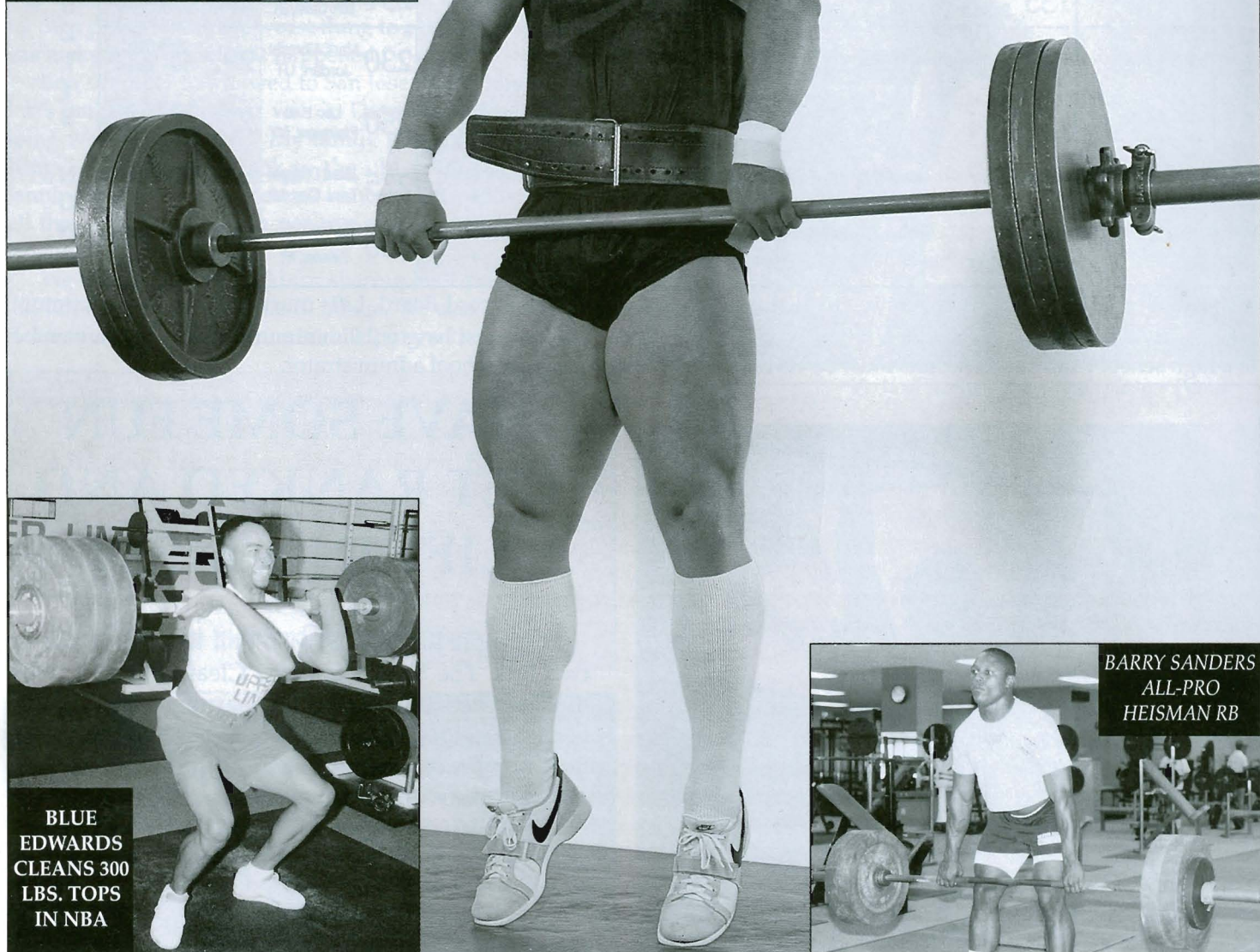
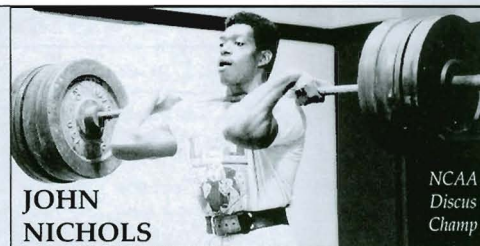
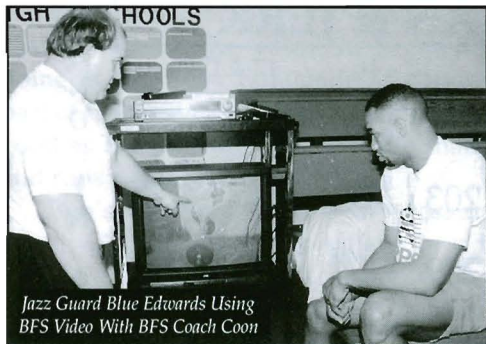


PERFECTING THE CLEAN



The Power Clean along with the Parallel Squat are the two most important lifts for an athlete. It is super as a multi-joint movement exercise. Coaches and athletes must work hard to perfect superior technique. Once accomplished, dynamic changes will occur in explosive power, speed, jumping and athletic technique. Also, before real positive effects can be realized, high school athletes should Power Clean 235 pounds with excellent form. College athletes should do 325 pounds. If the poundage can't be accomplished, usually it is because the athlete doesn't fully understand the jump phase. Let's analyze it more fully: BFS Coach Stefan Fernholm in the big photo is literally trying to jump off the ground. Look at this photo closely. Stefan has Power Cleaned 473 pounds! Here's what you do: Bring the bar off the floor under complete control. Don't jerk it. As the bar is raised, get into a ready jumping position as shown by Barry Sanders. Now, JUMP! Then, pop the feet out to an athletic position and catch the bar like Blue Edwards. Finally, stand erect with the bar resting on the shoulders, as shown by John Nichols. Also, use our Training Plates, Bumper Plates, new Clean Video and Pro-Elite bar.