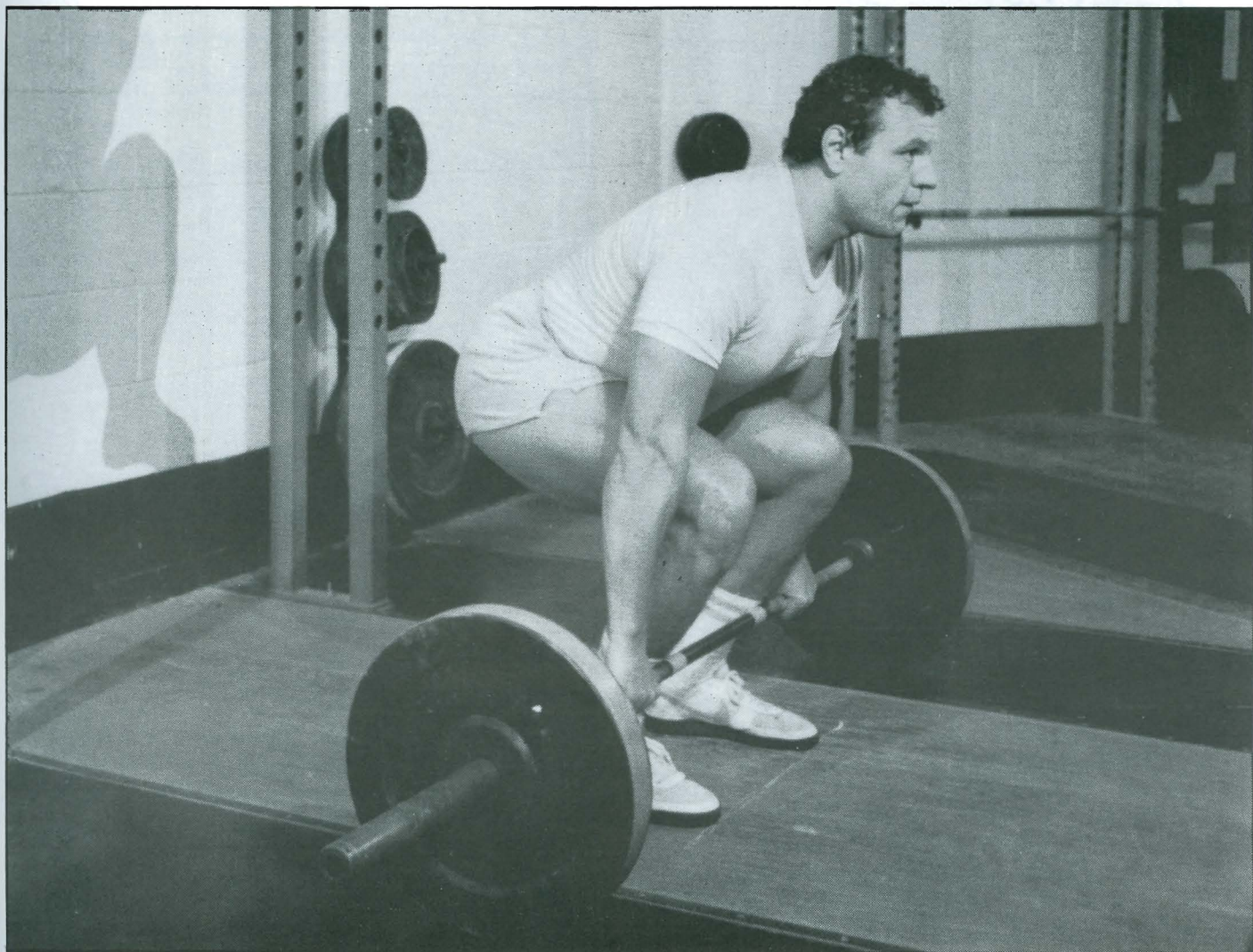


# THE POWER CLEAN

Part 2  
In a Series



**THE START:** *Demonstrated by Coach Pauletto*

## THE POWER CLEAN

by  
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In my last article I presented to the reader various concepts concerning the power clean. I stressed that to get the most out of the lift, it has to be executed correctly. Just lifting the weight from the floor to the shoulders will not do the job.

