

Hang Clean

Hang Clean is an exercise to help develop maximum power, and triple extension.

Beginning Position:

- Grasp the bar with an over hand grip, just outside the thighs, with arms fully extended, elbows rotated out
- Stand with feet placed between hip and shoulder width apart with toes pointed straight ahead
- Chest up and out, hips back, shoulder blades pulled back, bodyweight distributed evenly though feet with heels in contact to the floor

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



High Pull



Catch



End Position