EXERCISES OF THE MONTH

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— Basic —

4-Way Neck Machine

Starting Position
- Sit on the seat and rest the forehead on machine padding.
- Move forward toward the padding to take up any slack in the machine's cable system.
- Head and neck should be upright.
- Grasp hand supports and stabilize the body so that only the neck moves during the exercise.

The Exercise
- Apply forward and downward force to the padding.
- Attempt to move the chin to the chest.
- Do not move the upper body during this exercise.
- Upon complete flexion, slowly return to starting position and repeat.
- Avoid fast movements.

Muscles Used
Neck flexors.

Variations
Change sitting position so that the padding is at the back of the head for neck extension, or to the sides for lateral work.

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Advanced

Drop Snatch

Starting Position
- Lift the barbell from a squat rack as in squatting.
- Use a snatch-width pronated grip.
- Alternatively, power snatch the barbell to arm's length and lower to the trapezius muscles.
- Feet should be in the normal pulling position, approximately shoulder-width apart.
- Place elbows directly under barbell.

The Exercise
- With torso erect, bend knees and ankles slightly, then rapidly extend upward.
- As barbell leaves upper back, straighten the arms while simultaneously moving the feet into a squatting position (previously determined through overhead squats).
- Drop into a squat position while constantly pressing upward with the arms.
- When barbell is locked on straight arms overhead, and the lowest squat has been achieved, recover to the standing position by doing an overhead squat.
- Continue to push upward with the arms.
- Lower barbell slowly to the starting position and repeat.
- Spotters on each side of barbell should help lower the bar to the starting position.

Muscles Used
Multijoint exercise for lower body, torso, and upper body. This is a good balance builder for the squat snatch.

Note
The drop snatch is a dynamic exercise that must be learned if the athlete intends to perform the squat snatch. It can be used as a variety movement to develop balance. The drop snatch should only be undertaken after one has become accustomed to the bottom squat position by performing overhead squats.

Teaching the athlete to constantly push up on the bar has safety benefits. If the barbell gets outside the area of balance and the arms are straight, the bar will always fall away from the lifter. Athletes should never attempt to save an errant lift. Let the barbell fall to the platform.