

**BIGGER
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STRONGER**

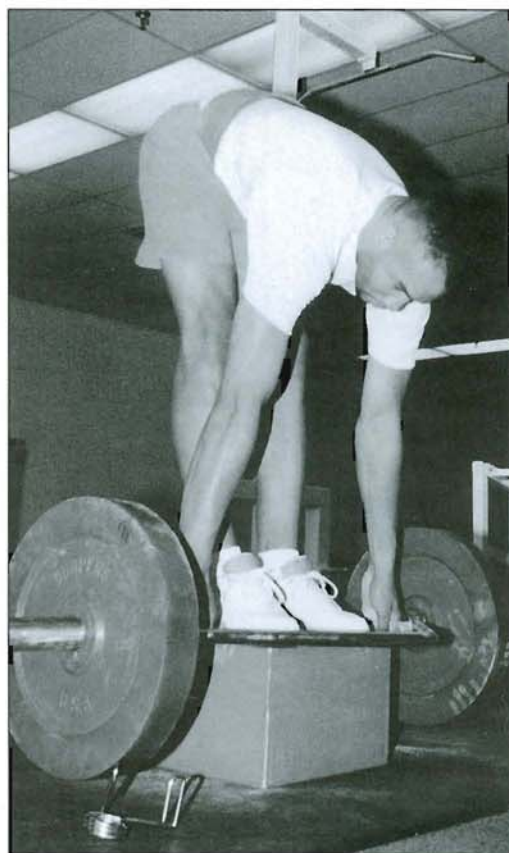
SELYE' & CLEANS

**NO
PLATEAUS
EVER!**

By Dr. Greg Shepard



The Clean and Snatch Position Are The Same



Blue Edwards Doing Straight Leg Dead Lifts

The Power Clean is a particularly exhausting exercise not only during a set but from a recovery-to-next-workout standpoint. It is crystal clear that to do heavy Power Cleans 3x per week would be counterproductive and create a quick Stage of Exhaustion problem. Now, for those who like to work light or work technique once a week, I have no objection, as I do with the Squat or Bench. However, I really like the Power Snatch as a Power Clean variation for the following reasons: First, it is different, which is consistent with Selye's theories; Second, it is less stressful on the body and wrists; Third, once learned, you can enter an Olympic meet; Fourth, it is actually a quicker movement than the Clean!

Another alternative or additional alternative to the Power Clean are Straight Leg Dead Lifts. Do them slow and controlled for two sets of ten, once or twice per week. You only need to do Power Cleans once per week, if you combine them with Power Snatches and Straight Leg Dead Lifts. Now you will keep the Stage of Resistance surging upward season after season.

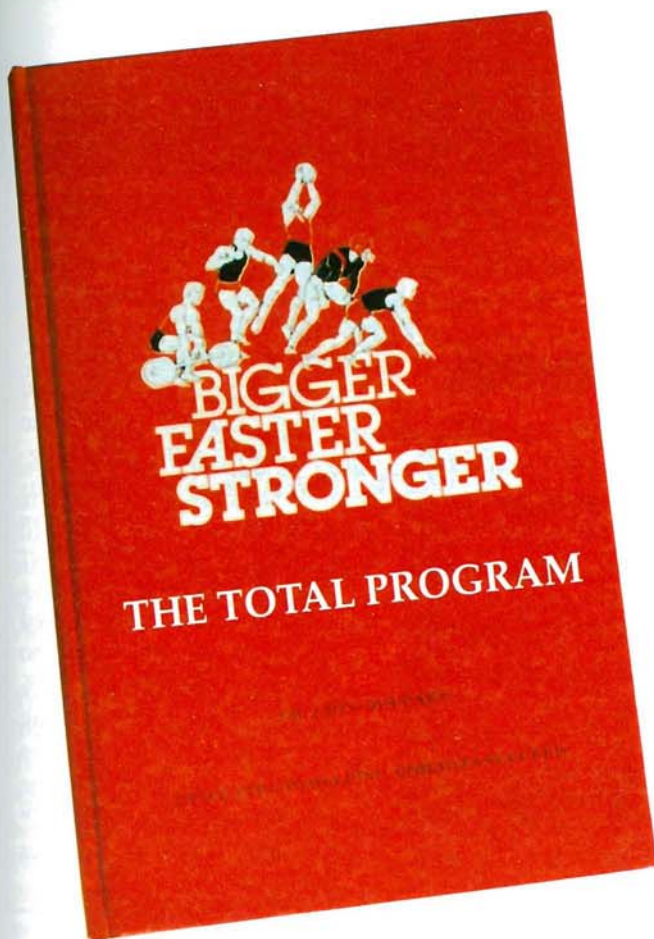


JUMP! The Snatch Is The Same Again!

