



Explosive Training

TECHNIQUE, SPEED AND STRENGTH ARE THE KEYS TO EXPLOSIVE EXERCISES!

EXPLOSIVE TRAINING

Explosive training is used to develop the power of an athlete. Power is considered to be the combination of strength and speed. Athletes should be both strong and powerful, not one or the other. This combination will increase performance levels.

Explosive power comes from the core of your body, or your center of gravity. The muscles associated with explosive training are those in the hips and lower back. It is impossible to isolate one or more muscles groups because almost every muscle is used with the proper technique.

Technique is very important to explosive training. One must master the technique before advancing the amount of weight. Recovery time between sets is a very important consideration. Recovery time during the summer changes as it winds down: one to two minutes of rest at the beginning of summer and three minutes as the summer winds down.

EXPLOSIVE LIFTS

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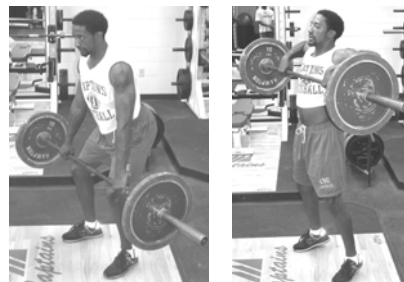
Explosive Training



[video >>>](#)

POWER SHRUG

Place the bar on the power rack or on top of the blocks. The bar should be at a height of approximately mid-thigh. Grasp the bar with an over-under alternating grip or a double overhand grip. Your hands should be slightly wider than your hips. Bend your knees just slightly and explosively shrug the bar up using your trapezius muscles and a quick punch with your legs. Maintain a strong posture throughout the lift. This exercise is excellent for developing powerful traps, and for maximizing the second pull phase of the hang clean.



[video >>>](#)

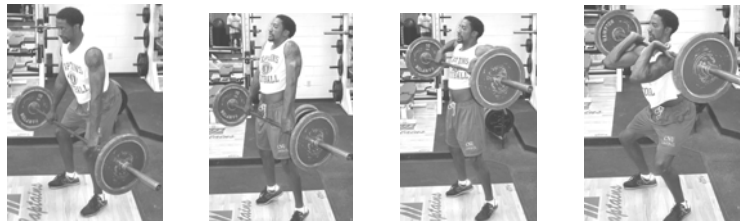
POWER PULL

The pull begins with the bar positioned at approximately knee height, with the back positioned in the same angle in which the first pull was performed. The chest should be kept up, with the shoulders over the bar, straight arms, elbows rotated out, eyes focused straight ahead, and the



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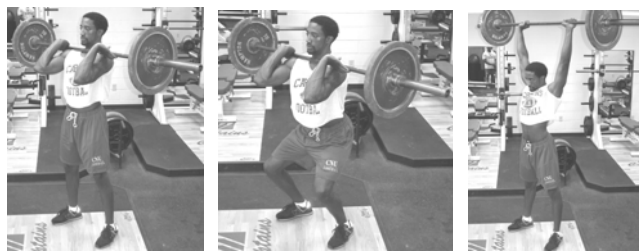
feet flat on the platform with the weight shifted back towards the heels. At this point, the lifter begins to extend the hips, while trying to keep the shoulders over the bar as long as possible. During the pull, the lifter begins to shift his/her weight forward towards the balls of the feet as he/she begins to extend the body. The body is almost upright at this point and the bar should have reached roughly the height of the upper thigh. The lifter extends the legs and hips upward, rolling onto the balls of the feet while keeping the chest high. The arms should remain long until full extension is reached with the explosive shrugging of the shoulders.



[video >>>](#)

HANG CLEAN

This exercise is a variation of the power clean. It incorporates the best part of the movement and is much easier to teach. Take the weight off the blocks about 2-1/2 feet tall or pick it up off the floor. Stand erect; feet should be shoulder width apart. Hand spacing should be directly outside the thighs, then bend the knees and let the bar dip about 5" with the shoulders over the bar. At this position, jump and shrug the shoulders hard. Keep the weight close to the body during the ascent of the bar and the elbows over the wrist during the pull. Rack the weight on the shoulders, and then repeat the movement. This is a quick and explosive movement.



[video >>>](#)

PUSH PRESS



Explosive Training

Rest the bar high on the chest, gripping the bar slightly wider than shoulder width apart. Keep your elbows in and up so that the upper arms are parallel with the floor. Your feet are shoulder width apart with a slight bend in the knees. Explode upward, pushing the bar above your head. Keep your head and chin towards the chest. Return to starting position and repeat.



