



BARBELL SQUAT JERK



START POSITION - Place barbell behind the neck, across the traps. Hold the bar with a comfortable grip. Your hands should be at least shoulder width and no farther out than the collars of the bar. Remove the bar from the rack and take 2 steps back. Position your feet slightly wider than shoulder width apart with your toes slightly turned out. Keep your back straight, abs tight, and chest inflated with air.



BOTTOM POSITION - Squat straight down keeping your feet flat, do not lean forward on the toes. Drop down to a point where the top of your thigh is parallel to the ground. In this position your hips may be slightly lower than your knees. Be sure to keep your back straight, abs tight, and chest upright.



UPWARD DRIVE PHASE (TRIPLE EXTENSION) – From the bottom position (parallel 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 the weight of the barbell is appropriate and 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. Catch the barbell with a slight knee bend. 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 for the next repetition.