



Movement Technique Primer: Barbell Hang Clean

Complete 1 round of this circuit before your workout to practice and solidify the separate movement components of the Barbell Hang Clean.

Empty-Bar RDL x 10 reps



Empty-Bar RDL + Extension x 5 reps



Empty-Bar Hang High Pull x 5 reps



Empty-Bar Hang Clean x 5 reps

