

OLYMPIC WEIGHT LIFTING

It is a _____ lift, using _____ in the body

_____ are activated in order to support the heavy loads and positions

Teaches the body to fire all the _____ at once for a quick explosive movement

Physical Benefits:

- | | |
|----|----|
| 1. | 3. |
| 2. | 4. |

OLYMPIC WEIGHT LIFTS

Hang Clean

Power Clean

Hang Snatch

Power Snatch

Split Jerk

Difference between "Hang" and "Power"-

Power starts from the _____ and hang starts _____

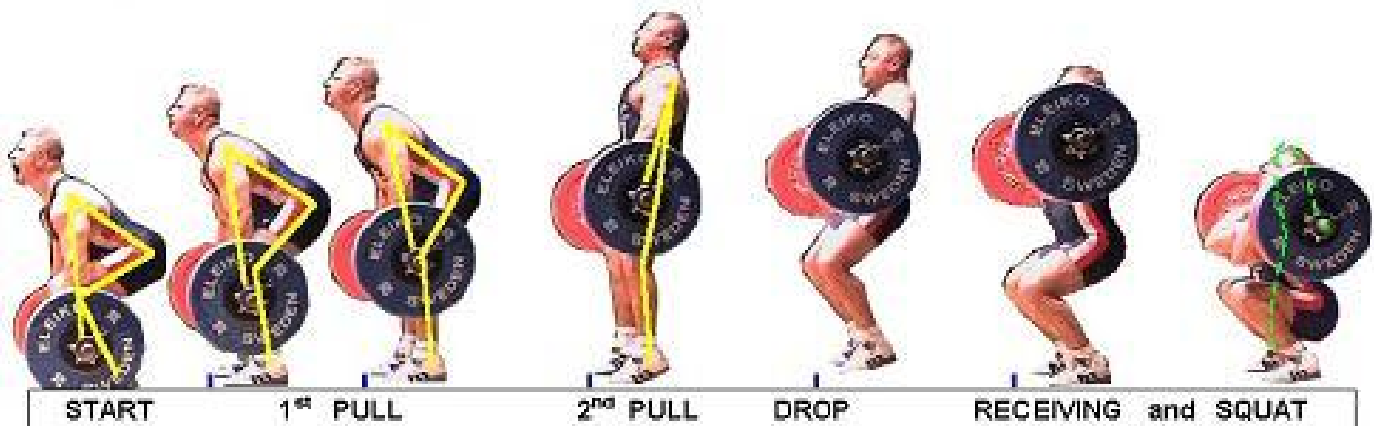
LIFTS

Hang Clean		
	Body Position	Exercises to help build phase
Preparation	<ul style="list-style-type: none"> -Stand with barbell with _____ _____ -Feet point forward hip's width apart or slightly wider. - Bend knees and hips so barbell touches mid-thigh; shoulders over bar (_____) -Arms are straight with elbows pointed along bar. -Chest is spread and wrists are slightly flexed. 	
Upward Phase	<ul style="list-style-type: none"> -Jump upward _____. -Shrug shoulders and pull barbell upward with arms allowing elbows to flex out to sides, keeping bar _____ 	Jump Shrug High Pull
Catch	<ul style="list-style-type: none"> -Aggressively pull body under bar, _____ around bar. -Elbows point _____. - Catch bar on shoulders while moving into squat position. -Hitting bottom of squat, stand up immediately. 	
Return	<ul style="list-style-type: none"> - Bend knees slightly and lower barbell to mid-thigh position. 	



Power Clean		
	Body Position	Exercises to help build phase
Preparation	<p>-Stand over barbell with _____ positioned under bar pointing _____, hip width's apart or slightly wider.</p> <p>-Squat down and grip bar with _____ hand grip slightly wider than shoulder width (thumbs length from ends of knurlings on Olympic bar).</p> <p>-Position shoulders over bar. Arms are straight with elbows pointed _____.</p>	
Upward Phase	<p>-Pull bar up off floor by extending _____.</p> <p>-As bar reaches knees vigorously raise _____ while keeping _____ close to thighs.</p> <p>-When barbell passes mid-thigh, allow it to contact thighs.</p> <p>-Jump upward _____ body.</p> <p>-Shrug shoulders and pull barbell upward with arms allowing _____ to flex out to sides, keeping bar close to body.</p>	Jump Shrug High Pull
Catch	Aggressively pull body under bar, _____ around bar. Catch bar on shoulders while moving into squat position. Hitting bottom of squat, stand up immediately.	
Return	Bend knees slightly and lower barbell to mid-thigh position. Slowly lower bar with taut lower back and trunk close to vertical. The advanced athlete may <i>unload</i> (drop) bar from completed position (as shown). This technique may be practiced to reduce stress or fatigue involved in lowering bar as prescribed. Use rubber weightlifting plates on weightlifting platform if this unloading method is used (unless floor demolition is desired).	

