

Power Clean Technique Evaluation



Position	C	P	B
Back Flat			
Shoulders over the bar			
Head neutral			
Eyes on the floor			
Bar against shins			
Feet Hip Width			
Heels on the Floor			



Position	C	P	B
Extend knees and back			
Eyes on the floor			
Feet flat on Floor			
Weight on Heels			
Bar on shins/thigh			



Position	C	P	B
Shoulders in ears, elbows to ceiling			
Eyes on the floor			
Feet flat			
Knees and back extend			
Feet side to side			



Position	C	P	B
Elbows straight ahead			
Eyes forward			
Feet move side to side			
Knees bend to catch			
Feet to hip width			