

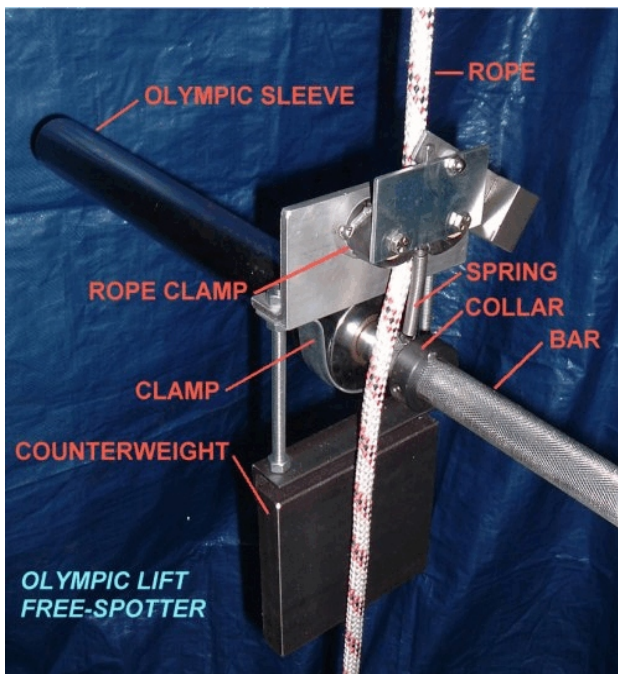
# OLYMPIC LIFT FREE-SPOTTER FOR SELF SPOTTING OLYMPIC LIFTS

(preliminary info)

The Olympic Lift Free-Spotter (OLFS) is a modified version of the standard Free-Spotter. (see [www.shermworks.com](http://www.shermworks.com) for info on the standard Free-Spotter.)

The standard Free-Spotter is used for self spotting normal presses and squats, but it will not work for olympic lifts (snatch and clean-and-jerk) because the wrist rotation that occurs during an olympic lift is incompatible with the standard Free-Spotter's mechanisms. The OLFS overcomes this incompatibility.

The OLFS permits the lifter to abandon a snatch or clean-and-jerk at any point in the lift. When the abandon occurs the barbell will stay in its current position - it will not descend. While doing the lift the OLFS will not impede the lift or restrict range of motion in any way. It is transparent to the lift.



To the right is a picture of the OLFS mechanism. A mechanism is installed at each end of the barbell.

The **rope** is typically connected to an overhead fixture such as a ceiling joist or beam, or to the top bars of a power rack.

The **rope clamp** in the clamping mode prevents the barbell from moving downward, however it does not prevent the barbell from moving upward.

Rotation of the barbell during the lift causes the **rope clamp** to open, by way of the **spring** attached to the **rope clamp** and the fixed **collar** on the barbell. When open the barbell can move freely up and down the rope.

The mechanism is held to the thick part of the olympic sleeve with the steel **clamp**.

The **counterweight** keeps the mechanism in the vertical position during the lift.

## HOW IT WORKS

When the lift starts the lifter grips the barbell palms down. The rope clamps are in the clamping mode but will allow the barbell to move up through the ropes.

As the lifter's wrists rotate, the rope clamps are opened so that when the lifter descends to the squat position, the rope clamps do not prevent the barbell from moving downward.

To abandon a lift the lifter rotates the wrists to a palms down position. This causes the rope clamps to grip the rope and prevent the barbell from descending.

e-mail or call for more information.

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2/3/07