



BARBELL POWER JERK



START POSITION – Hold a barbell on your shoulders behind your head (like a back squat). Grip the barbell slightly wider than shoulder width. Place feet directly under your hips.



DIP/DESCENT – Keeping your back tight and chest and shoulders tall, bend at the knees and sit your hips back (as if squatting) while keeping your feet flat on the floor, until you reach a $\frac{1}{4}$ squat position. Stay under control during the descent.



UPWARD DRIVE PHASE (TRIPLE EXTENSION) – From the bottom position (1/4 squat position) rapidly reverse direction and accelerate your body upward, extending your ankles, knees, and hips as if performing a vertical jump. The upward phase should be an explosive movement. As you finish the upward phase the barbell should pop vertical off of your shoulders up over your head. Movement of the barbell is not caused by pressing with the upper-body. If your leg extension is explosive during the upward phase, the barbell should easily travel up overhead.

FINISH POSITION – Catch the barbell overhead with arms fully extended. The barbell should be directly above your ears, not in front of the body or too far behind the head. As you catch the barbell, shift your feet out to shoulder width and catch the barbell with slight knee bend (1/4 squat position). Your heels will return to the floor on the catch. Do not land only on your toes. Return the barbell to the shoulders under control and reset your feet for the next repetition.