

SportsEdTV Launches Video Instruction Series on the Clean & Jerk

Former U.S. Olympic and Team USA Coach Teaches the Proper Technique for ‘The King of Lifts’

SportsEdTV



Miami, Feb 22, 2019 (Issuewire.com) - [SportsEdTV](#) has launched an extensive instruction series of [HOW TO CLEAN & JERK](#). The video series focuses on technique and safety to help all lifters improve their performance on the lift known in weightlifting and strength conditioning circles as ‘The King of Lifts’.

“Weightlifting is important as a globally competitive sport and as a foundation for strength building and power in many other sports,” said *SportsEdTV* Co-Founder and Chairman, Robert Mazzucchelli. He added, “Harvey Newton is a master of teaching the [Clean & Jerk](#), having studied this lift and its movements for decades. We want people to learn how to Clean & Jerk safely, and to make access to the free videos easy, so that all athletes, Crossfit participants, and strength coaches will have a learning resource they can access anytime and anyplace from their phone, tablet or desktop.”

“*SportsEdTV* is the perfect platform for teaching people how to Clean & Jerk,” said Harvey Newton. He added, “Their global reach and commitment to proper technique and safety in weightlifting has allowed me to share all that I’ve learned over my years of coaching and studying the best lifters in the world. The *SportsEdTV* team is dedicated to making sure that coaching details and proper lifting techniques are clearly communicated through the videos by using unique camera angles and graphics. Using *SportsEdTV*’s global network, I want to encourage more people to try the Clean & Jerk, and most importantly, to learn how to perform the lift safely and prevent injury.”

Newton was the Head Coach for the USA Olympic Weightlifting Team in 1984. He was the first national coach for the USA Weightlifting Team from 1981-1984 and was its Executive Director from 1982-1988.

Newton was a key member of the NBC Sports Weightlifting Team from 1996-2016 Olympic Games broadcast. He is a frequent speaker about the sport and has written numerous articles and books on weightlifting, a sport for which Newton is considered one of the world's experts.

The [Clean & Jerk](#) is the most popular lift in the world and is used by coaches in many sports to improve explosiveness, power, and strength. The free videos teaching this lift on *SportsEdTV* are poised to become some of the most popular videos on the network.

About SportsEdTV: [SportsEdTV.com](#) provides free, world-class, online video instruction in over thirty sports. Our expert coaches teach technique, strategy, tactics, strength and conditioning, nutrition, mental toughness, and the unique lifestyle complexities of being an athlete to competitors and sports participants at all levels, from beginner through professional. Everyone can improve by watching our videos. Our “tips of the day” and video analysis of great champions are insightful, and viewers can enjoy our fun “play of the day” features and global news updates on their favorite sports, teams, and events. It's great for athletes, coaches, and parents looking for an edge.

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