

The Power Clean

and the

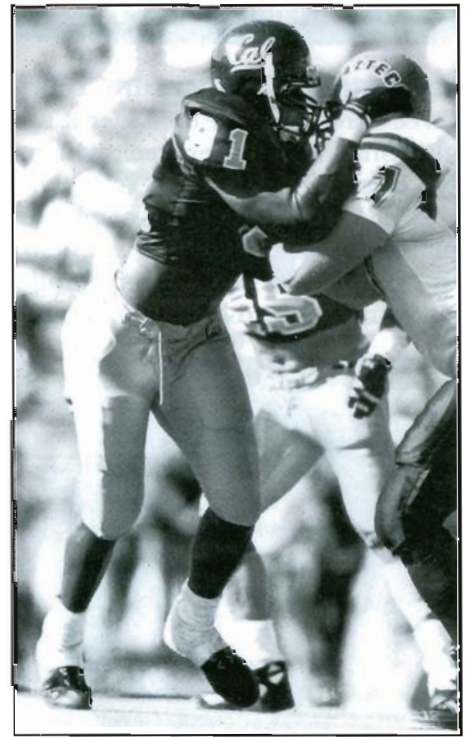
PAC 10

UNIVERSITY OF CALIFORNIA BERKELY - STRENGTH COACH

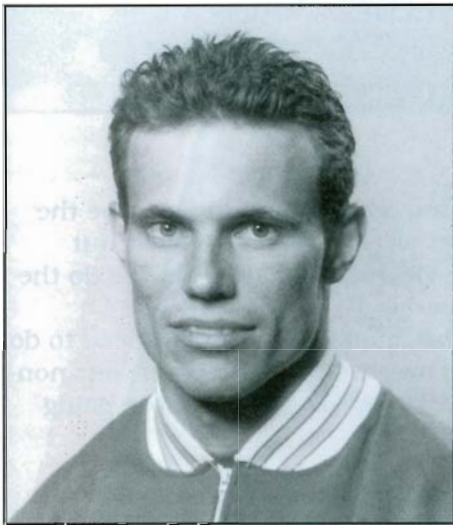
ERIC HOHN: I love the Power Clean. It's the #1 exercise. (Coach Hohn is an ex-thrower) In the off-season we'll train twice per week through variations like the Hang Pull or Snatches. However, during the season we'll only do some Hang Cleans.

We do the Power Clean because it simulates what athletes do on the field. It's for the athleticism of movement. To me, it simulates blocking and tackling movements to a certain extent.

To help athletes with tight wrists, we will stretch them in a catch position from the rack to loosen their wrists. There are no problems with the Power Clean as being a dangerous lift if it is done with proper technique.



**Regan Upshaw Power
Cleans 340**



Coach Jim Radcliffe

UNIVERSITY OF OREGON - STRENGTH COACH JIM RADCLIFFE:

The Power Clean is our #1 lift. During the off-season we will either Clean or Snatch every day. During the season we will follow the same routine, we will also Clean off the blocks. We do max out. In fact, we have 15 players cleaning over 300 pounds. The most we've had in any one year has been 18 athletes. Our highest Power Clean has been 364 pounds.

The Clean is my favorite thing. As for being able to transfer explosiveness, our kids feel their power has improved on the field. They have also noted improvement in jumping and with their starts. Anyway, that's what they tell me. They feel they are more explosive but then I've always believed that.

WASHINGTON STATE UNIVERSITY - STRENGTH COACH

ERIC FEARS: The Power Clean is a good lift to do. It's one of our top three lifts. I like it because it closely relates to the actions of football. It transfers momentum from the upper body to the lower body and vice versa. During the off-season we have two Power Clean workouts: one with the full Power Clean and the other doing a Hang Clean or other variations. In-season we Power Clean 2X per week with our non-travel squad and once per week with the travel squad.

As for being dangerous, it can be but, if you master the technique, it's safe. You can minimize the chance for injury. Any exercise can result in injury but your technique is key in injury prevention. We have 7 athletes who Power Clean over 300 and 20 more between 275 and 300 pounds.



**Anthony McClanahan
275 lb. Power Clean & a 32" V.J.**



UNIVERSITY OF WASHINGTON - STRENGTH COACH RICK HUEGLI: The Power Clean is one of our top three core lifts. We consider it a speed opportunity. We Power Clean twice per week in the off-season and also Snatch once per week which can be a warm-up type exercise. To us, it's just another speed opportunity. In-season we Hang Clean twice per week.

