

The Hang Power Clean

By Sean Waxman CSCS

There is nothing that you can do in the gym that will develop your ability to produce power better than the Hang Power Clean. The Hang Power Clean (HPC) produces over FOUR times the amount of power than either the squat or dead lift and over NINE times the power of a bench press. If you want to add some pop to your routine, then the HPC is for you.

The How

The set up: Set the pins on the outside of the power rack slightly below waist height. Grasp the bar with an overhand grip with your hands just outside of your hips. Set your body as if you were going to squat, and take one step back.

Step one: First pull. Start the decent by SLIGHTLY unlocking your knees, pushing your hips back, and pushing your shoulders just past your toe's, as if you were going to perform a vertical jump. Once the bar reaches about mid-thigh, quickly and explosively jump straight up onto your toes (see sept. issue on the jump shrug).

Step two: Extension. Once you have reached full extension, your elbows raise up and to the side keeping the bar very close to the body as if you were performing an upright row. Not away from your body as if you were performing a reverse curl.

Step three: Receiving the bar. Now that you are fully extended you need to QUICKLY reverse your direction. As you pull yourself under the bar, three things are happening at once; you are re-bending your hips back and down, your elbows are rotating around the bar, your feet are landing about one –two inches outside of where they started.

Step four: Recovery. As you catch the bar, at about one quarter the way down, keep your elbows pointed at the wall in front of you, not the floor. Stand up, and return the bar to the starting position.

The When

The HPC can be a stand-alone exercise or a great adjunct to a light squat or dead lift day.

Base your weight choice off of what you perform your RDL's with

Exercise	Sets	Reps	Intensity
Power Clean	5	2-4	80% 1 RM

Back Squat	5	5-8	70% 1 RM
Standing Press	5	8-10	60% 1 RM

Now you have a complete body workout in less than an hour!

HPC Tips

Keeping your torso tight and in the proper alignment is vitally important. Before performing the HPC, I would suggest that you become proficient in the RDL, Good Morning, and Front Squat. Do not pull with your arms first. Let your legs and hips initiate the movement. Use your arms to pull yourself under the bar. Do not sacrifice weight for speed and technique.

Sean Waxman did his graduate work in Exercise Science with a concentration in biomechanics at Long Beach State. For the past fifteen years, Sean has developed hundreds of athletes from all sports and levels primarily, school aged and Olympic athletes.

Sean is a former U.S.A National Team Member and national medal winner with U.S.A Weightlifting. He is also a National coach and special advisor with the Nicaraguan National Weightlifting Federation. He is the owner of Pure Strength Incorporated and President of VS Training. Sean is a contributing writer and technical advisor to “Muscle and Fitness” and “MuscleMag International” magazines.

His popular monthly seminar series that focuses on different aspects of athletic development have become the “must attend” events for anyone serious about learning how to correctly and effectively coach athletes. Sean’s training methodologies and ability to make complex movement skills seem simple makes him one of the most sought after “coach of coaches” and lecturers in the country.

Find Sean on the web at www.PureStrength.com/blog