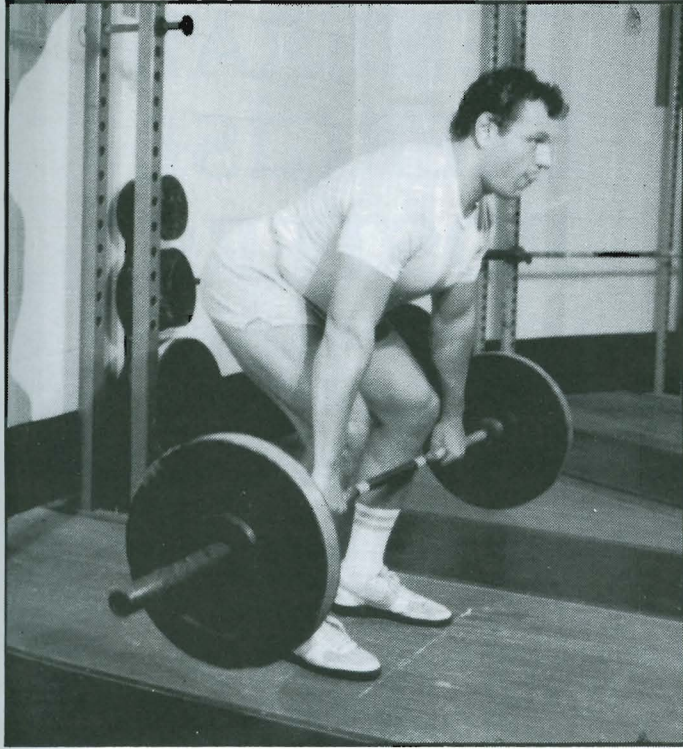
Many coaches think of the power clean as being a very complex lift. In reality it is not. Remember, the amount of weight is not important, it is the proper technique. In the next issue of B.F.S., coaching tips on how to teach the power clean.

## PROCEDURE: THE START

- Place the legs so they are just touching the bar.
- Legs should be shoulder width apart, toes slightly pointing out.
- Body weight on balls of the feet with heels on contact with the ground.
- Sit "back" with your head up and back flat.
- Back is straight with the hips below the shoulders.
- Reach down and grip the bar shoulder width, overhand grip.
- Elbows turned out with shoulders over the bar.
- Knees inside arms with forearms slightly touching your thighs.
- Keep back flat and arms completely straight.
- Shins as close as possible to the bar.
- Inhale at the start and exhale at the end of the lift. Hold your breath during the exercise.

