



The power snatch works the same muscles as the power clean, but does so through a greater range of motion. Shown with great form in this exercise is Utah State University gymnast Maegan Snodgrass, who represented Team BFS when she broke the School Age American record in the snatch.

the power snatch. First, it tends to be easier on the wrists and elbows than the power clean and requires less flexibility in the upper back. Some athletes, especially those with relatively long lower arms compared to their upper arms, find that racking the bar is extremely uncomfortable. There's no such problem with the power snatch.

The power snatch more aggressively works the muscles that externally rotate the shoulders. In sports such as baseball and swimming the muscles that internally rotate the shoulders often become overdeveloped in relation to those that externally rotate the shoulders. This imbalance contributes to an unnatural, round shouldered posture that makes the shoulders more susceptible to injury. Rather than performing several boring isolation exercises for the rotator cuff to deal with this problem, athletes can simply add the dynamic power snatch to their workouts.

Because a lighter weight is used, the power snatch is a much faster lift than the power clean. This makes it ideal for improving jumping ability. Also, because a wider grip is used, it develops the hamstrings, glutes and lower back muscles through a greater range of motion.

Finally, the power snatch is a really fun lift for athletes to perform, as the barbell travels extremely fast through a great range of motion. Give it a try sometime and we're sure you'll agree that the power snatch is a great lift to add to your program. **BFS**

A Closer Look at the *POWER SNATCH* Another great BFS advanced auxiliary exercise

Those who say the BFS program does not have enough variety in exercise selection simply do not know the BFS program. Case in point: the power snatch.

The power snatch is an advanced auxiliary exercise that can be used in place of the power clean, as it works essentially the same muscles and also develops explosiveness. The basic difference between the two lifts is that instead of bringing the barbell to rest

on the shoulders, you flip the weight overhead. Also, you use a wider grip with the power snatch.

The reasons we recommend using the power clean first is that you use heavier weights, develop more muscle mass and it is easier for most athletes to learn. But once you've mastered the power clean, the power snatch is relatively easy to master, as the movement is very similar.

There are several reasons to try

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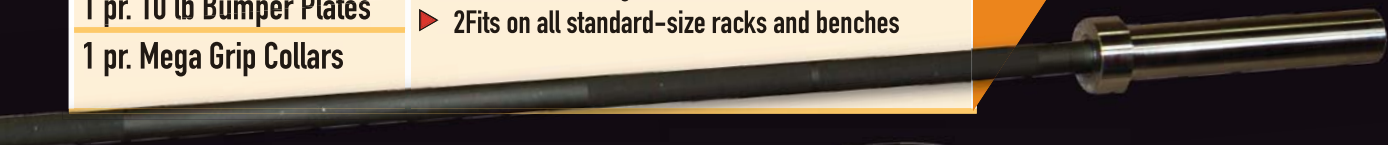
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