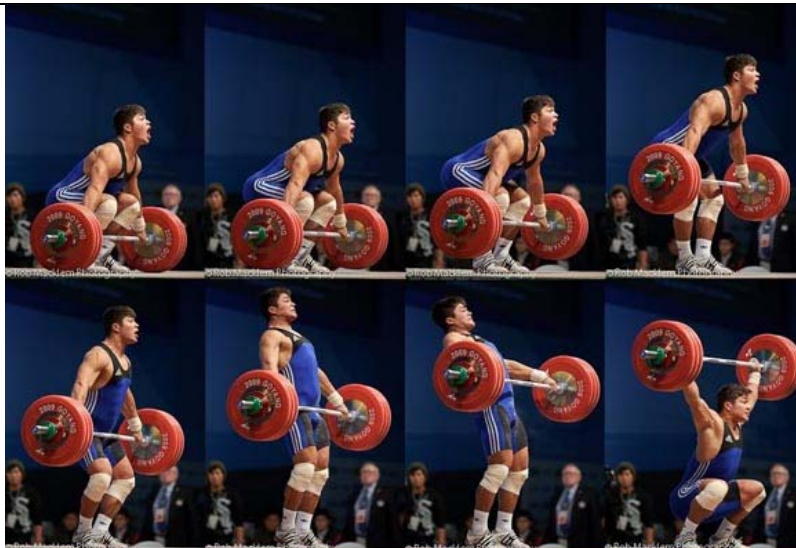
GLASGOW SCHOOL OF SPORT



Hang Snatch

	Body Position	Exercises to help build phase
Preparation	<ul style="list-style-type: none"> -Stand with barbell with _____ grip. -Bend knees and hips so barbell touches upper-thigh; shoulders over bar with back arched. -Arms are straight with elbows pointed _____ bar. 	
Upward Phase	<ul style="list-style-type: none"> -Jump upward _____ body. -Shrug shoulders and pull barbell upward with arms allowing elbows to _____, keeping them over bar as long as possible. 	Jump Shrug High Pull
Catch	<ul style="list-style-type: none"> -Aggressively pull body under bar. - Catch bar at _____ while moving into squat position. -As soon as barbell is caught on _____ in squat position, squat up into standing position with barbell overhead. 	
Return	Bend knees slightly and lower barbell to mid-thigh position.	

Power Snatch		
	Body Position	Exercises to help build phase
Preparation	<p>-Stand over barbell with balls of feet positioned _____ bar hip width or slightly wider than hip width apart.</p> <p>-Squat down and grip bar with very _____ grip. - Position shoulders over bar with back arched tightly. Arms are straight with elbows pointed along bar.</p>	
Upward Phase	<p>-Pull bar up off floor by extending hips and knees.</p> <p>-As bar reaches knees back stays flat and maintains same angle to floor as in starting position.</p> <p>-When barbell passes knees vigorously raise shoulders while keeping bar as close to legs as possible.</p> <p>-When bar passes upper thighs allow it to contact thighs. Jump upward extending body.</p> <p>-Shrug shoulders and pull barbell upward with arms allowing elbows to pull up to sides, keeping them over bar as long as possible.</p>	Jump Shrug High Pull
Catch	<p>-Aggressively pull body under bar.</p> <p>-Catch bar at arm's length while moving into squat position. -As soon as barbell is caught on locked out arms in squat position, squat up into standing position with barbell overhead.</p>	
Return	<p>-Bend knees slightly and lower barbell to mid-thigh position.</p> <p>-Slowly lower bar with taut lower back and trunk close to vertical. The advanced athlete may <i>unload</i> (drop) bar from completed position. This technique may be practiced to reduce stress or fatigue involved in lowering bar as prescribed. Use rubber weightlifting plates on weightlifting platform if this unloading method is used (unless floor demolition is desired).</p>	



Split Jerk

	Body Position	Exercises to help build phase
Preparation	<ul style="list-style-type: none"> -Grasp barbell from rack or clean barbell from floor with overhand grip, slightly wider than shoulder width. -Position bar _____ with torso tight. Retract head back. 	
Execution	<ul style="list-style-type: none"> -Inhale and position chest high with torso tight. Keeping pressure on _____, dip body by bending knees and ankles slightly. -Explosively drive upward with _____, driving barbell up off shoulders. -Drop body downward and _____ and other backward as fast as possible while vigorously extending arms overhead. -The split position places front shin vertical to floor with front foot flat on floor. -The rear knee is slightly _____ with rear foot positioned on toes. -The bar should be positioned directly over ears at arms length with back straight. 	
Return	<p>Push up with both legs. Position feet side by side by bringing front foot back part way and then rear foot forward. Return to shoulders and repeat.</p>	