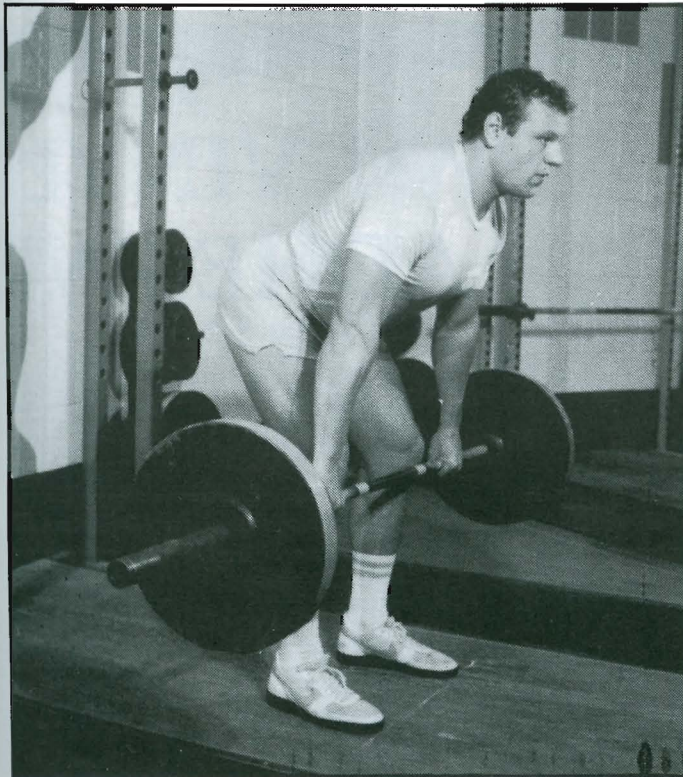
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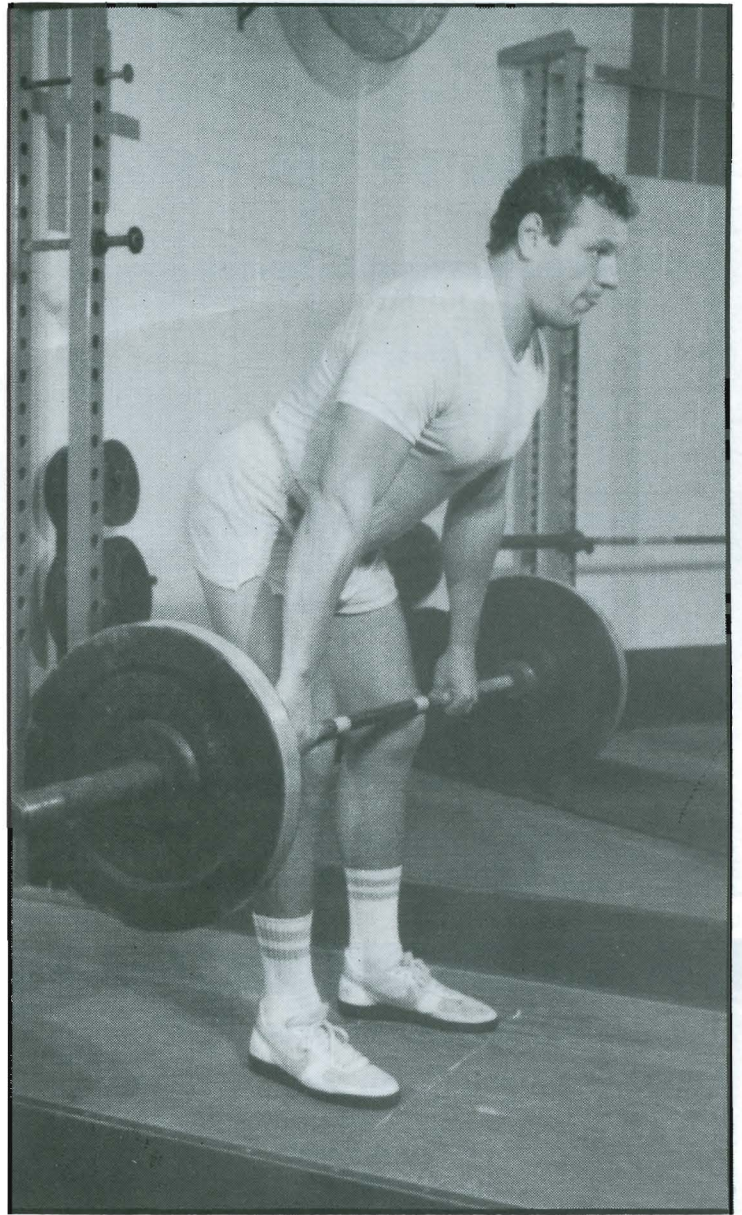
**THE FIRST PULL:**

1. Ease the bar off the floor slowly by using your legs keeping the back flat at all times.
2. Push down on the floor, do not jerk bar off the floor.



**THE FIRST PULL:**

3. The bar needs to be pulled close to the body. Close to the shins, just over the knees, brush the thighs, stomach and chest.
4. Elbows still turned out and back still flat.



