

CLEAN	POWER CLEAN	FRONT SQUAT	CLEAN PULL	DEADLIFT
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From a squatting position, the athlete accelerates the bar to above the knee (first pull,) "scoops" his hips forward to brush the bar (the scoop) and drops below to catch the bar at his collarbone (second pull.) The athlete lands in a squat, and then rises with the bar on his collarbone, hands in 'rack' position.



From a squatting position, the athlete accelerates the bar from the floor into a high-pull, elbows above the bar, feet plantarflexed. Then athlete drops into a shallow squat and 'catches' the bar in rack position, elbows in front.



Holding the bar in 'rack' position (bar on collarbone, elbows in front of the bar, head high, chest big) the athlete squats with even pressure on the foot (no rolling onto toes or heels.) The athlete's knee angle goes below 90 degrees, and then the athlete returns to standing without dipping her elbows on the ascent.



From a squatting position, the athlete pulls the bar rapidly from the floor to a position just above the knee with a hook or clean grip.



From a position with the hips as far horizontally from the bar as possible, and shins touching the bar, the athlete pushes his hips forward until standing, holding the bar just below the waist. Emphasis should be on keeping the torso rigid (though not vertical until the finish) and maintaining a safe lower-back arch..



	10 in a row without losing balance or posture, using a loaded barbell.	10 in a row without losing balance or posture, using a loaded barbell.	10 in a row without losing balance or posture, using a loaded barbell.	20 without losing posture, using a loaded barbell.
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