The Power Clean is a complete exercise for explosiveness in the hips and legs. A transfer does take place. Any exercise that will help you run faster and develop the lower body is transferable, especially with the snap of the hips. Everything we do in the weight room is an effort to make us better athletes. Yes, we go for maxes and have 15 plus athletes that can do 300 plus pounds.



Coach Rick Huegli

**Steve Emtman
1991
Outland Trophy
Winner**

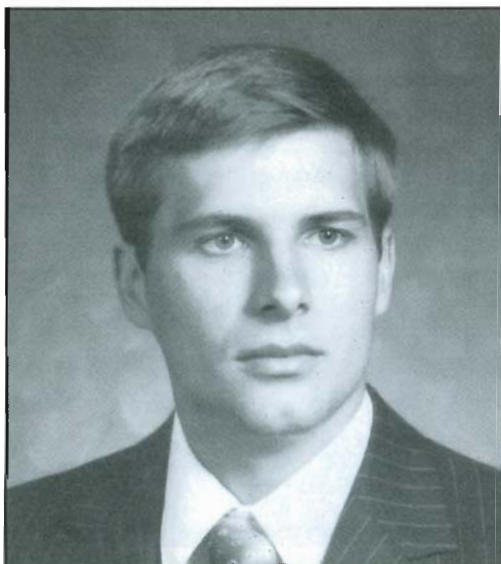
**Lombardi Award
Winner**

**Power Cleaned 347
Pounds With a Split
Style Technique**

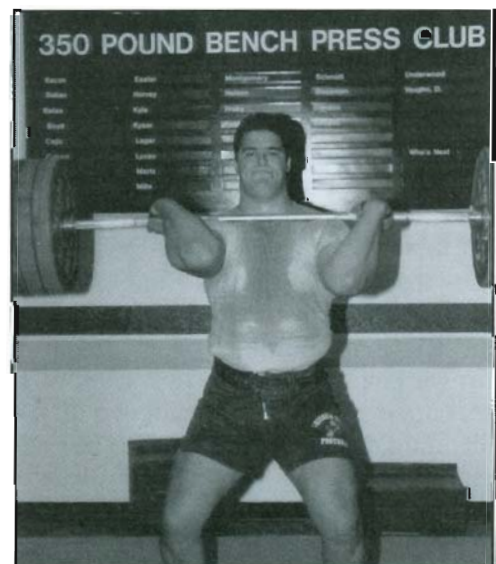


ARIZONA STATE - STRENGTH COACH TIM McCLELLAN: The Power Clean, if done properly, can be the best lift but if done poorly, it can be the worst lift. We Power Clean twice per week in the off-season but sometimes 4X per week with a power movement lift (I personally really like clean grip snatches). We do the Power Clean for explosion. It's the #1 exercise you can do, if it is done properly.

During our in-season, we do high pulls from blocks. This makes it easier on our players. We need to do this because our practices are extremely physical and we're on the verge of overtraining. However, our non-travel players clean in-season. As for going for a one rep max, we'll do it with our big guys or those going for our record board.



Coach Tim McClellan



ASU Freshman Juan Roque

(continued on page 55)



(continued from page 50)

OREGON STATE UNIVERSITY - STRENGTH

COACH ROB OVIATT: We endorse the Power Clean heavily. It is a lift that combines speed and strength. Absolute strength without speed is of no use to performance. We do Power Cleans, High Pulls, Clean Pulls from boxes, Clean and Jerks and Snatches. We are into the Olympic movements.

During the off-season we do some kind of pulling movement 4X per week. We don't feel 2X per week is enough. We lift light on some days but we always want to stress technique. During the season we will do High Pulls with our travel squad but with our non-travel squad we will train 2X per week with the full movement.

