Back Extension & Snatch Pull

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Basic

- Back Extension

Starting Position
- Lie face down on back extension apparatus.
- Position legs so that knees are level with hips.
- Place pads in contact with hips and back of ankles.
- Flex torso forward to form a 90° angle at the hip.
- Place hands on each side of head or crossed at the chest.

The Exercise
- Raise the trunk slowly until torso is parallel with floor.
- Do not hyperextend the spine at end of movement.
- Lower torso under control to starting position and repeat.

Muscles Used
Spinal erectors.

Variations
Weight can be held behind head or on the chest.
**Snatch Pull**

**Starting Position**
- Assume normal starting position for a power snatch.
- Place feet flat and about hip-width apart.
- Grasp the bar in a pronated, snatch-width grip.
- Hook grip or pulling straps are recommended.
- Make sure the back is flat throughout the lift.

**The Exercise**
- Raise bar from floor by extending knees, maintaining a constant torso angle relative to floor.
- Keep barbell close to body with arms fully extended.
- Keep shoulders in front of bar as long as possible.
- After bar passes knees, flex knees and ankles slightly so that bar makes light contact with mid- to upper thighs.
- With a powerful jumping action, do a triple extension of ankles, knees, and hips.
- Contract the trapezius muscles of upper back, raising bar to approximately belt height.
- Absorb the initial descent of bar and slowly lower to starting position and repeat.

**Muscles Used**
Extensors of legs and back.

**Variations**
The exercise may be performed with an arm flexion at the top of the pull (after the jump and trapezius contraction phase). Lift may be performed from the "hang" or with barbell elevated on blocks or in a power rack.