

One Sided Hang Clean



- Holding a weight, a dumbbell is best, in one hand in front of your thigh, stand with your knees about shoulder width apart
- Bend your knees as you dip downward in a partial squat, raising the weight to about shoulder height, tucking your elbows under your wrists. This is a fluid motion, with both actions happening at the same time
- Once the weight is at shoulder height, and while keeping your elbow under the weight to support it, push it to the ceiling by extending your elbows
- Return to the start position by reversing the movement
- Throughout the motion keep your knees slightly bent with your thigh muscles engaged. Also keep your abdominal muscles tight while preventing your back from arching. This will protect your back from injury
- Repeat the desired number of repetitions on the other side

- To get the most out of your workout, try to find a weight/resistance level that allows you to do 1-3 sets of 8-12 repetitions on each side

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
