

LSTC Exercise of the month

Hang Clean

This exercise is perfect for those looking to lose weight, tone up, build strength or improve athletic power.

It will use all the major muscle groups in the body and will increase your heart rate and burn lots of calories.

Equipment needed:

Straight bar or Olympic bar.

Weight plates

Collars



Exercise technique:

Start with the bar in your hands with palms facing your body, feet shoulder width apart and pointing forwards.

Bend your knees to a half squat position, drive up with the legs and at the same time raise the elbows to the side, lifting the bar towards your chin (always keep the bar close to your body)

As you get to the highest point of the bar, bend your knees to get your chest below the bar and rotate your hands around the bar so that your elbows are pointing forwards.

To finish, stand up straight, then relax, bring bar back down to starting position and go again.



Sets and Reps Ranges

Reps

15 – 20 = Endurance and toning

10 – 12 = Muscle Size

6 – 8 = Strength

4 – 6 = Max Strength/Power

Sets

1 – 2

2 – 3

3 – 4

3 – 5