

The Hang Power Clean

By Sean Waxman CSCS

Know this...there is nothing you can do in the gym that will develop your ability to produce power better than the Hang Power Clean (HPC); having elements of an explosive jump shrug, upright row and front squat all rolled-up into one move. According to research, the HPC produces over four times as much power as the squat or deadlift and over 9 times that of the bench press. Some exercise, to say the least. And because the move is so jam-packed, it's as important as ever to make certain that you have every phase perfected to the best of your ability. The quicker it becomes second nature, the sooner you're body will start reaping the benefits in power, strength and resulting muscle growth.

The How

>> Grasp the bar with an overhand grip with your hands just outside of your hips and stand with your feet shoulder-width apart, eyes focused forward.

>> Keeping your arms straight, bend your knees and push your hips back, as if you were going to perform a vertical jump. **(Slightly bend your knees, the shoulders must be ahead of the bar. This is the #1 mistake people make)**

>> Once the bar reaches about mid-thigh, quickly and explosively shrug your shoulders to begin pulling the bar up toward the ceiling while simultaneously extending your legs and rising up onto your toes. **(Tell them to jump and shrug. The shrug is a function of the powerful lower body extension. Mention the jump first. People will understand jump and shrug)**

>> Pull the bar just above shoulder level, with your elbows high and out to your sides. **(Pull the bar to chest level)**

>> Pull your body under the bar by quickly rotating your hands and elbows under the bar, as you catch the bar with your shoulders, bending your knees to absorb the weight. **(the hips have to come back and down, as they would if you were starting a squat. This is the 2nd biggest mistake people make. Try; "as your elbows rotate around the bar, your hips travel down and back, as if you were starting a squat")**

>> Once you catch the bar, your elbows are pointing straight ahead and the bar is resting in your hands atop your shoulders.

>> After safely catching the bar, keeping your back arched and chest up, press through your heels to extend your legs to return 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.
*****SEAN, Maybe we add a deadlift to this day? Also, what else would you base the Intensity on, if not the RDL?**

Exercise	Sets	Reps	Intensity
Power Clean	5	2-4	80% 1 RM of Romanian Deadlift
Back Squat	5	5-8	70% 1 RM of Romanian Deadlift
Standing Press	5	8-10	60% 1 RM of Romanian Deadlift

HPC Tips

>> Keep the bar very close to your body as you pull it upward towards the ceiling. Doing so will make it much safer and easier to catch the bar for the second half of the move.

>> Keeping your torso tight and in the proper alignment is vitally important. Before performing the HPC, we 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.

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Author Dr. John Garhammer p.#187 Table 1 "power output during execution of selected lifts"

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