

Snatch Mechanics Progression ✓

Floor

- Push Through Full Foot
- Hips and chest rise at same rate
- Knees come back as you push through the floor

Knee

- Knees move back so shins are vertical
- Knees move out of the way, NOT bar around knees
- AFTER bar has passed knees torsoe begins to move upright

Hip

- Shoulder stay over (NOT behind) bar until bar is in the hip
- Bar in hip, shoulders over bar, full foot on ground
- Ready to finish and catch!

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