

Technical Updates

The importance of weight distribution in weightlifting

Many technical flaws in weightlifting are caused by incorrect weight distribution. 99% of weightlifting happens when the barbell is front of the lifter.

The only time we have the barbell over the centre of gravity is when we are overhead or back squatting. So, it is ESSENTIAL to have the correct weight distribution, to do this you need to be able to define the midfoot as this is where your weight is usually placed.

Please see the diagram below on how to define the midfoot.

Weight Distribution: Defining Midfoot



The following joint lines are used to define the midfoot:

1. Base of big toe (above first lace)
2. Ankle joint (tongue of shoe)



The term midfoot is regularly referenced in the technical model with regards to an athlete's weight distribution and where the bar is in relation to their feet.