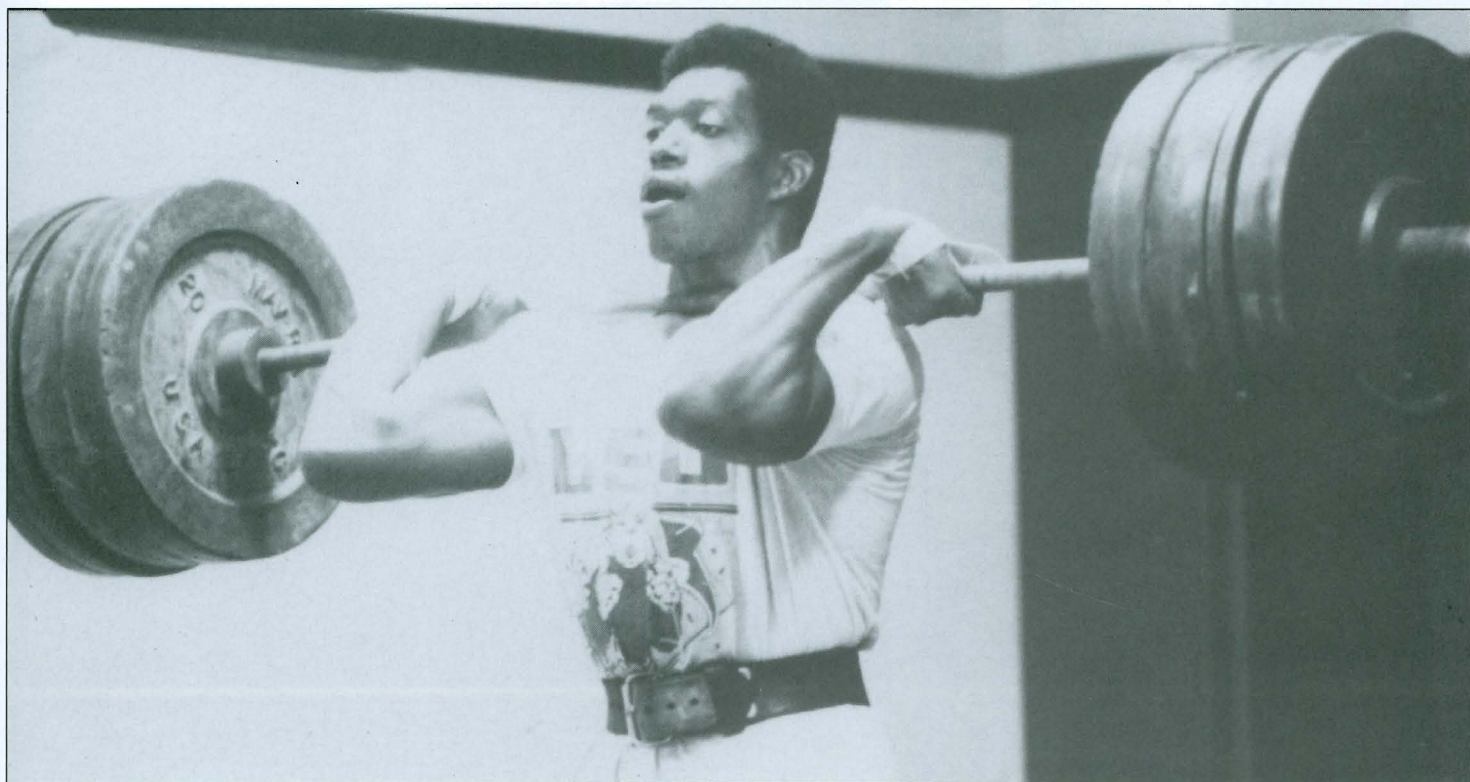
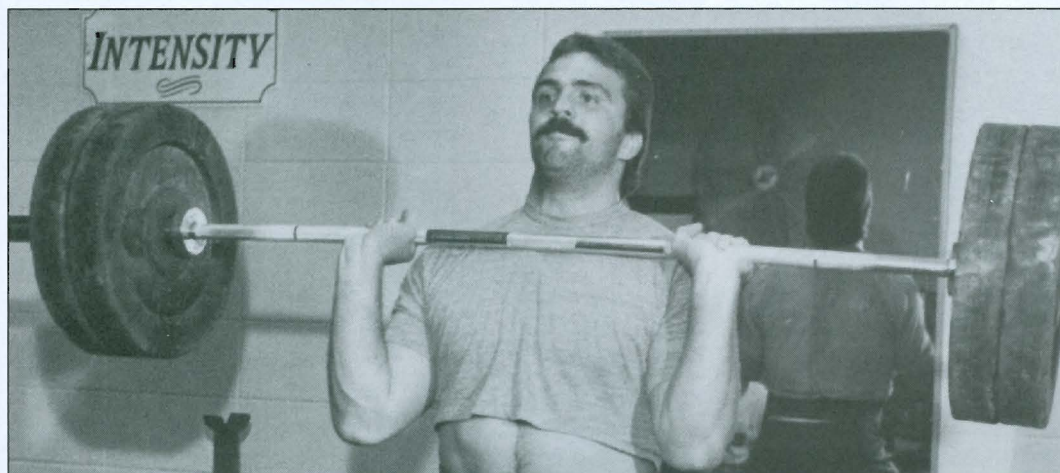
