



**UNIT 6:
MOVEMENT
STANDARDS**



UNIT 6 - MOVEMENT STANDARDS

Video 29 - Movement Standards: Snatch

- A. Hookgrip (hand around the bar and thumb is under the fingers) (0:08)
 - a. Acts as a strap
 - b. Allows the arms to relax, stay long and loose like a cable
 - c. Allows the arms to move quickly
- B. Hand Placement (1:27)
 - a. Feet are hip width apart while gripping the bar
 - b. Toes are slightly turned out
 - c. Bend the knees 4-6 inches
 - d. Maintain a vertical torso
 - e. Move the hands out to where the bar sits right in the crease of the hip
- C. Start Position (2:29)
 - a. Feet hip width apart
 - b. Knee is slightly in front of the elbow in the start position
 - c. Feet slightly turned out
 - d. Knees track with first two toes
 - e. Neutral spine (flat back) and eyes straight ahead
 - f. Elbows turned out to allow for the bar to stay close to you
 - g. Shoulders compressed down (turns off the arms)
 - h. Knuckles pointed straight down
 - i. Shoulders will be above the hips in the start position
- D. First Pull (6:15)
 - a. Consists of the pull from the ground through the entire time the shoulders are over or slightly in front of the barbell
 - b. Shoulders stay above the hips
 - c. Chest to the crowd
 - d. Pushing through the floor
 - e. Stay with the push as long as possible



- E. Second Pull (10:44)
 - a. Consists of when the shoulders make the move to on top of or behind the bar
 - b. Where the majority of the power is produced
 - c. Move into the power position
 - d. Feet stay flat
 - e. Extend (vertical) powerfully through hips and knees at the same time Timing is key for the transition of the second pull to the third pull
 - f. Traps stay down **we don't shrug up or pull up*
 - F. Transition (14:14)
 - a. This is the differentiator between a good and great lifter
 - b. The moment of extension is when the shrug and movement of the arms happens to get under the barbell
 - c. The extension vertically is followed through with getting slightly behind the bar because it makes it easier to get under the barbell causing a slingshot effect
 - G. Third Pull (16:10)
 - a. Should be the fastest part of the entire movement
 - b. Consists of the pull under the barbell
 - c. Jump feet out by lifting the knees allowing for a faster pull under
 - d. Rip under the bar quick
 - e. Feet land at shoulder width
 - f. Anticipate the barbell by reaching and punching up through the shoulders before the barbell gets there
 - g. Stabilize the entire body before standing
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Video 30 - Movement Standards: Clean

- A. Hookgrip (0:10)
 - a. Acts as a strap
 - b. Allows the arms to relax, stay long and loose like a cable
 - c. Allows the arms to move quickly



- B. Hand Placement (0:23)
 - a. Start straight down from the shoulders
 - b. Individual athletes may go wider or narrower
 - C. Start Position (0:48)
 - a. Feet hip width apart
 - b. Knees in alignment or slightly in front of the elbows
 - c. Feet slightly turned out
 - d. Knees track with first two toes
 - e. Neutral spine and eyes straight ahead
 - f. Elbows turned out
 - g. Shoulders compressed down
 - h. Knuckles pointed straight down
 - D. First Pull (2:12)
 - a. Consists of the pull from the ground through the entire time the shoulders are over or slightly in front of the barbell
 - b. Shoulders stay above the hips
 - c. Pushing through the floor
 - d. Chest to the crowd
 - e. Stay with the push as long as possible
 - E. Second Pull (3:50)
 - a. Consists of when the shoulders make the move to on top of or behind the bar
 - b. Where the majority of the power is produced
 - c. Move into the power position **bar on upper thigh*
 - d. Extend (vertical) powerfully through hips and knees at the same time Timing is key for the transition of the second pull to the third pull
 - e. Traps stay down **we don't shrug up or pull up*
 - F. Transition (6:58)
 - a. Should be the fastest part of the entire movement
 - b. Consists of the pull under the barbell
 - c. Jump feet out by lifting the knees allowing for a faster pull under
 - d. Rip under the bar quick
 - e. Anticipate the bar and meet it firmly
 - f. Timing is important to catch the bounce
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Video 31 - Movement Standards: Jerk

