

The aim of this session is to develop the positions and sequence for pulling the bar with maximal vertical acceleration in the Power Snatch and Snatch.

Initially it is a good idea to practice 5x5 of each exercise in sequence before moving on to the next exercise however after a week or two of practice it is ideal if you perform the exercises in a circuit with 5 reps of each exercise with no break in between exercises and a 2-3 minute break between rounds.

Start your practice with a broom stick or PVC pipe and then progress to an empty bar and then 5kg training plates.

During this session focus on proper set up position and maintaining correct shoulder and hip position in the initial stages of the pull and then maximal extension in the second half of the pull.

1. Wide grip deadlift 05309



	Mod	
	5 x 5	
Mon 16/12		

Tips: Assume a parallel stance with the hands wide on the barbell. Begin with the bar close to the shins with the arms straight & the shoulders over the bar. Keep the chest up & look forward or slightly up with neutral curves in the spine. Extend the hips & knees while keeping the shoulders over the bar & the torso angle the same. Keep the arms straight & do not allow the hips to rise before or faster than the shoulders. As the bar passes above the knees, move the hips forward & continue pulling keeping the bar close to the body. Establish an erect position then reverse the movements back to the start position.

Cautions: Do not flex the spine or allow the shoulders to round. Do not allow the hips to rise before the shoulders.

2. Straight arm snatch pull 00007



	Mod	
	5 x 5	
Mon 16/12		

Tips: Start with the shoulders over the bar with the arms straight & the neutral curves in the spine. Maintain the same torso angle during the first pull & do not let the hips rise before or faster than the shoulders. As the bar rises just above the knees thrust the hips forward keeping the bar close to the body. When the lower body reaches full extension shrug the shoulders while trying to keep the arms relatively straight.

Cautions: Do not round the spine while pulling the bar.

3. Snatch pull 00008



		Mod	
	5 x	5	
	Mon		
	16/12		

Tips: Start with the shoulders over the bar with the arms straight & on a slight stretch with neutral curves in the spine. Maintain the same torso angle during the first pull & do not let the hips rise before or faster than the shoulders. As the bar rises just above the knees thrust the hips forward keeping the bar close to the body. When the lower body reaches full extension shrug the shoulders & pull the bar towards the chest.

Cautions: Do not round the spine while pulling the bar.

4. Muscle snatch 00012



		Mod	
	5 x	5	
	Mon		
	16/12		

Tips: Start with the shoulders over the bar with the arms straight & neutral curves in the spine. Maintain the same torso angle during the first pull & do not let the hips rise before or faster than the shoulders. As the bar rises just above the knees thrust the hips forward keeping the bar close to the body & continue pulling for as long as possible. Flip the elbows under the bar without bending the knees then lock out the arms so the bar is above the head.

Cautions: Do not round the spine while pulling the bar. Keep the elbows locked while the bar is above the head & do not try to catch failed attempts.

The aim of this session is to develop maximal extension in the second pull and then a quick turnover and catch in the top position of the Power Snatch.

As with session 1 initially complete 55 of one exercise before moving on to the next exercise and then progress to circuits.

1. Straight arm hang snatch pull 00009



	Mod	
	5 x	5
Mon		
	16/12	

Tips: Start with the bar at thigh level then lean forward at the hips until the bar hangs slightly below the knees. As the bar rises just above the knees thrust the hips forward keeping the bar close to the body. When the lower body reaches full extension shrug the shoulders, keeping the arms relatively straight.

Cautions: Do not round the spine while pulling the bar.

2. Hang snatch pull 00010



	Mod	
	5 x	5
Mon		
	16/12	

Tips: Start with the bar at thigh level then lean forward at the hips until the bar hangs slightly below the knees. As the bar rises just above the knees thrust the hips forward keeping the bar close to the body. When the lower body reaches full extension, shrug the shoulders & pull the bar towards the chest.

Cautions: Do not round the spine while pulling the bar.