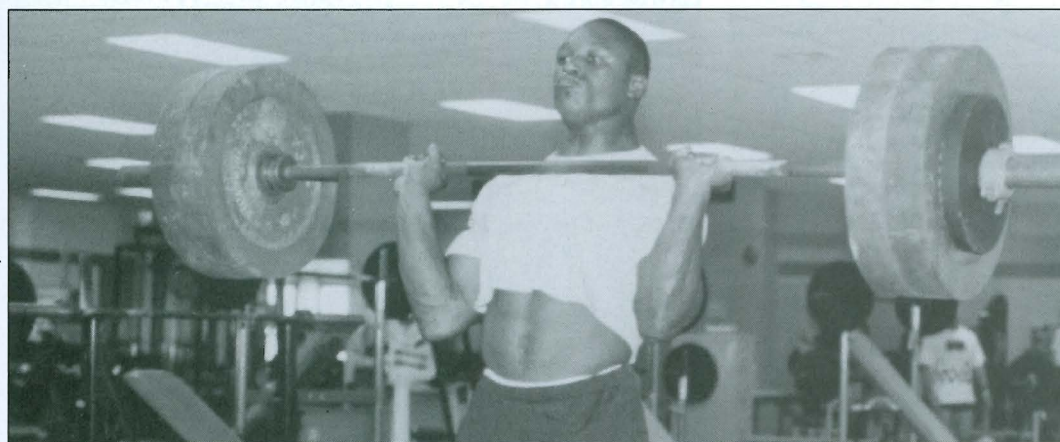