[video >>>](#)
SNATCH

Grasp the bar with a wide, pronated grip. Grip width can be determined by the following method: hold the arms out to the sides and have someone measure the distance between the elbows. Measure this on the bar—this is your grip width. There may be slight variations to this determined grip in order to accommodate for individual differences and comfort. Place the feet under the bar, hip width apart with toes slightly turned outward. Stand upright with arms extended and elbows rotated out. Bend over at the hips until the bar reaches mid thigh. From this position, extend the body upward in an explosive manner by extending the hips, shrugging the shoulders, and rising onto the balls of the feet. This explosive movement should be performed, such that for a split second, the bar is “suspended” in mid-air. It is at this time that the lifter begins to bend the knees and dip the body under the bar. The bar is then “caught” at arms’ length overhead. From this position, the lifter extends the knees and stands erect, then lowers the bar to the starting position for subsequent repetitions.

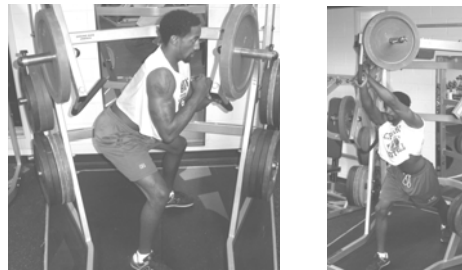


[video >>>](#)
SPLIT JERK



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Rest the bar high on the chest, gripping the bar slightly wider than shoulder width apart. Keep your elbows in and up so that the upper arms are parallel with the floor. Your feet are shoulder width apart with a slight bend in the knees. As you explode upward, push the bar above your head and split your legs with a small jump. Keep your head and chin towards the chest. Return to starting position and repeat.



[video >>>](#)

JAMMER ROTATION

Step into the Hammer Strength Jammer machine and turn so your left side is facing out. Your feet should be about shoulder width apart, knees slightly bent, and your hands should be positioned on the handle so that your right hand is the bottom. Your back should be flat or slightly arched and your head should be facing your left shoulder. Take a slight step forward and thrust the weight up until your arm is fully extended. Your hips and right leg should rotate and be facing forward at the conclusion of the upward movement. Slowly return to the starting position. Switch sides.



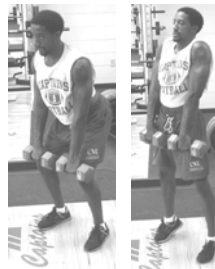
[video >>>](#)

JAMMER EXTENSION

Step into the Jammer machine facing outward. Grasp the handles and bend down until your shoulders are behind your hands. Your feet should be about shoulder width apart. Slightly rock back and explode with your body pushing the weight forward and backward.



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DUMBBELL SHRUG

Grasp two dumbbells with a pronated grip. The dumbbells should be at a height of approximately mid-thigh. Bend your knees just slightly and explosively shrug the dumbbells using your trapezius muscles and a quick punch with your legs. Maintain a strong posture throughout the lift. This exercise is excellent for developing powerful traps, and for maximizing the second pull phase of the hang clean.



[video >>>](#)

DUMBBELL POWER PULL

The pull begins with the dumbbells positioned at approximately knee height, with the back positioned in the same angle in which the first pull was performed. The chest should be kept up, with the shoulders over the dumbbells, straight arms, elbows rotated out, eyes focused straight ahead, and the feet flat on the platform with the weight shifted back towards the heels. At this point, the lifter begins to extend the hips, while trying to keep the shoulders over the dumbbells as long as possible. During the pull, the lifter begins to shift his/her weight forward towards the balls of the feet as he/she begins to extend the body. The body is almost upright at this point and the dumbbells should have reached roughly the height of the upper thigh. The lifter extends the legs and hips upward, rolling onto the balls of the feet while keeping the chest high. The arms should remain long until full extension is reached with the explosive shrugging of the shoulders.



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DUMBBELL PUSH PRESS

Rest the dumbbells high on the chest, gripping the bar slightly wider than shoulder width apart. Keep your elbows in and up so that the upper arms are parallel with the floor. Your feet are shoulder width apart with a slight bend in the knees. Explode upward, pushing the dumbbells above your head, keeping them in line with each other. Keep your head and chin towards the chest. Return to starting position and repeat.



[video >>>](#)

DUMBBELL HANG CLEAN

Stand erect; feet should be shoulder width apart. Grasp the dumbbells with a pronated grip. Hand spacing should be directly outside the thighs, then bend the knees and let the dumbbells dip about 5" with the shoulders over the dumbbells. At this position, jump and shrug the shoulders hard. Keep the weight close to the body during the ascent of the dumbbells and the elbows over the wrist during the pull. Rack the weight on the shoulders, and then repeat the movement. This is a quick and explosive movement.



