

Power Cleans?

What If You Don't Do Power Cleans Or Something Similar?	Answer
Can You Win?	Yes
Can You Get Bigger Faster and Stronger?	Of Course!
Can You Win A National Football Championship?	Yes
Can You Jump Higher?	Sure
Can You Develop Athletically?	Yes
Can You Prevent Injuries?	Absolutely!
Can You Win At Any Team Sport?	Yes
Can You Win At Any Level?	Yes
Do All Of The Above Hold True For Women?	Yes
Can You Ever Reach Your Athletic Potential?	NO!

Bold Statement? Maybe. This special BFS Journal Edition is devoted to the Power Clean. Most Strength Coaches would agree with the last question listed above but some would not. Both sides will be represented as we learn more about the Power Clean?

Dr. Greg Shepard's Educational Background



Master of Science Degree University of Oregon

Major: Physical Education, Exercise Physiology

Thesis: Reaction Time

Subjects: University of Oregon Football Team

Result: Reaction Time Can Be Improved

Doctorate Brigham Young University

Major: Physical Education, Exercise Physiology

Desertation: Comparing Three Weight Programs

Subjects: High School Athletes

Result: Negative Resistance Training is
Not Good for Athletes