RACKING THE CLEAN



John Nicholls LSU Past NCAA Discus Champion Showing Perfect Rack Position



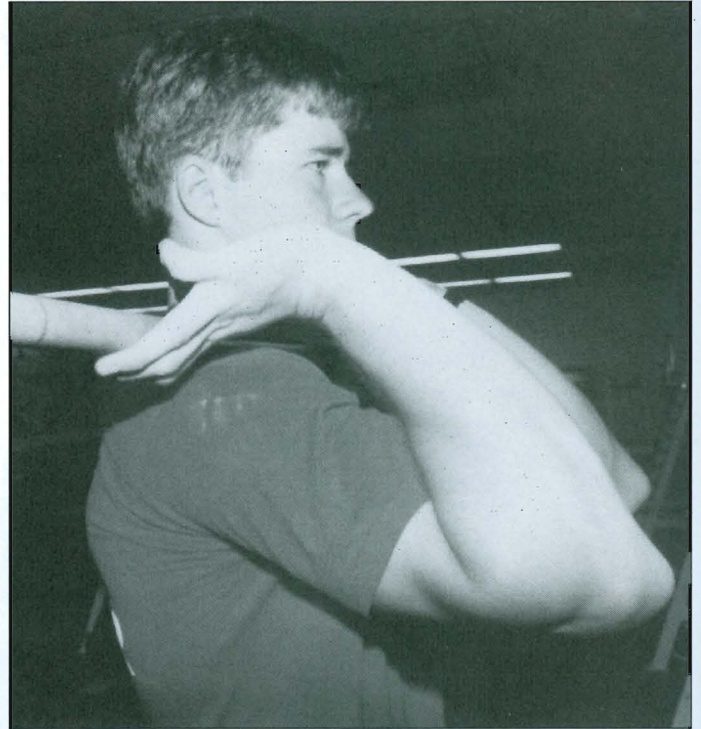
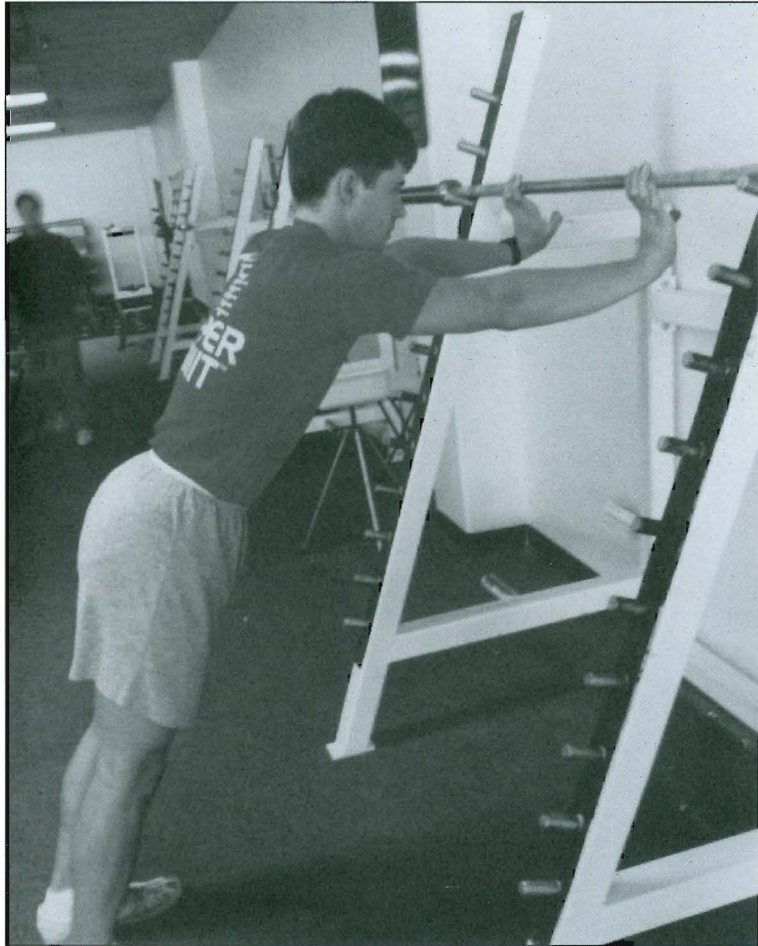
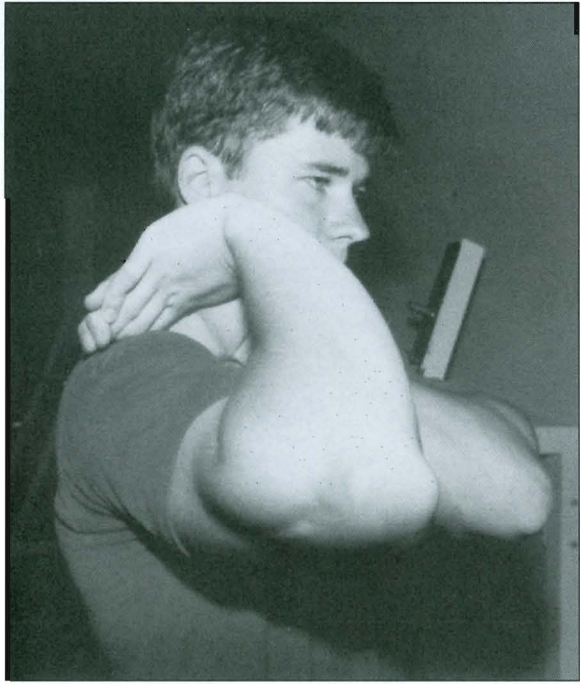
Barry Sanders: Middle / Jason Buck Outland Trophy Winner Bottom Photo

It is vitally important to rack a Clean or Power Clean correctly. The bar must be placed on the shoulders with the elbows thrusting forward and up. You should look exactly like John Nicholls as illustrated in the top photo.

