

## Class #4 – Mastering Advanced movements: The Olympic lifts

### Start with why!

1. Apply force into the ground
  - a. Develop lower body muscular power by overloading the triple extension movement
2. Optimal, sequential recruitment (**coordination**) and **timing** of the ankle, knee, hip & shoulder
3. Force reduction during the catch phase

**Warm-up:** Also, a good opportunity to rehearse proper technique/execution of the movements and other accessory movements

### RAMP method: Raise-Activate-Mobilize-Potentiate

Barbell Complex (many combinations are possible)

*Top-down:* BB Snatch or Overhead press + Front squat + BB row + SLDL or RDL

*Bottom-Up:* RDL + BB row + Power clean from the hang + Front squat + Overhead press

**Quick note:** « [...] the athlete using the lifts for another sport is interested in developing certain physical traits that will carry over in athletic performance outside the gym not directly in the amount of weight lifted » (Everett, 2012).

### Introducing the Olympic weightlifting movements to beginner athletes

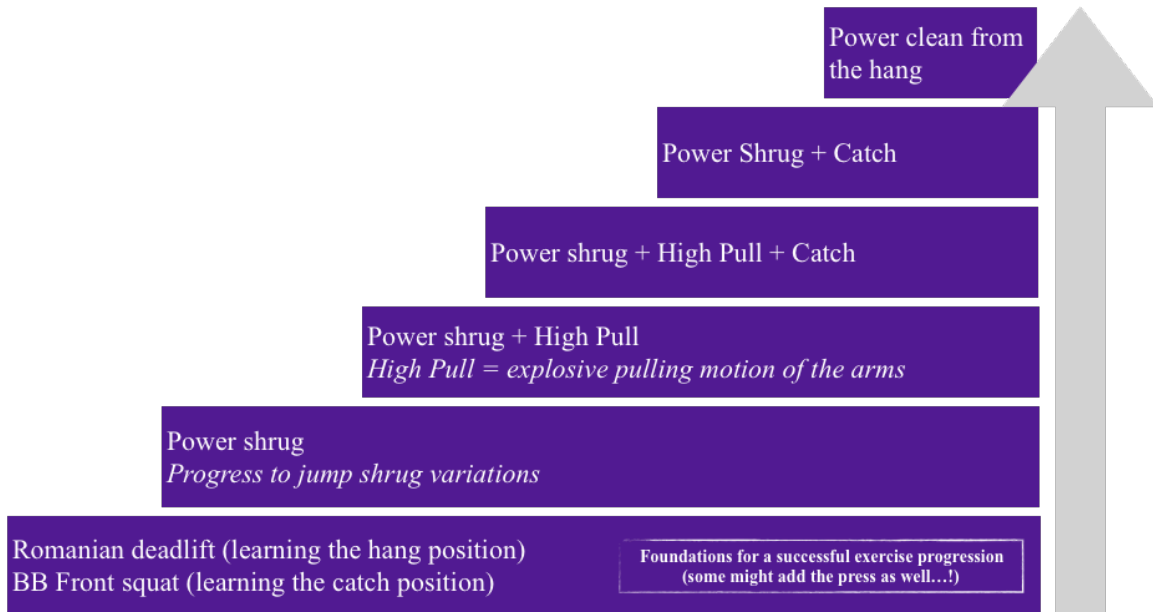
1. **DB jump shrug**
  - Foundation to Olympic lifting (like the Romanian deadlift)
  - Use a % of BW with young athletes -> DB -> Hexagonal bar
  - Cueing: Push the ground away from you! Push the Earth down!
  - Multiple starting positions: Dead stop, reactive, Staggered stance, etc.
2. **DB High pull**
  - Jump shrug with a pull!
  - Great for early preparation work with athletes
  - Multiple variations: Traditional, rotational, unilateral, alternate, from the hang, from mid-calf, from the floor, etc.
3. **DB Snatch**
  - Connection from toe nails to finger nails, great for overhead athletes (similar position in many overhead throwing actions)
  - Cueing: Pull the DB towards the ceiling
  - Multiple variations: Traditional, rotational, unilateral, alternate, from the hang, from mid-calf, from the floor, etc.
4. **DB Push-press and Split jerk**
  - More degrees of freedom are required with DB vs Barbell
  - Push into the ground and get back under the bar fast!
5. **BB High pull and BB power clean from the hang**
  - Transition from dumbbells to a barbell

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- Power: Catch in a front squat position, ½ squat or limited depth.
- Full: Catch in the bottom of the squat position.
- Catch phrase or third pull = absorb forces.
- Cueing: PUSH-JUMP-PUNCH! (Kenn, 2010)

### Breaking down the different components of the Olympic weightlifting movements

(Duba, Kraemer, & Martin, 2007)



### Romanian deadlift or Hang position

- Feet hip width and toes slightly turned out
- Shins and arms approximately vertical
- Bar just above the knee
- Weight toward heels
- Back arched and head forward
- Elbow pointed to the side
- Cueing: “Back tight,” “Big chest”, “Arms long”

### Barbell Front squat or Catch position

- Grip wider than the shoulders
- Shoulders pushed forward and slightly up
- Bar between the peak of the deltoids and the throat
- Hands open and only fingers under the bar
- Elbows high (Punch!)
- Cueing: “Elbows up”, “Chest out”

### Squat position

- Feet hip to shoulder width
- Toes turned out 10-30 degrees
- Thigh parallel with foot in bottom position

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- Feet flat, weight toward heels
- Back arched and trunk tight

### « Jump & bump »

- Start in the hang position
- Push against the floor with the legs
- Jump and extend the hips completely
- Push the bar against the upper thighs (sliding motion)
- Cueing: “Push your feet through the ground and get tall,” “Big jump”, “Extend your hips,” “Get your head high”

### Pull

- Start standing tall in the pulling position
- Pull down against the bar with the arms
- Jump the feet to the squat position and sit into a partial squat
- Elbows move up to the sides

### Catch or Rack

- Pull the elbows up and to the sides
- Spin the elbows around the bar (Punch!)
- Bring the shoulders up and forward to support the bar
- Relax the hands as the bar comes to rest on the shoulders and the elbows finish rising
- Cueing: “Shoot your elbows through fast,” “Keep the bar close to your body,” “Rotate your elbows around the bar,” “Get under the bar”

### Power clean from the hang

- Start in the hang position
- **Push** against the floor with the legs
- Extends the hips explosively with continued leg drive
- Push the bar back into the upper thighs with the lats
- **Jump** the feet out to the squat position
- Pull down against the bar with the elbows high and to the sides
- Spin the elbows around the bar (**Punch!**) and relax the grip
- **3 keywords: Push! – Jump! – Punch!**