

Olympic Lifts – Snatch and Clean *Most of these can be applied to the Clean and Snatch*

1. Speed under the bar and lockout in receiving position (all can be done with PVC/light load)

[Snatch Balance](#)

[Tall Clean](#)

[Tall Clean/Snatch](#)

[Muscle Snatch](#) (or Clean)

2. Work Full Hip Extension

[Hip Extension in the Clean/Snatch](#) (Barbell/light load)

[Snatch \(Clean\) High Pull](#)

3. Foot Work

Start with feet under the hips and drop (think pull yourself down using your hip flexors) into a squat.

The idea is to have the feet finish in the same spot every time. Once this becomes easy, try closing your eyes. Then add PVC/Barbell, either clean or snatch grip.

Powerlifting- Deadlift and Back Squat

Back Squat

1. Not Sitting Back/Knees Sliding Forward in the Lift (light/med load)

[Box Squats](#)

2. Speed Out of the Bottom/Getting Stuck (light/med load)

[Pause Squats](#)

3. Hips Shooting Up First (light/med load)

[Anderson Squats](#)

4. Hamstring/Glute/Balance Focus (none/very light load)

[Bulgarian Split Squat](#)

Deadlift

1. Weakness at the top portion of the Deadlift (from the knee up in the pull)

[Dimel Deadlifts](#) (light load for speed)

[Block Pull](#) (light load/med load)

2. Weakness from the Ground (light/med load, and start with a small deficit of about 1")

[Deficit Deadlift](#)

3. Hamstring/Low Back Strengthening

[Good Mornings](#) (Banded/light load)

[Seated Good Morning](#) (No load/Light, must keep a neutral spine)

Gymnastics

1. Shoulder Health/Strength

Prone "I"s "Y"s "T"s (unloaded/very light load)

[Bottoms Up Kettle Bell Press](#)

2. Grip

[Grip Drills](#)

3. Midline

[Core/Straight Arm Complex](#) (PVC/very light DBs)

[Hollow Plank/Pike L lifts](#)

[Hollow Progression](#)

4. Muscle Ups

[transitions](#)