



HERE FOR YOU

How to clean a barbell in a group class



- Stand over the barbell, feet hip-width apart. Engage the core and keep your spine neutral
- Squat down and lift the bar to standing.
- Keep the knees slightly bent, and allow the bar to rest against the front of the thighs.



- Begin by driving the hips up and forward. Use the power of your hips and well as your upper body to forcefully and quickly shrug barbell up and in a front rack position.