The photos of Barry Sanders and Jason Buck could have been taken before the rack phase was completed. However, if an athlete stops in the position seen by Jason and Barry, then that athlete is limiting himself. You can hold a lot more weight on your shoulders than on your hands and arms.

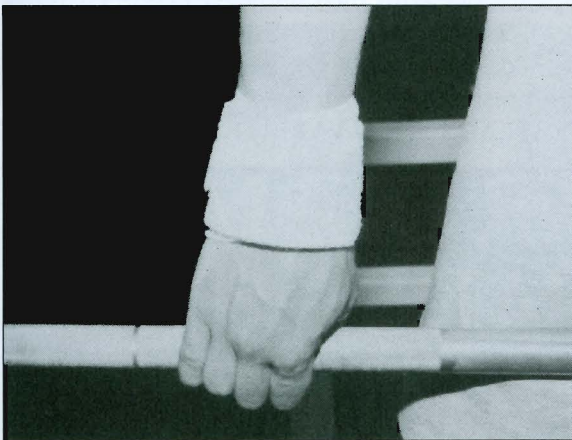
Many athletes will miss a Clean because of the elbows. They will pull the bar high enough but they'll lose it as the weight's momentum surges forward. To prevent this, the elbows must ram forward and up in an explosive movement causing the weight to rest on the shoulders.

RACKING THE CLEAN

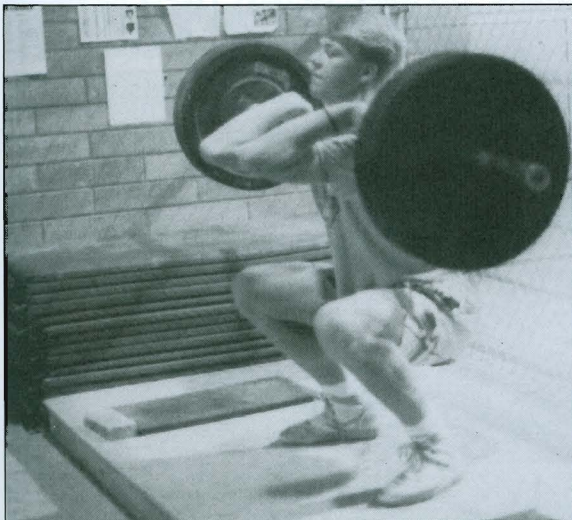


The two bottom photos on the right show the correct elbow position and how the bar rests on the shoulders. You can see the little finger is not under the bar. That's OK. The other photos illustrate three specific flexibility exercises that can be done to aid in technique and prevent wrist soreness.

POWERFULLY - SAFELY



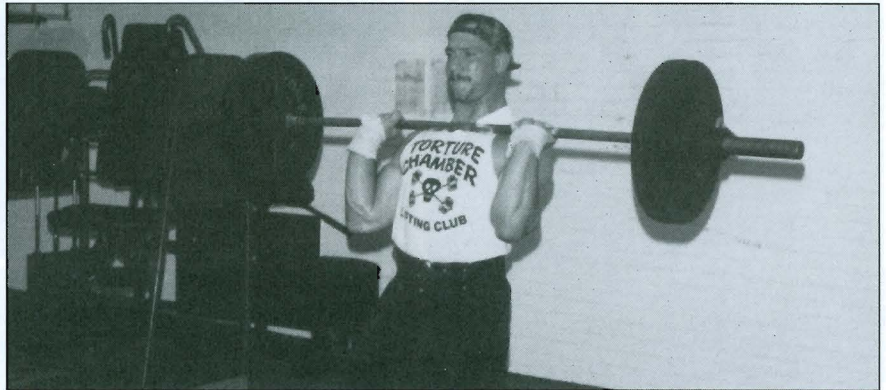
Wrist Wraps Can Be Helpful To Some Athletes With Support And Preventing Soreness.



