



## SNATCH PULL



Fig. 1a



Fig. 1b

### **Start Position (Fig. 1a and 1b)**

Place feet under bar with hip width apart and bar almost touching shins. Grip bar with snatch grip, wrist curled under the bar, elbows pointing out to the end of the bar. Keeping feet flat, bend hips and knees to a position of chest-over-knees-over-toes. Shoulders are slightly ahead of the bar. Bar should be over first shoelace. Back is straight, abs tight, shoulder blades pinched together, and eyes straight ahead. Remove all slack from the body the bar and your body before lifting the bar from the floor.



Fig. 2



Fig. 3

### **First Pull (Fig. 2)**

The first pull begins the instant the bar is separated from the floor and ends above the knees. Squeeze the bar off the floor by extending the legs keeping the back straight with the chest and shoulders up. The bar should almost touch the shins.

### **Scoop (Fig. 3)**

Begins above the knees and ends at the power position or top 1/3 of thigh. As the bar moves above the knees, the hips move forward and up, as this occurs the knees move under the bar and shoulders move up and back.



Fig. 4

### **Second Pull-Explosion (Fig. 4)**

The explosion begins when the bar reaching the upper 1/3 of the thigh and continues until maximum barbell height is reached. Jump straight up fully extending the hips, knees, and ankles while violently shrugging the bar. As the bar is accelerated vertically, the elbows will follow the barbell upward and slightly back. The toes remain in contact with the floor.

### **Recovery**

Bring bar back to the power position and exhale. Squat down and return the barbell to the floor. Do this by bending the knees, not leaning over. Re-grip the bar, set the back, and prepare for the next rep.