Contrary to popular opinion, the Power Snatch is easy to teach once the Clean has been learned.



Stefan Has Power Snatched 350 Pounds! Start athletes with a wooden dowel, then progress to BFS Training Plates. This makes learning easy and safe. Next progress to the 25 lb. Bumpers.



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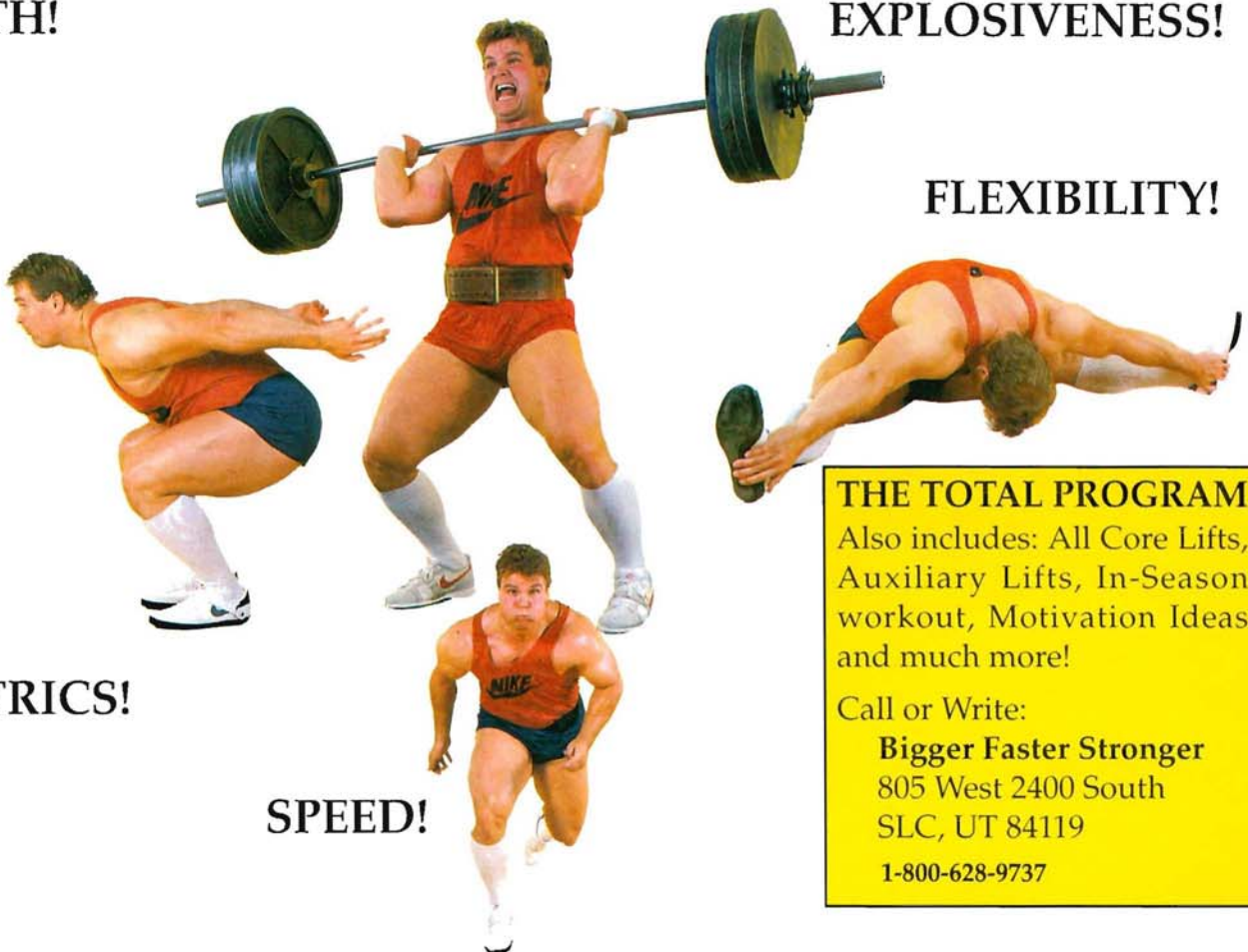
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