Title: Barbell Snatch

Primary Muscle Groups: Glutes &amp; Hip Flexors, Quadriceps

Secondary Muscle Groups: Abs, Biceps, Chest, Hamstrings, Shoulders, Triceps

Summary: <ul>

<li>With your feet shoulder-width apart, bend down from the knees, driving the hips back and keep your back flat.</li>

<li>Grab a barbell with an overhand grip that is shoulder width apart.</li>

<li>Push off the floor while simultaneously lifting the barbell upward, keeping it close to your body.</li>

<li>Explosively, pull the barbell up and push it above your head as you allow your hips to dip back towards the ground.</li>

<li>Stand up to finish the movement.</li>

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