**THE FIRST PULL:**

5. Hips and shoulders go up together at the same speed.
6. At first the bar moves slowly, then picks up momentum.

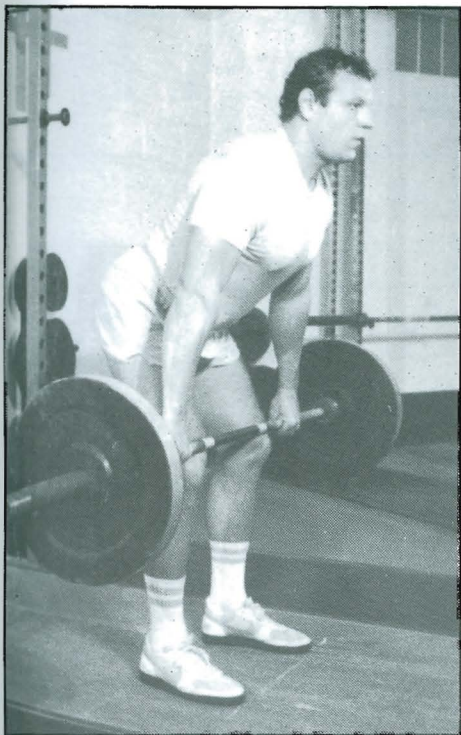
**POINTS OF EMPHASIS**

The important part of the lift is the "acceleration" of the bar. It starts slowly up to the knees. When the bar is past the knees pull very aggressively. Get that "slow-fast" feeling.

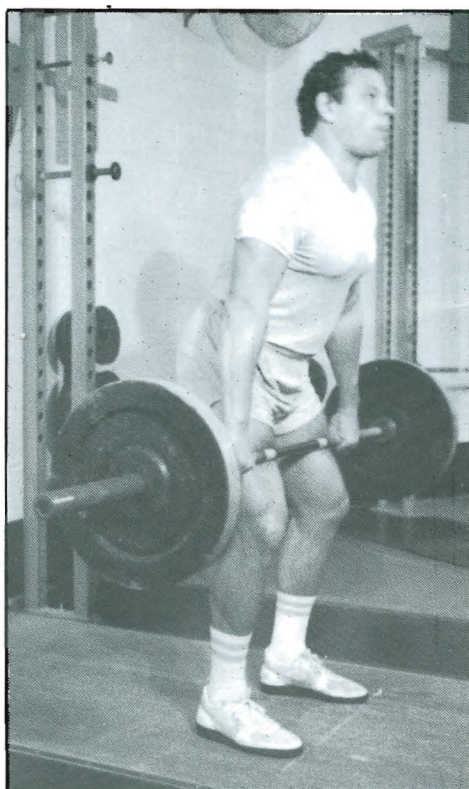
The amount of weight is not as important as the proper execution of the lift.



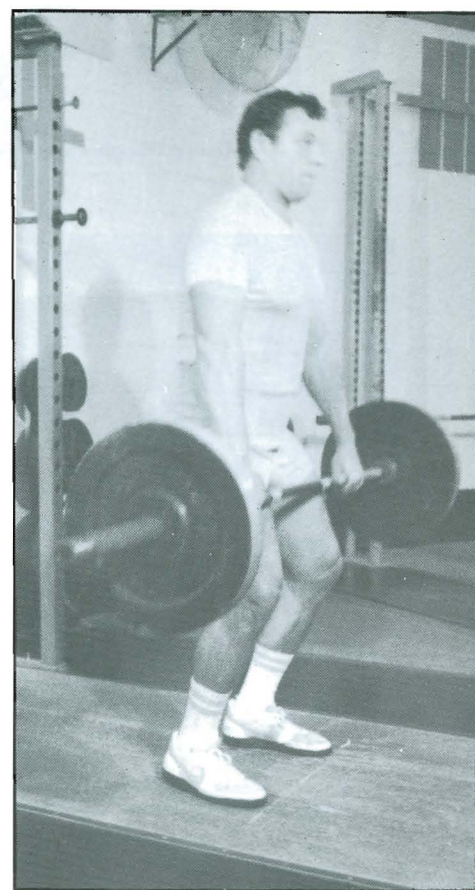
## THE POWER CLEAN: THE SECOND PULL (Continued from page 39)