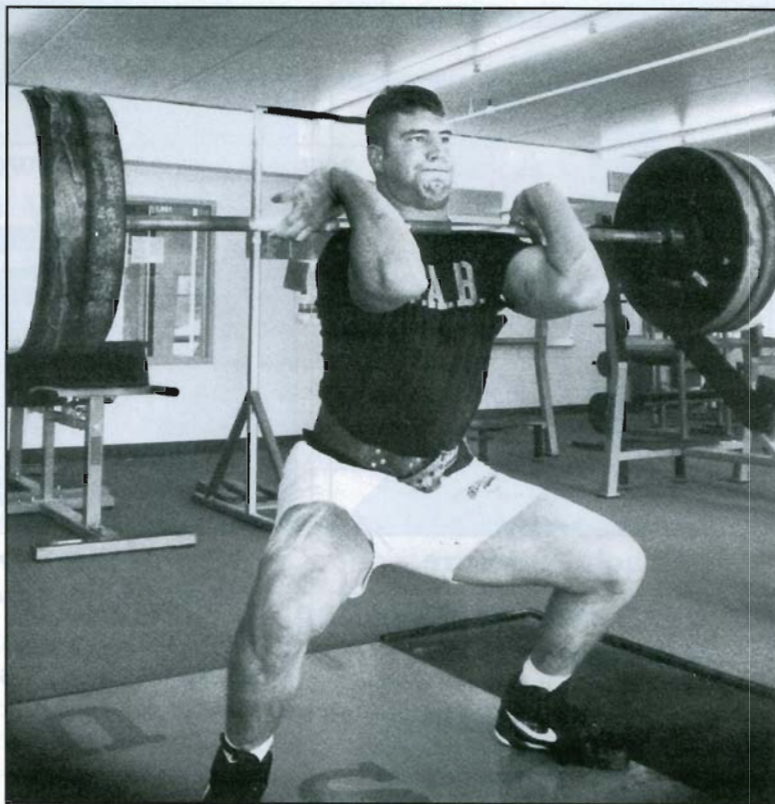


Photo: Steve Shields

**Senior Linebacker Cory Huot,
With A 300 Pound Clean!**



**1993 Outland Trophy Winner Rob Waldrop
Cleaning with Perfect Form**

UNIVERSITY OF ARIZONA - STRENGTH

COACH DAN WIRTH: The Power Clean is an excellent exercise for overall body explosiveness. I believe it to be an extremely developmental exercise. Our players learn coordination and their flexibility is improved. The Power Clean is our #1 exercise. As far as a transfer taking place from the weight room to the playing field, it does, definitely!

We max out during the summer and have 11 guys going over 300 pounds on the Clean and one player at 400 pounds. That's Mike Ciasca. He is 6-5 300 and has been involved in Olympic Lifting since the 7th grade.

Some readers may be wondering about Meg Ritchie who was Arizona's strength coach. Well, she is now at Texas Tech and when asked if the Power Clean was dangerous, she replied with an irritated tone, "Greg, there are no dangerous lifts in the weight room, only dangerous coaches and you can quote me on that."



Coach Phil Fyre

U.C.L.A. - STRENGTH COACH

PHIL FRYE: The Power Clean has its place. We do it twice per week in the off-season and we stress the correct form. We start with light dead lifts. We call it clean-dead lifts. We do it to make sure the start of the clean is great and in proper position. From there we progress to clean pulls and then to the clean with the advanced athletes.

We don't push the Power Clean. The Clean Pull is our big lift. It is one of the very top lifts you can do. Transfer of explosive power is certainly possible. During the in-season, we go very light once per week.

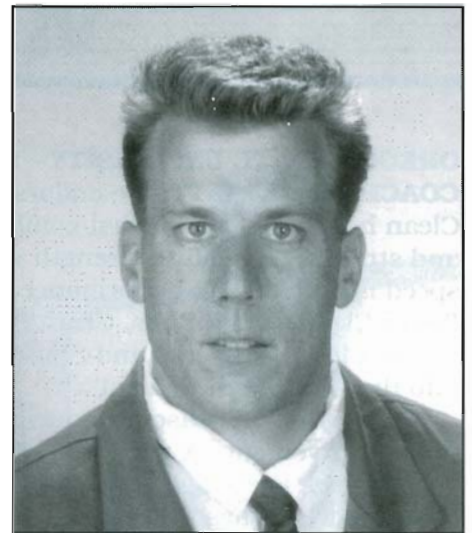


OG Jeff Buckey Doing 5 x 5 with 264 lbs.!

STANFORD UNIVERSITY-STRENGTH COACH STEVE SCHULZ:

We do the Power Clean twice per week in the off-season and during the in-season, we do the Hang Clean. We do it because of the rotary hip movement and the positive synergistic effect and control of the body. The Power Clean is definitely in the top three lifts we do if not, our #1 core lift.

With beginners we sometimes experience some strains or sore wrists but then as their technique and experience improves, there are no problems.



Coach James Strom

UNIVERSITY OF SOUTHERN CALIFORNIA - STRENGTH

COACH JAMES STROM: We Power Clean twice per week in the off-season. It is in the top three lifts that we do. I believe the Power Clean will develop total body explosiveness. It is a good way to work the hips. We don't have problems with injuries because of the Power Clean. We emphasize technique by working with lighter weights. This also creates a faster bar speed which is important.

We will max out occasionally and have ten players who Power Clean 300 or better. We don't Power Clean during the season.

