

Push Jerk

Where Do I Start?	<ol style="list-style-type: none">1. Stance: Feet Shoulder Width Apart, soft knees2. Bar racked on shoulders, hands outside shoulders, closed grip3. Elbows slightly down, in front of bar
Where Do I Go?	<ol style="list-style-type: none">1. Dip(shallow flexion of hip, knees push forward slightly, butt goes back, chest stays upright).2. Drive (extend hip rapidly and fully).3. Press and Dip (retreat the hip downward and drive the body under the bar, while rapidly pressing the bar overhead).4. Catch the bar-arms locked out, head in the hole
Where do I finish?	<ol style="list-style-type: none">1. Head back, bar down to rack position, soft knees

4 points= Great

3 points= Proficient

2 points= Needs Assistance

1 point= :(