- A. Determine Split Position (0:30)
 - a. Half kneeling position with most dominant foot forward
 - b. Push up off the ground with the legs
 - c. Key points of split position
 - i. Front shin is vertical
 - ii. Toes neutral to slightly turned in
 - iii. Hips directly underneath the torso
 - iv. Back knee is slightly bent
 - v. Firmly planted on the ball of the back foot
 - vi. Feet not too close together **weight should be balanced*
- B. Transition from Clean to Jerk (3:47) ***Timing of the adjustment is crucial*
 - a. Adjust hands out slightly
 - b. Elbows out and slightly down
 - c. Shoulders stay protracted
 - d. Weight shifts back toward the heels
 - e. Feet hip width
 - f. Toes turned slightly out
 - g. Eyes straight ahead
- C. The Dip (6:47)
 - a. Weight is adjusted back toward the heels
 - b. Feet directly under the hips with toes slightly out
 - c. Knees track with the first two toes
 - d. Stay back; dip straight down but slightly back **shoulders stay stacked over the hips*
 - e. To start, dip to the height of the power position of the snatch/clean **depth of the dip is personal to the athlete*
 - f. Reverse smoothly
- D. The Drive (8:53)
 - a. Get as tall as possible and move quickly
 - b. Drive straight up



- E. The Drive Down (9:41)
 - a. Back foot down (which pushes the front forward)
 - b. Drive up through the shoulders, reaching, and anticipate before the barbell gets there
 - c. Hips land directly under the barbell
 - d. Firm straight line and tighten up in the split
 - F. The Recovery (11:30)
 - a. Front foot first
 - b. Back foot next
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Video 32 - Movement Standards: Front Squat

- A. Bar Placement (0:15)
 - a. Hands shoulder width apart
 - b. Bar between the front delts and traps
 - c. Elbows up
 - d. Ideally, maintain full-fingered, relaxed grip on the bar
- B. Taking the Bar Out of the Rack (0:27)
 - a. Chest against the bar
 - b. Feet under the bar
 - c. Staggered stance
 - d. Rack the bar and step back front foot then back foot
- C. The Breath (1:00)
 - a. Before unracking, take a $\frac{3}{4}$ breath and hold it
 - b. Unrack, step back, find your foot placement, and go
 - c. Avoid wasting time by breathing once you step back to avoid getting dizzy
 - d. Breathe in through the belly and press out against the belt 360 degrees



- D. Performing the Front Squat (6:11)
 - a. Feet shoulder width apart
 - b. Grab the ground with feet
 - c. Sit straight down in the descent in a controlled manner until the last 2 inches where the hips can relax to catch the bounce out of the hole
 - d. Knees tracking with first two toes
 - e. Achieve depth sitting down with hips between ankles
 - f. Neutral spine
 - g. Elbows stay up
 - h. On the ascent, push the elbows and drive into the bar, feet through the floor and push the hips through **accelerate through the entire movement* (compensatory acceleration)
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Video 33 - Movement Standards: Deadlift

- A. Grip and Stance Width (0:38)
 - a. Stance is normally hip width, but can vary per individual
 - b. Hands go right outside the legs, but not touching as that can cause friction
- B. The Grip (1:43)
 - a. Mixed grip - one hand is supinated and one hand is pronated
 - b. Double overhand no hook grip
 - c. Double overhand hook grip - fingers go over the thumb and the thumb is used like a strap
 - d. Double overhand with straps
- C. The Setup Position (5:15)
 - a. Feet hip width
 - b. Toes slightly turned out
 - c. Knees track with first two toes
 - d. Grip is right outside the legs
 - e. Knees should be slightly in front of the elbows
 - f. Knuckles down
 - g. Bar should be over the first lace of the shoe



D. Differences with Clean (9:00)

- a. The elbows are back in the deadlift due to wanting to bend the bar rather than out in the clean
- b. For a powerlifter, the thoracic spine flexing slightly isn't necessarily a bad thing but a definite no for cleans **we teach neutral spine*

E. The Ascent (11:38)

- a. First starts with a good set up position
- b. Take a deep diaphragmatic breath into the belly and push against the belt creating tightness 360 degrees
- c. While taking the breath, begin to pull against the bar to try to bend it
- d. Shoulders tucked back and down
- e. Extend the spine to neutral and create as much stiffness around the spine as possible
- f. Push the feet through the floor and squeeze the bar in
- g. As the barbell gets right below the knees, start pulling the hips through to get the shoulders behind the bar
- h. At mid thigh, relax the upper body and squeeze the hips through

F. The Eccentric (17:25)

- a. The control on the way down of the movement
 - b. A big part of hypertrophy and getting strong neurologically
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Video 34 - Movement Standards: Sumo Deadlift