Power Clean Conclusion

We at BFS believe the Power Clean is an awesome lift to do when done correctly. It is not dangerous and a transfer of explosive power can take place from the weight room to the athletic arena of competition. You should do some kind of a clean movement twice per week during the off-season and once or twice during the season. All sports, both boys and girls, grades 7-12 should do the Power Clean.

You have received both sides both pro and con. You should now have enough information after reading all the articles in this journal on which to decide if the Power Clean is for you and/or your program. If you have decided to include this in your training program or have decided to do a better job with it, you will need to be flawless on your technique.

For this reason, we have included on the next page all our

Power Clean products together. Take a close look and should you have question on anything related to the Power Clean, call us at 1-800-628-9737. In our subsequent journals, we will do in-depth articles on the technique of the Power Clean. Until then, remember to start slow off the floor and then jump as explosively straight up as hard as you can. If you do just that much, you'll be in pretty good shape. Good luck!.....□

POWER CLEAN PRODUCTS

Instructional

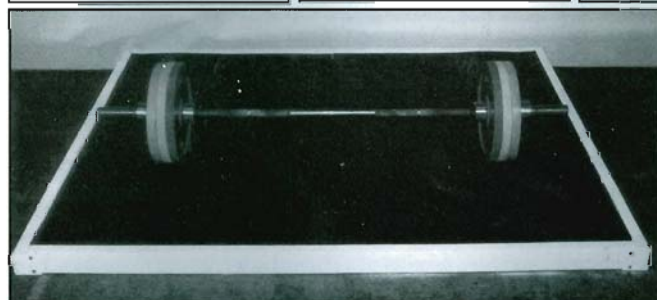
<p>Power Clean Booklet</p> <p>19 page instructional manual By Bruno Pauletto</p> <p>\$4.95</p>	<p>BFS Total Program Book</p> <p>18 pages out of 249 dedicated to the Power Clean</p> <p>\$17.95</p>	<p>Power Clean Video (57 min.)</p> <p>Slow Motion, Best Video Produced on the Power Clean</p> <p>\$29.00</p>	<p>Power Clean Poster</p> <p>Awesome full color poster of Stefan. (see pg.54)</p> <p>\$10.00</p>	<p>A BFS Clinic</p> <p>Best Way For Coaches and Athletes to Learn</p> <p>Call 1-800-628-9737 For Full Information</p>
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Aides

<p>Sure Grip Straps</p> <p>Helps with power grip on the bar with heavy weights.</p> <p>\$3.95</p>	<p>Wrist Wraps</p> <p>Helps support the wrist. Firm non-binding support.</p> <p>\$6.95</p>	<p>Chalk (Case)</p> <p>Get a dry firm grip on the bar. Helps slick wet hands hold better.</p> <p>\$12.95</p>	<p>Chalk Bin</p> <p>Keeps chalk in it's place not all over the floor.</p> <p>\$49.00</p>	<p>Power Clean Blocks</p> <p>It's a great training aide. Can be easier on the lower back.</p> <p>\$99.00pr</p>
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Equipment

 <p>Bumper Plates <i>in school colors</i></p> <table> <tr><td>10 pound</td><td>119</td></tr> <tr><td>25 pound</td><td>149</td></tr> <tr><td>35 pound</td><td>159</td></tr> <tr><td>45 pound</td><td>169</td></tr> </table>	10 pound	119	25 pound	149	35 pound	159	45 pound	169	 <p>Training Plates</p> <p>Same size as a 45 lb. plate but weighs only 5 lbs.</p> <p>\$59 per pair</p>	 <p>Bumper Plate Rack</p> <p>Each Prong holds BFS Bumper Plates.</p> <p>\$69.00</p>	 <p>Bar Rack</p> <p>Keeps Olympic bars in their place not all over the floor.</p> <p>\$69.00</p>	 <p>Pro-Elite Bar \$189 (45 lbs.)</p> <p>Ultra-Lite Bar \$69 (30 lbs.)</p> <p>Aluma-Lite Bar \$119 (15 lbs.)</p>
10 pound	119											
25 pound	149											
35 pound	159											
45 pound	169											



POWER CLEAN PLATFORMS

- 5 x 8 x 3/4".....\$99
- 6 x 8 x 3/4".....\$119

Pictured on Left

Full Size 4" High 6 x 8 Varsity Elite Platform.....\$799

- Comes complete with a steel frame and all rubber interior. 12 year warranty!

Also Available Pro-Elite 8 x 8 x 4" platform.....\$1099

With Custom color and logo design.....\$1299