml>

[Sports Nutrition: Eat to Compete - Athlete365 – international Olympic Committee \(IOC\)](#)

<https://www.olympic.org/athlete365/courses/sports-nutrition-eat-to-compete/>

(Requires Sign in / Log in)

[IOC consensus statement: dietary supplements and the high-performance athlete](#)

<https://bjsm.bmj.com/content/52/7/439>

[World Anti-Doping Association \(WADA\) – Education and Prevention](#)

<https://www.wada-ama.org/en/what-we-do/education-prevention>