A. Grip and Stance Width (0:55)

- a. Stance is individual due to anthropometrics, but a great starting point is wherever the shin is perpendicular in the set up and the knees can track over the first two toes
- b. Grip width is right below the shoulders with some of the hand is on the knurling



- B. The Grip (3:51)
 - a. Mixed grip - one hand is supinated and one hand is pronated
 - b. Double overhand no hook grip
 - c. Double overhand hook grip - fingers go over the thumb and the thumb is used like a strap
 - d. Double overhand with straps
 - C. The Setup Position (4:35)
 - a. Torso angle
 - i. Will depend on anthropometrics of the athlete
 - b. Wherever you can squat down to the bar and can grab it is a good set up position
 - D. The Ascent (6:08)
 - a. First starts with a good set up position
 - b. Take a deep diaphragmatic breath into the belly and push against the belt creating tightness 360 degrees
 - c. While taking the breath, begin to pull against the bar to try to bend it
 - d. Shoulders tucked back and down
 - e. Extend the spine to neutral and create as much stiffness around the spine as possible
 - f. Apply pressure of the feet through the floor AND out getting two force vectors and increase the knee flexor moment and decrease the hip flexor moment just enough to make it easier to get the hips through
 - g. As the barbell gets right below the knees, start pulling the hips through to get the shoulders behind the bar
 - h. At mid thigh, relax the upper body and squeeze the hips through
 - E. The Eccentric (11:14)
 - a. The control on the way down of the movement
 - b. A big part of hypertrophy and getting strong neurologically
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Video 35 - Movement Standards: Bench Press

- A. The Setup (0:30)
 - a. Set up with nose in alignment with the bar
 - b. Push the shoulders together and tucked down by using the top half of each side of the rack to push against
 - c. While still pushing against the rack, bring the hips as close to the shoulders as possible
 - d. Bring the chest as high as possible
 - e. Feet positioning **place them where able to drive with the legs without the hips coming off the bench*
 - i. Feet back under the body as possible on the balls of the feet
 - ii. Feet out in front and to the side
 - f. Grip Width
 - i. To start, bring the bar to the chest (sternum) and wherever the arms are perpendicular to the floor creating a 90 degree angle with the floor and the arm
 - ii. Maximal grip width in powerlifting federations is 81 cm
 - B. Lift Off (7:53)
 - a. Grip the bar tight
 - b. Elbows underneath the bar
 - c. Keep the shoulders tucked together and down
 - d. Take a deep breath prior to
 - e. Bar comes to directly over the sternum
 - C. The Descent (9:40)
 - a. Squeeze the bar, pull it apart, and try to bend it
 - b. Think about sliding the forearms toward the hips bringing the bar to the sternum
 - c. Bring the chest to the bar to maintain the arch
 - D. The Ascent (12:48)
 - a. Initiate through the legs
 - b. Drive with the legs and push up and back keeping the elbows under the bar
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Video 36 - Movement Standards: Strict Press

- A. Set Up (0:40)
 - a. Bar sits between the front delt and the traps resting on the shoulders
 - b. Elbows are out and down
 - c. Grip width right outside the shoulders
 - d. Shoulders protracted and elevated
 - e. Rib cage down
 - f. Glutes locked
 - B. Ascent (1:32)
 - a. Breathe in and hold
 - b. Move chin
 - c. Initiate the motion by pushing straight up
 - d. Drive the bar up and back
 - e. Weight in heels
 - f. Lockout with the barbell directly over the ears or slightly back
 - g. Maintain neutral spine throughout movement to lockout
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Video 37 - Movement Standards: Push Press

- A. Set Up (0:14)
 - a. Bar sits between the front delt and the traps resting on the shoulders
 - b. Elbows are out and down
 - c. Grip width right outside the shoulders
 - d. Shoulders protracted and elevated
 - e. Rib cage down
 - f. Squeeze the glutes



B. The Dip (3:45)

- a. Breathe in and hold
- b. Weight is adjusted back toward the heels
- c. Feet flat against the floor and directly under the hips with toes slightly out
- d. Knees track with the first two toes
- e. Stay back; dip straight down but slightly back **shoulders stay stacked over the hips*
- f. To start, dip to the height of the power position of the snatch/clean **depth of the dip is personal to the athlete*
- g. Reverse smoothly

C. The Drive (6:12)

- a. Chin back
 - b. Drive the bar up and back
 - c. Move Fast
 - d. The demands on the triceps are at the very tip top of lockout with a proper drive
 - e. No rebend in the knees
 - f. Lockout with the barbell directly over the ears or slightly back
 - g. Maintain neutral spine throughout movement to lockout
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