

## Power Clean - Form Checklist

- Ensure bar loaded evenly, collars in place
- Bar close to shins
- Feet about shoulder width apart, flat on floor.
- Arms locked, regular grip, thumbs around bar
- Back straight
- Head facing forward, looking straight ahead
- Thighs parallel to floor
- Shoulders over bar
- Easy pull off floor
- Bar comes up straight
- Bar stays close to body
- Bar passes knees
- Back tight, arms straight
- Body extends fully, athlete up on toes
- Traps are shrugged to elevate bar
- Continue upward pull with arms
- Snap elbows forward, turning wrists, palms uppermost.
- Weight collected across top of shoulders
- Elbows point out and high
- Feet spread slightly to side
- Athlete stands up, under control
- Bar lowered under control to top of thighs Bar lowered to floor, athlete bends at knees and hips