

The Power Clean

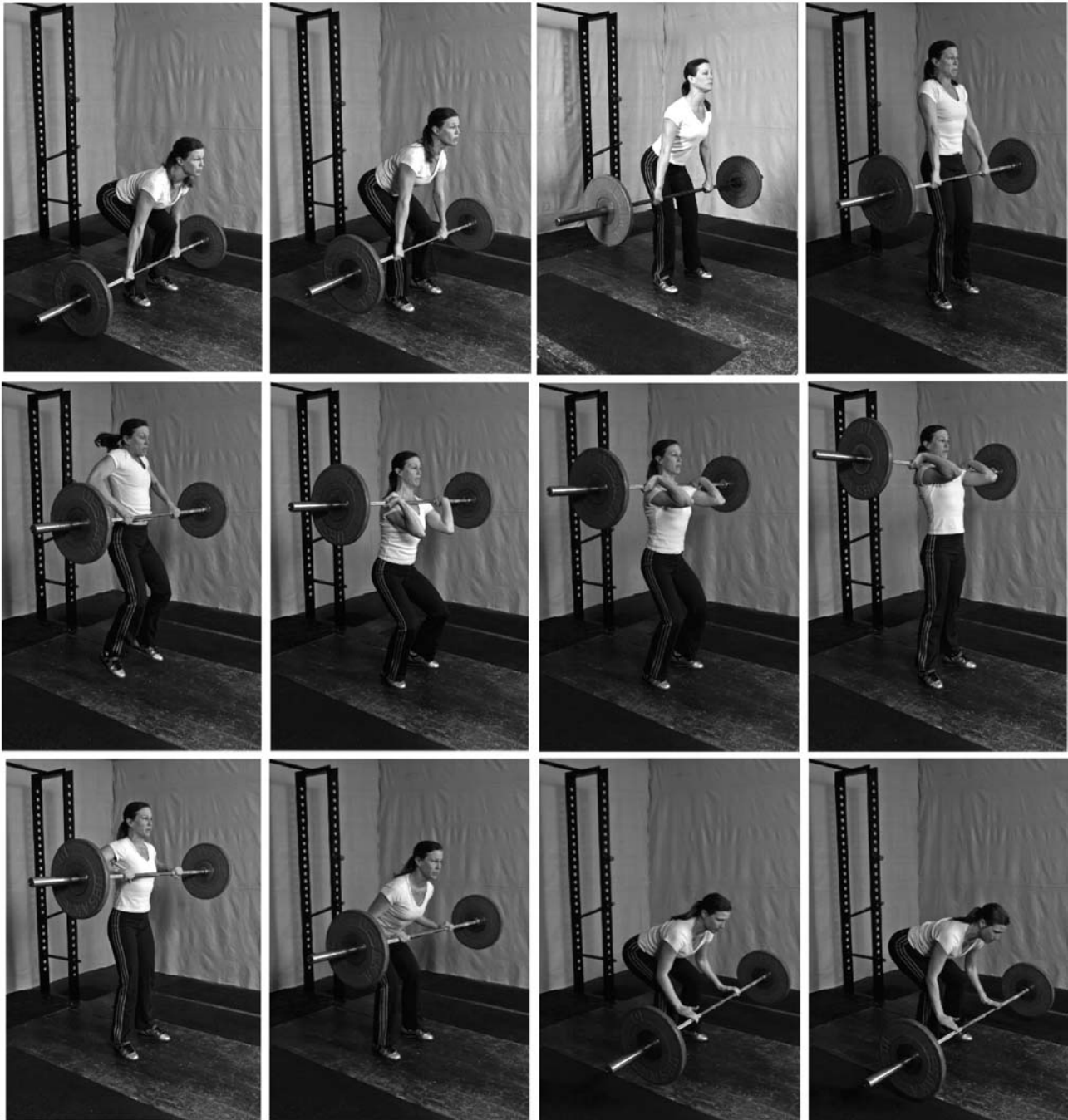


Figure 6-14. The power clean.

Correcting Problems

Olympic weightlifting coaches have spent a lot of time analyzing the clean and all its constituent elements, and even a cursory examination of this material would require more time and patience than the reader and the author combined possess. And it is not necessary for our purposes here. Most of this material applies to the full squat clean anyway, since that is the