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[video >>>](#)

DUMBBELL SNATCH

Grasp the dumbbells with a pronated grip. Place the feet under the dumbbells, hip width apart with toes slightly turned outward. Stand upright with arms extended and elbows rotated out. Bend over at the hips until the dumbbells reach mid thigh. From this position, extend the body upward in an explosive manner by extending the hips, shrugging the shoulders, and rising onto the balls of the feet. This explosive movement should be performed, such that for a split second, the dumbbells are “suspended” in mid-air. It is at this time that the lifter begins to bend the knees and dip the body under the dumbbells. The dumbbells are then “caught” at arms’ length overhead. From this position, the lifter extends the knees and stands erect, then lowers the dumbbells to the starting position for subsequent repetitions.



[video >>>](#)

DUMBBELL TWIST

Grasp a dumbbell with both hands and place it outside of your right hip. Your knees should be slightly bent and about shoulder width apart. Take a slight step and thrust the weight up and across your body. At this point, the dumbbell should be above your left shoulder. Your hips and right leg should rotate and be facing left at the conclusion of the lift. Switch sides.



[video >>>](#)

1 ARM 1 LEG SNATCH



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[video >>>](#)

DB SNATCH WITH TWIST

Hold dumb bell with pronated grip. Place feet shoulder width apart with feet turned slightly out. Squat down and place the dumb bell between your feet. Start motion by exploding from the floor. Extend your legs and hips, shrug your shoulders, bend your elbow and go onto balls of your feet. As you leave your feet perform a quarter-turn in the direction of the arm you are holding the dumb bell in, i.e. if you are holding weight in right arm, turn right and vice versa. In addition, as you turning the dumb bells should reach the point where they are “suspended”. Drop under the weight by bending your knees and pushing back your hips into a squatted position. Land firmly on your feet with your body weight in your heels, “catching” the weight above your head with arm extended. From this position, the lifter extends the knees and stands erect, then lowers the dumbbells to the starting position for subsequent repetitions.



[video >>>](#)

Explosive Lateral Raises

Hold a dumb bell in each hand at your sides. Keep chest out, head up, and knees slightly bent. Start your explosive motion back extending the knees and hips, shrugging your shoulders and raising onto the balls of your feet. As you are coming off the ground, bring your arms away from your sides with arms straight. Bend your knees and drop under the weight as you raise your arms directly out to your side. Lower the weights and stand erect then return to starting position for more reps.



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Split Snatch

Grasp the bar with a wide, pronated grip. Grip width can be determined by the following method: hold the arms out to the sides and have someone measure the distance between the elbows. Measure this on the bar—this is your grip width. There may be slight variations to this determined grip in order to accommodate for individual differences and comfort. Place the feet under the bar, hip width apart with toes slightly turned outward. Stand upright with arms extended and elbows rotated out. Bend over at the hips until the bar reaches mid thigh. From this position, extend the body upward in an explosive manner by extending the hips, shrugging the shoulders, and rising onto the balls of the feet. This explosive movement should be performed, such that for a split second, the bar is “suspended” in mid-air. It is at this time that the lifter splits their legs so that they bend their knees and catch the bar at arms length over head. From this position, the lifter steps forward one step with the back leg, steps back one step with the front leg, stands erect, and then lowers the bar to the starting position for subsequent repetitions. **Note:** It makes no difference what leg you put forward and which one you put back, you can always put the same foot forward. Do what makes you feel most comfortable.



[video >>>](#)
Split Hang Clean

This lift is done very similarly to the hang clean with the exception of the foot placement at the end of the lift. Once you have started your explosive movement and leave your feet, split your legs, allowing the knees to bend so that you can “catch” the weight. Come out of the lift just like with a split snatch, step forward, then back, stand erect, then bring the weight down. **Note:** It makes no difference what leg you put forward and which one you put back, you can always put the same foot forward. Do what makes you feel most comfortable.



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Dead Lift Hang Clean

Start with the bar on the platform with rubber plates. Place feet shoulder width and hold onto the bar with a pronated grip. Bend your knees and drop your butt down. Lift the bar from the floor by extending your legs and then extending your hips. Make sure you keep your head up, chest out and back flat. Lift the weight with your legs, not your back. Once you have completed the dead lift, perform a hang clean using good/safe posture and technique. Description of a hang clean is located in an earlier portion of this tutorial. Do not confuse this lift with a power clean. A power clean is one fluid motion to perform a hang clean from the floor. With this exercise you separate the movements; 1st you perform a dead lift and then you perform a hang clean.