3. Hang power snatch 00001

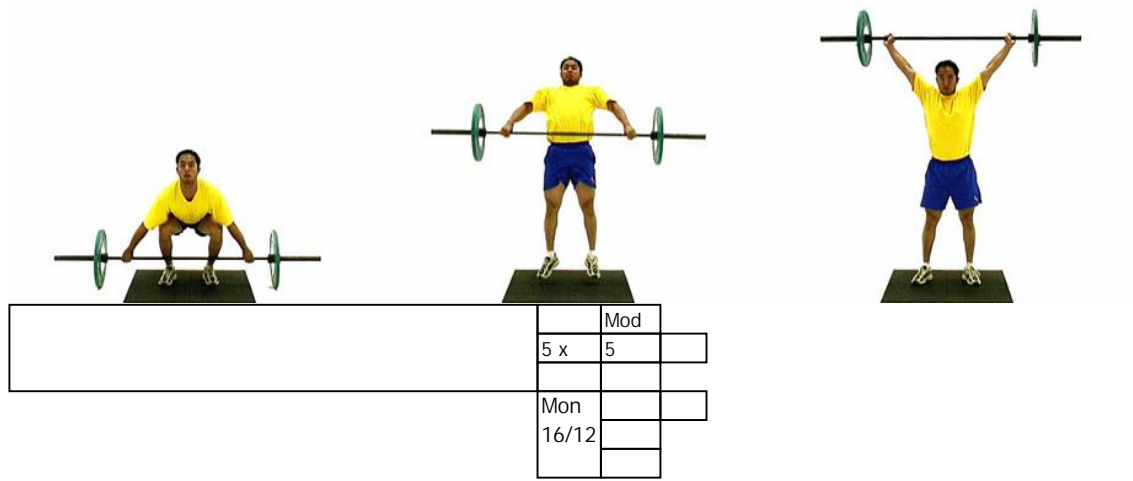


	Mod	
	5 x	5
Mon		
	16/12	

Tips: Start with the bar at thigh level then lean forward at the hips until the bar hangs slightly below the knees. As the bar rises just above the knees thrust the hips forward keeping the bar close to the body & continue pulling for as long as possible. When the bar is at near maximal height pull the body under the bar to a semi squat position with the head & the arms locked out.

Cautions: Do not round the spine while pulling the bar. Keep the elbows locked while the bar is above the head & do not try to catch failed attempts.

4. Power snatch 03547



Tips: Position the shoulders over the bar with a wide grip & the arms straight. Start with neutral curves in the spine & the chest up. Extend the knees & hips, keeping the torso angle constant. Do not let the hips rise before or faster than the shoulders. As the bar rises just above the knees, thrust the hips forward while keeping the bar close to the body. Shrug the shoulders then rapidly flex & rotate the arms to pull the body under the bar. Lock the arms at the semi squat position with the bar above the head & then stand up.

Cautions: Keep the feet flat on the ground during the first pull. Do not round the spine while pulling the bar.

This is a strength session designed to build the basic overhead, squatting and pulling strength needed for the Snatch and Power Snatch.

Unlike the sessions above these exercises should always be done 5x5 of each exercise in sequence.

In the overhead squat focus on correct posture and getting a good stretch at the bottom position. Hold the bottom position for 2-3 seconds on each rep.

In the Snatch pull use heavier weights that force you to work hard to get upward movement of the bar but not so heavy that you are grinding the lifts or losing your back and hip position.

1. Overhead squat 00125



	Mod	
	5 x	5
	Mon	
	16/12	

Tips: Start with the bar above the head with a wide grip & the arms locked out. The feet should be shoulder width apart or slightly wider & facing forward or slightly out. Descend by allowing the hips & knees to flex to a full squat position while keeping the knees aligned over the feet then extend to the start position. Keep the knees aligned with the feet & the heels should remain flat on the ground.

Cautions: Ensure that the bar remains directly above the head & that the torso does not sway forward or backward. Maintain neutral spinal curves throughout all phases of the squat.

2. Deep back squat 03553




	Mod	
	5 x	5
	Mon	
	16/12	

Tips: Start with the bar behind the neck on the upper trapezius muscle & lift the elbows up slightly. Place the hands comfortably on the bar & hold the chest up, looking forward or slightly upward. The feet should face forwards or slightly out. Descend to a full squat position, allowing the hips & knees to flex. The torso angle should remain the same & the knees should be aligned with the centre of the feet. Keeping the feet flat on the floor, extend the knees & hips at the same rate while maintaining the same torso angle.

Cautions: Maintain neutral curves in the spine throughout all phases of the squat. Do not allow the shoulders to round or the torso to sway forward. Ensure that the bar remains stationary behind the neck.

3. Straight arm snatch pull 00007



		Mod	
	5 x	5	
	Mon		
	16/12		

Tips: Start with the shoulders over the bar with the arms straight & the neutral curves in the spine. Maintain the same torso angle during the first pull & do not let the hips rise before or faster than the shoulders. As the bar rises just above the knees thrust the hips forward keeping the bar close to the body. When the lower body reaches full extension shrug the shoulders while trying to keep the arms relatively straight.

Cautions: Do not round the spine while pulling the bar.
