

## **Power Snatch – Form Checklist**

- Check bar is evenly loaded, collars in place
- Hands placed close to end of bar
- Feet flat, shoulder width apart, toes slightly out
- Bar close to shins
- Arms straight
- Chest up and out, shoulder blades together
- Head facing forward
- Back straight
- Hips low with thighs parallel to floor
- Bar pulled slowly off floor in a straight line
- Arms straight
- Pull done with legs and hips
- Back straight
- Arms straight
- Legs and hips extend
- Shoulders shrug
- Pull with arms
- Bar remains close to body
- Athlete bends at hips and knees
- Bar pulled over the head, to straight arms
- Body extended, bar held high overhead
- Return weight to hips, then to floor