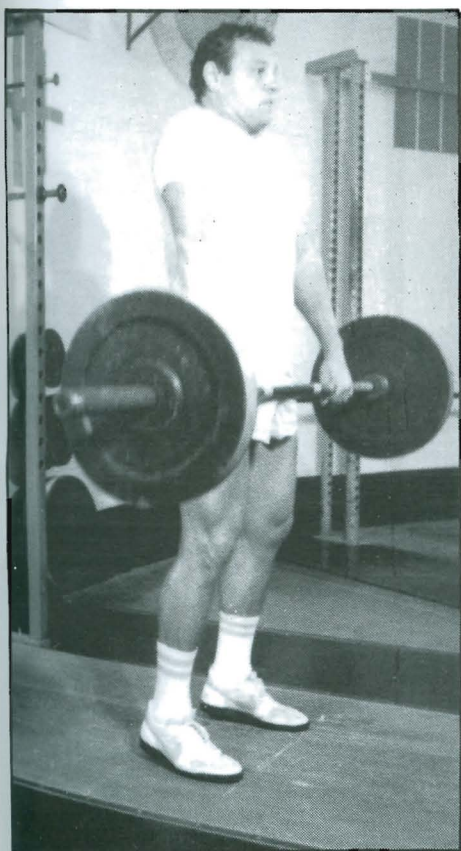
1. When the bar passes your knees, slightly bend the knees forward, "under the bar." This will put your back, almost vertical. Now you are in the power position. This part of the lift is called the "double knee bend."



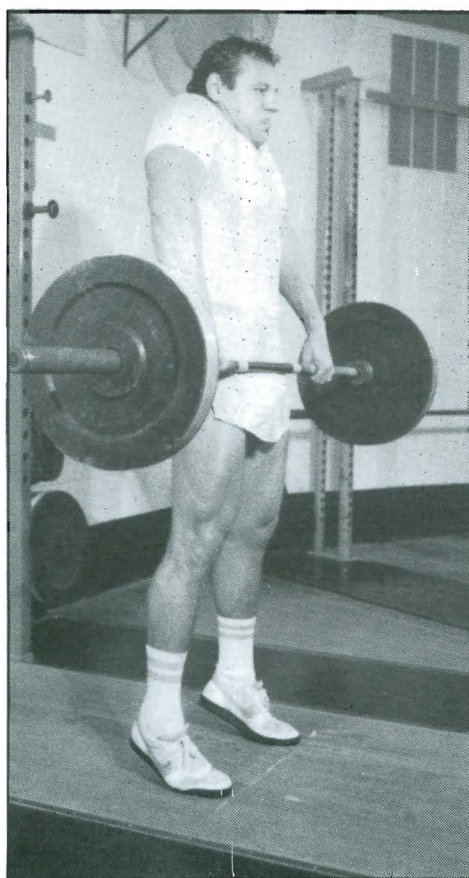
2. As you extend your legs and back, also pull the bar with the muscles of the upper back (trapezius) and the arms. Keep the elbows out and high.



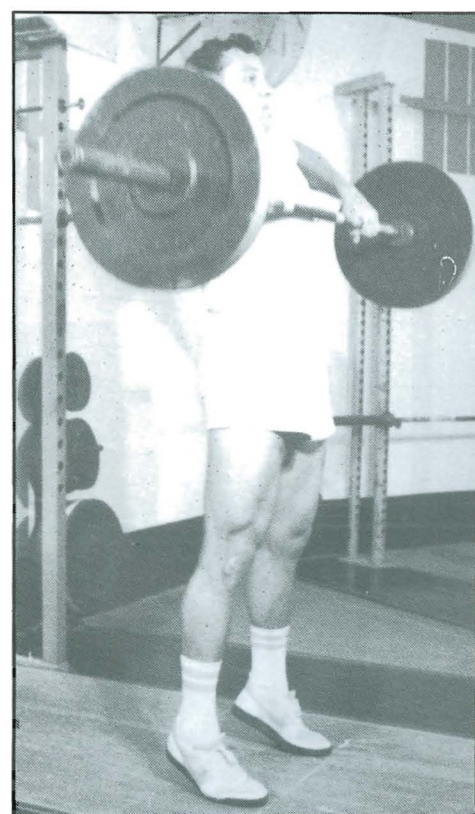
3. Hips rise upward with rising shoulders.



