

**BIGGER  
FASTER  
STRONGER**

# CLEANS

**YOUR  
TOTAL  
PROGRAM**

By Dr. Greg Shepard



The Start: Head level, eyes straight, hips down, arms locked, spread chest, back locked-in.



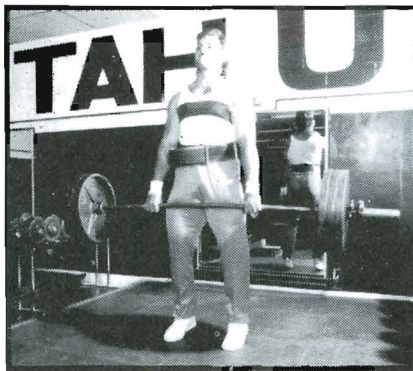
Pull at Thighs: Head level, eyes straight, hips back, arms locked, pull bar straight.



The Rack: Super quick, spread feet, explode under the bar, eyes straight, head level.

Power cleans are of vital importance. An athlete must do some kind of "Quick Lift." Examples of quick lifts are snatches, cleans, and reverse grip cleans. Quick lifts can be done with a squat style or a power style as illustrated in the "Rack" photo. The power clean is the most popular quick lift and since our BFS standards are based on this lift, it is the quick lift we recommend.

The Power Clean develops explosiveness and aggressiveness. Every muscle is brought into play and when done correctly every muscle will be fired in proper sequence in executing a maximum summation of force. Some believe the Power Clean is a very dangerous lift. It is not if correct



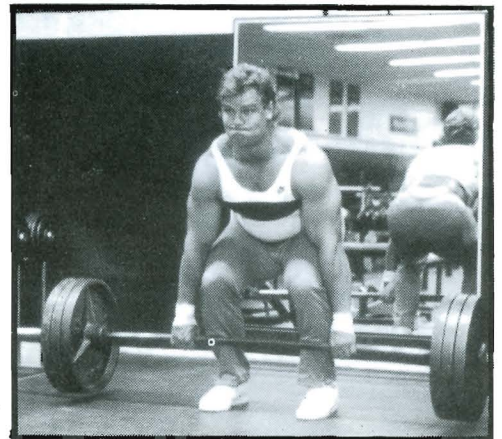
Erect Position: Hips shoot forward, contact is made with thighs, head level, arms locked, eyes straight.

technique is applied, besides the bench press is by far the most dangerous and everyone benches.

To help athletes and coaches really understand the Clean, we have a superb video Power Clean segment on our core program (see pages 12-13). Also, Bruno Pauletto, Strength Coach at Tennessee, is writing a series of articles on the Power Clean for our BFS journal. This series will continue with our January issue.

## BFS STANDARDS

Good: Bodyweight  
Varsity: 175      All-State: 235  
All-American: 300      Elite: 350



Beginning Pull: Head level, eyes straight, don't jerk, pull bar straight up, lock back and arms.



Final Pull: Arms locked, shoulder shrug, bar moves straight up, explode to toes.



The Finish: Stand erect, elbows up and straight out, bar on deltoids, bar back on fingers.