

Big Time Results -Sports Performance

Importance of Olympic style weight-lifting

For those of you who do not tune into the Olympics, in particular for the weight-lifting portion, here is a simple overview of “clean” technique.

The **CLEAN**

The clean is a multiple-joint movement that displays strength and power of the entire body. A bar is pulled from the floor by the lifter, caught across the chest and shoulders, and aggressively jerked overhead. In the Olympics, each athlete must show control and discipline in order to pass each attempt.

For our athletes and clients here at Big Time, we utilize variations of the clean to help increase coordination, balance, strength, power, and flexibility. Yes, I said flexibility. In order to get in the proper clean pull position, your hamstrings, hip flexors, groin, and calves need to attain a certain level of flexibility. Your hips also need to be mobile and you need to be able to control the bar in close to your body. Aside from flexibility, multiple-joint exercises burn tons of calories and develop pounds of lean body mass.

Starting position



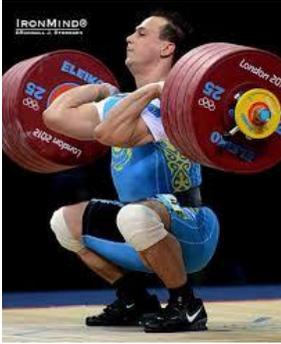
Start with the bar against the shins, arms straight, hip down, back flat, heels flat, and eyes straight ahead. Drive heels through floor and reach hips back.

Pull Position



Once bar is at knee, bring hip through aggressively, keep arms straight, back flat, chest up, eyes straight ahead. Achieve triple-extension at ankle, knee, and hip.

Catch position

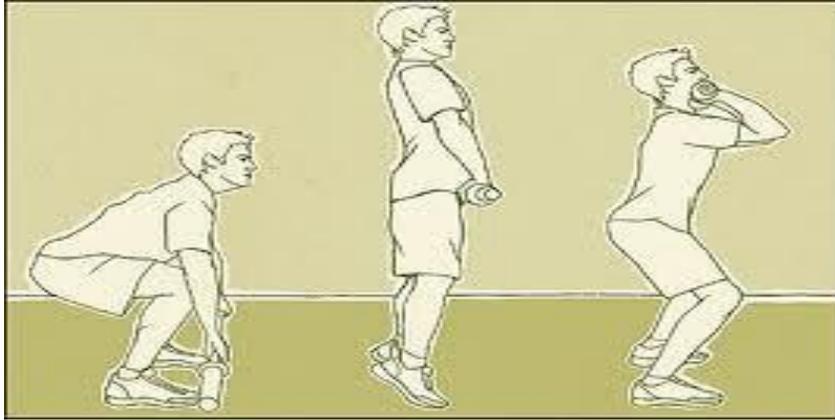


After hips are through to the bar, bends elbows and shrug shoulders to ears, drop under the bar, and catch bar across the front of shoulders.

Now, we are not preparing athletes to be Olympic weight-lifters, but we are trying to make them strong and more powerful. The amounts of weight you see above are used by lifters who have trained for decades to reach the Olympics. At Big Time Results, we always use a progressive approach and only introduce these movements once a certain level of preparedness is achieved.

Our progression:

1. Deadlift pull from mid-shin
 - Dowel/ PVC Rod
 - Unloaded Bar
 - Loaded Bar
2. Clean pull from mid-shin to hip extension
 - Dowel/PVC Rod
 - Unloaded Bar
 - Loaded Bar
3. Muscle Clean from mid-shin to catch position
 - Unloaded Bar
 - Loaded Bar
4. Clean from floor to catch position
 - Unloaded Bar
 - Loaded bar



Feel free to give this simple progression a try, but remember to start with no weight and progress slowly while always monitoring technique.