

THREE STEP GUIDE

Power Clean



PREPARE: Grip the bar using a hook grip shoulder width apart, keep the back flat with shoulders over the bar and positioned higher than the hips. Arms straight, feet flat.



LIFT BAR: Bring the bar to knee height while keeping the body in the same position as above, shins vertical and knees not locked out. Straighten up so the shoulders are behind the bar and level in front of the hips, centre of the shoulder is behind knee and in front of or directly over the ankle. Arms remain straight, feet flat on the floor.



FINISH: Move up onto your toes, with back straight, shoulders behind hips and knees, and ankles extended to move into the 'triple extension'. Bring the bar on to the shoulders directly above feet with elbows up, feet flat on the floor and spine in a neutral or slightly arched position (the 'receive' position).

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Squat



PREPARE: Grip the bar just outside shoulder width, ensure that you are in the centre of the bar to avoid imbalance, feet shoulder width apart with toes pointing slightly outwards, chest and head up.



LIFT BAR: Control the descent until the thighs are below parallel with the floor, maintain chest up, keeping the feet flat on the floor.



FINISH: At the bottom of the squat, push hard through the middle of your foot, keeping good posture until the bar is back at the start position.

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Deadlift



PREPARE: Grip the bar shoulder width, grip the bar with either an overhand grip using the hook grip or an alternate hand grip, feet hip width apart with shoulders over the bar and back flat with head up and chest up.



LIFT BAR: Lift the bar from floor to knee, angle of the back stays the same, when the bar passes the knee the hips extend pushing forwards slightly.



FINISH: Pause for a short period at the top of the lift, return the bar to the floor in a controlled manner without dropping the bar.



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