

HIGH PULL - Beginning of a hang clean. Get in hang clean position and explode the bar up with your hips. Elbows should be high and thumbs should go up through your armpits.

HANG CLEAN SINK INTO A FRONT SQUAT – Perform a hang clean with perfect technique. With bar on shoulders and elbows high, sink down into a front squat.

HANG SNATCH SINK INTO OVERHEAD SQUAT – Start with a very wide grip (inside of hand should be outside ring on bar). Technique is similar to a hang clean. Let the bar slide down just like a hang clean. Explode the bar up using your hips. Keep the bar as close as possible to your body- elbows high. The bar should end up in an overhead squat position. Squat down using overhead squat technique.

GOOD MORNING – With bar as low as possible on the back of your shoulders (similar to a back squat) lower your upper body down very slowly while bending the knees slightly. You should bend at the hips not lower back. Keep your shoulders back and back flat (similar to stiff leg dead lift)

BACK SQUAT/ BEHIND NECK PUSH JERK – Perform a back squat and come to a complete stop. Perform a push jerk with bar on the back of your shoulders. Explode the bar up with your hips. Let the bar down slowly. Start over.

BENT OVER ROW – Get into a good bent over position with back flat and knees slightly bent and shoulders back (similar to the bottom of a stiff leg dead position). Arms should be slightly wider than shoulder width on bar. Raise the bar up to your chest slowly and let it down slowly. Maintain correct body position throughout the movement.