

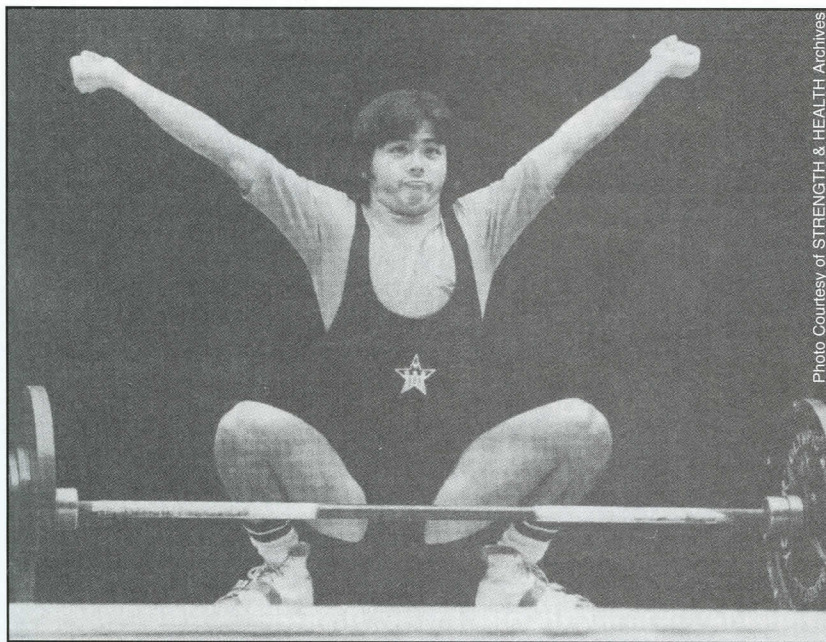


Photo Courtesy of STRENGTH & HEALTH Archives

Nice snatch technique, but next time, don't forget the weight!

sult an Olympiclifting coach, athlete or expert and/or study several of the Olympiclifting style books, technique magazines or manuals.

However the premise of the lift is an acceleration of the bar using the big powerful muscles of your gluteus, low back and hips to start/accelerate the bar up. The idea is to impart enough upward force with your butt, flat back and hips that the arms are mere hooks or rods to transmit and channel force to the bar, at least as the bar accelerates to mid-to-upper thigh position. Of course, at this point your body should resemble full extension where your arms are still straight and are shrugged to the top and your back has fully extended and you are even up on your toes.

As you learn the move, at this point the arms and upper body flip the bar into a power snatch position with just enough knee bend to catch the bar at arms length. Or, your arms actually assist to pull yourself under the

how the lumbar vertebrae are aligned/positioned on top of the pelvis/sacrum. (American coaches just look for anyone who is remotely interested!)

In the snatch though, lifters go into very deep squat positions to lift the heaviest weights they can. If the mechanical structure of the athlete can not assume these positions, no matter how strong their muscles might be, the athlete will perform sub par.

Muscular strength is the easiest commodity to develop, but explosive power, technique and tissue flexibility is not.

To learn the details of how to do a snatch you must con-



Photo Courtesy Gea Johnson

It's time for the "Nothing feels as good as a snatch" joke photo. No joke, this delectable muscle babe is former *PLANET MUSCLE* Garden of Eden cover girl Gea Johnson. A champion track athlete, Gea has snatched about 200 lbs. and clean and jerked 253 lbs. Joe Weider "snatched" up Gea to a promotional contract where she appears for Sam's Clubs and Wal-Marts around the country. That was a good lift!



Photo By Bruce Talbott