Title: Barbell Clean and Press / Jerk / Overhead Press

Primary Muscle Groups: Shoulders

Secondary Muscle Groups: Calves, Glutes &amp; Hip Flexors, Hamstrings, Lower Back, Quadriceps

Summary: <ol>

<li class="p1">Shoulder-width stance. Tight core and flat back. Bend at the knees and hips. Lower yourself. Arms fully extended. Chest up and gaze straight ahead.</li>

<li class="p1">Bring knees in and shoulders up. Drive hips forward. Keep the bar close to your body. Forcefully exhale and perform a full extension of the knees and hips.</li>

<li class="p1">Use the momentum to bring elbows high. Rotate your elbows around and under the bar. Rack the bar across the front of your shoulders.</li>

<li class="p1">Press the barbell above your head. Lower the bar.</li>

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