

Starting Position:

- Stand with feet slightly wider than hip width apart and toes pointing out slightly.
- Squat down and grasp bar with a closed, pronated (overhand) grip. Hands should be slightly wider than shoulder width apart outside knees with elbows fully extended.
- Place bar about 1 inch in front of shins and over balls of the feet.
- Back should be slightly arched.
- Chest should be held up and out.
- Scapulae (shoulder blades) should be retracted.
- Head should be in a neutral position (in line with vertebral column and not tilted or rotated).
- Eyes should be focused straight ahead.

First Pull Phase:

- Lift bar from floor by forcefully extending hips and knees.
- Upper torso should maintain same angle (i.e. do not bend at the waist yet).
- Do not let hips rise before shoulders (this would have the effect of pushing the glutes in the air and stretching the hamstrings).
- Keep elbows fully extended (straight), head in a neutral position and shoulders over the bar.
- As bar raises keep it as close to shins as possible.

Transition (Scoop) Phase:

- As bar passes knees, thrust hips forward and slightly re-flex knees to avoid locking them. Thighs should be against bar.
- Keep back flat or slightly arched, elbows fully extended and head neutral.

Second Pull Phase:

- Forcefully and quickly extend hips and knees and plantar-flex ankles (stand on toes).
- Keep bar as close to body as possible.
- Back should be flat, elbows pointing out to sides and head neutral.
- Keep shoulders over bar and elbows extended (arms straight) as long as possible.
- When lower body joints reach full extension rapidly shrug the shoulders upward, but do not let elbows flex yet.
- As shoulders reach their highest elevation flex elbows to begin pulling body under bar.
- Continue to pull arms as high and as long as possible.
- Due to explosive nature of this phase torso is erect or slightly hyper-extended (arched back), head is tilted back slightly and feet may lose contact with floor.

Catch Phase:

- After lower body has fully extended and bar reaches near maximal height, pull body under bar and rotate arms around and under bar.
- Simultaneously, hips and knees flex into a quarter squat position.
- Once arms are under bar, lift elbows to position the upper arms parallel to floor. Rack the bar across front of clavicles (collar bones) and anterior deltoids (front shoulder muscles).
- Catch bar with an erect, tight torso, neutral head position, flat feet.
- Stand up by extending hips and knees to a fully erect position.

Downward Movement Phase:

- Lower bar by gradually reducing muscular tension of arms to allow a controlled descent of the bar to the thighs.
- Simultaneously flex the hips and knees to cushion the impact of the bar on the thighs.
- Squat down with the elbows fully extended until the bar touches the floor.