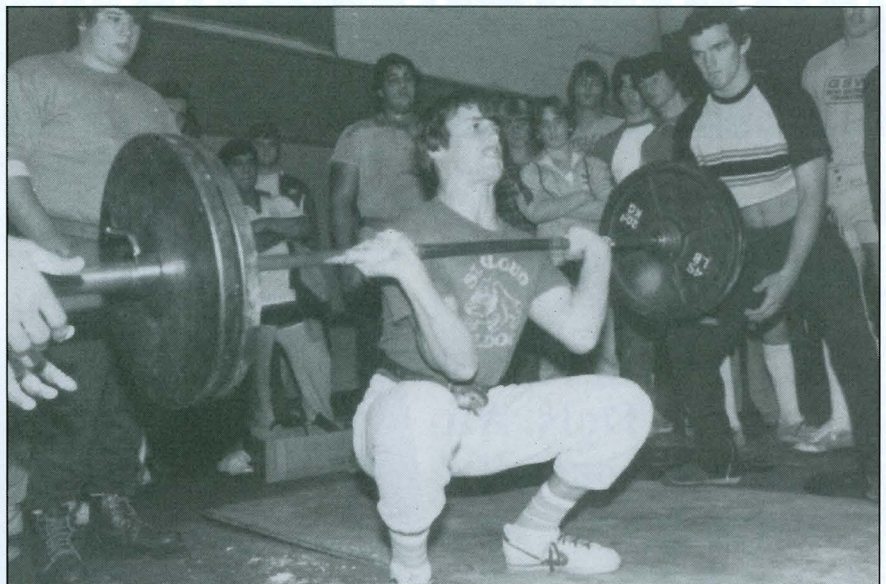
This High School Athlete Has Perfect Position With His Elbows And Bar Placement On His Shoulders.



Stefan With Elbows Up and Bar On Shoulders



Chris Spielman All-American -Ohio State LB- Detroit Lion. If Chris Stopped At This Point, It Would Be Wrong.



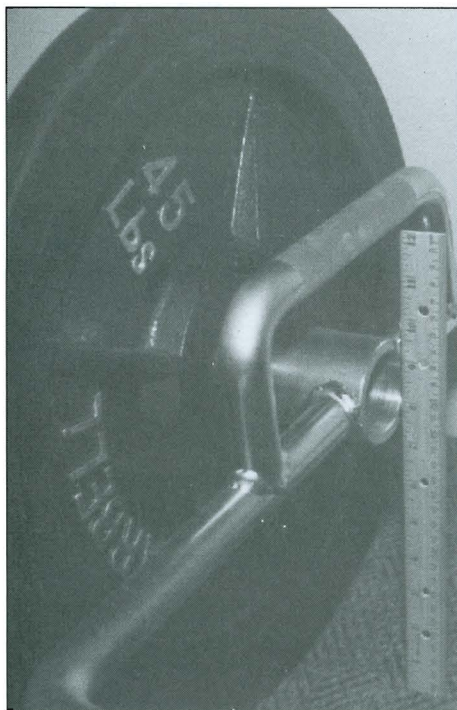
This High School Athlete Must Bring His Elbows Higher And Get The Bar Back And Up On His Shoulders.

The top right hand photo shows Stefan in a full frontal view with perfect elbow and bar placement position. Stefan Power Cleans 473. If your athletes stop in the position of Chris Spielman and try to hold it there, they would be at a disadvantage. The high school athlete pictured above is struggling to balance the weight. Because of the elbow and bar position, this athlete is fighting the forward force of the weight. The athlete on the left is in a far superior position.



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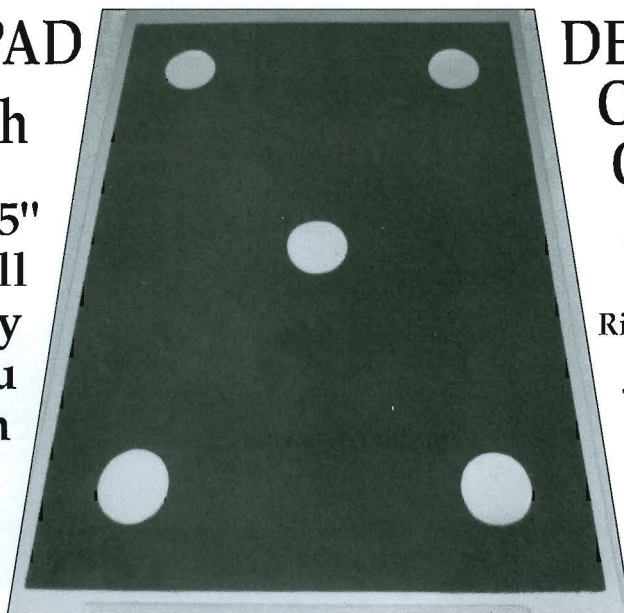
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