4. Go up on your toes and try to pull the bar as high as possible. Using the whole body.

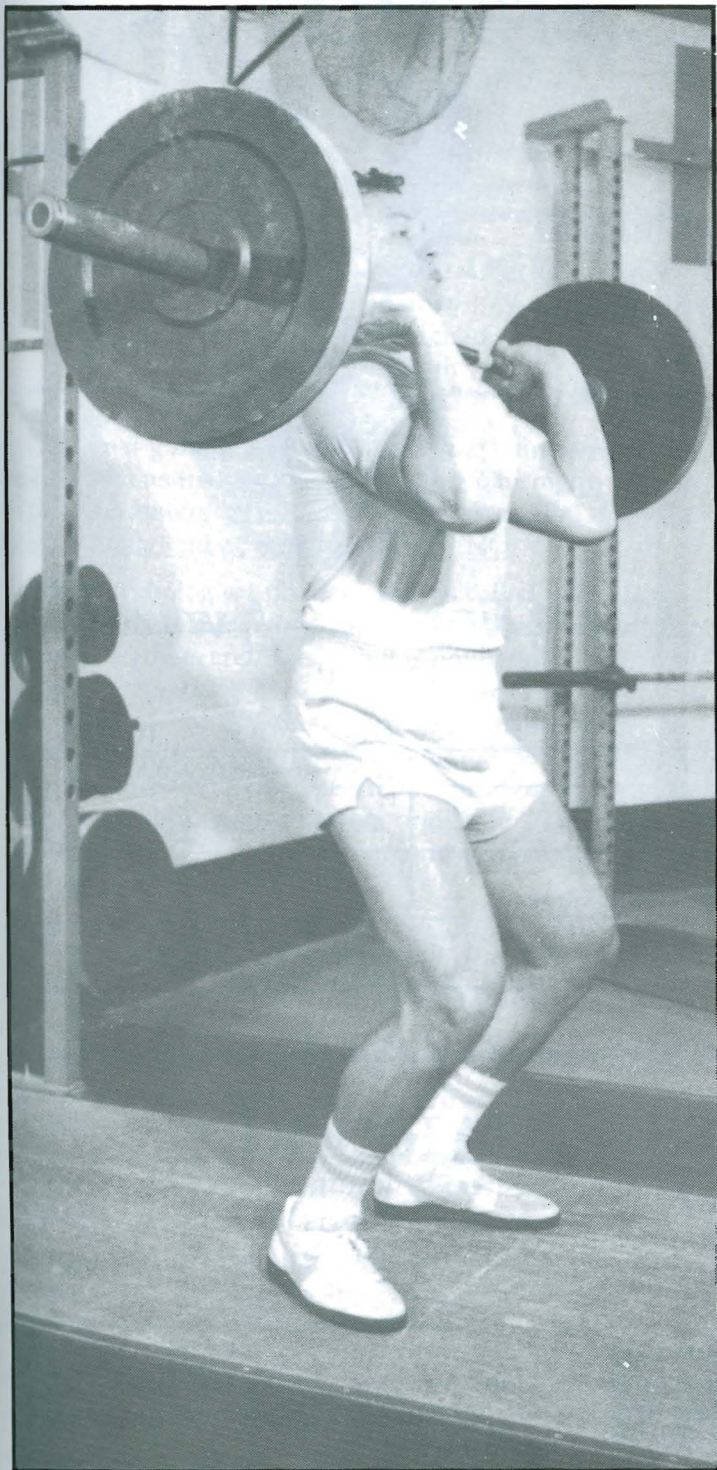


5. At this point the arms can be used to pull the bar.

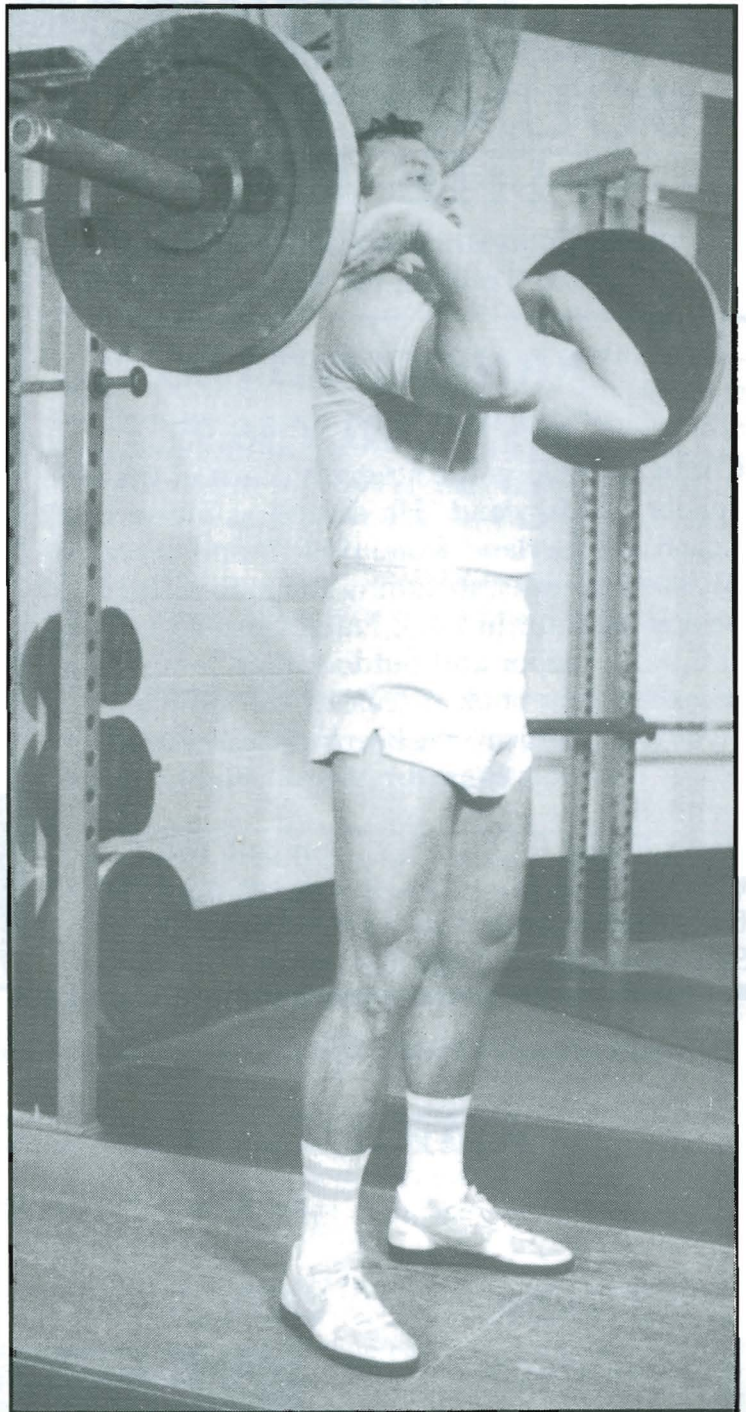


6. Do not throw your head back at the top of the lift. Keep body straight. In other words pull straight up – not back. Continued on Page 43 41





1. When the bar reaches its highest point, slightly bend the knees (45° angle) and get "under" the bar by shuffling your feet to the side, not back.



2. Rack the bar on your chest and shoulders with elbows high and forward. The wrists will turn over the bar.
3. When the lift is complete lower the bar cautiously keeping the back flat.

*Coach Pauletto's next article in our March 1986 Journal will be on a step by step system of how to TEACH the Power Clean. The article will be fully illustrated.*