**Name:\_\_\_\_\_\_\_\_\_\_\_\_ Period:\_\_\_\_\_\_\_\_**

**Hang Clean Technique**

**Step 1: Learn the Initial Position**

* Stand up holding barbell with shoulder-width grip
* Stick chest out and pull shoulders back; maintain this position throughout movement
* Push hips back, keeping bar against body
* Slide bar down body until it reaches middle of thighs; shift weight onto heels and position shoulders just in front of bar
* This is the starting position

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**Step 2: Jump and Shrug**

* Assume starting position
* Jump off ground and shrug shoulders; keep arms straight and bar close to body
* Repeat four or five times, resetting after each attempt
* Perform the same jump and shrug without feet leaving ground
* Repeat four or five times, resetting after each attempt

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**Step 3: Learn the Receiving Position**

* Assume starting position
* Perform upright row; keep elbows high
* When bar reaches chest height, rotate elbows in a circular motion from above to beneath bar, until bar is resting on front of shoulders; upper arms should be parallel to ground

Note: If the barbell is causing wrist pain, the elbows are not high enough. Remember, this is a circular motion for the elbows. Most people get into trouble by trying to curl the barbell to their shoulders.

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