

Clean from Floor

Clean from Floor is an exercise to help develop maximum power, and triple extension, the catch of the clean has an eccentric lower body component.

Beginning Position:

- Stand with feet placed between hip and shoulder width apart with toes pointed straight ahead
- Squat down with the hips lower than the shoulders and grasp the bar with an overhand grip
- Hands placed on bar slightly wider than shoulder width apart, outside of knees, with elbows fully extended
- Place feet on floor and position the bar front of the shins with weight evenly distributed over the whole foot

First Pull:

- Lift bar off the floor by forcefully and smoothly extending the hips and knees
- Keep the torso-to-floor angle constant
- Do not let the hips rise before the shoulders
- Maintain a flat back position
- Keep the elbows fully extended, the head neutral in relation to the vertebral column and the shoulders slightly ahead of the bar
- As the bar is raised, keep it as close to the shins as possible

High Pull:

- Bring hips forward and up explosively, jump and shrug the shoulders toward the ears, pull the bar to shoulder height leading with elbows up towards the ceiling
- Focus on hips back, shoulders over the bar to create the momentum to pull the bar and ensure that it remains close to the body
- Avoid bending at the knees excessively and pulling the bar back towards the chest, putting the shoulders behind hips
- The path of the bar must be vertical (up and through as opposed to out and around)

Catch:

- After the bar has reached its maximum height, drop under the bar and bring the elbows through, catching in a front squat position
- Feet move just outside of the hips to a squat stance with toes slightly out
- Simultaneously the elbows should rotate under the bar until the elbows are pointing straight ahead with the bar resting across the shoulders
- Catch the bar with a solid balanced landing with the weight evenly distributed



Beginning Position



First Pull



Shrug



High Pull



Catch



End Position