**Bent-Over Row**

**Starting Position**
- Assume normal starting position for lifting the bar from the floor; shoulder-width stance, knees bent, back flat, arms extended.
- Grasp the bar with a closed, pronated grip, slightly wider apart than shoulder width.
- Raise the bar from the floor by extending the knees to a slightly flexed position.

**The Exercise**
- Make sure the shoulders are in front of the bar and the back is flat.
- Torso should be 10° to 30° above horizontal.

**Muscles Used**
Latissimus dorsi, posterior deltoïd, elbow flexors.

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Clean Pull

Starting Position
- Assume the normal starting position for a power clean.
- Make sure feet are flat on floor and about hip width apart.
- Grasp the bar in a pronated, shoulder-wide grip.
- Hook grip or pulling straps are recommended.
- The back should be flat throughout the lift.

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

Muscles Used
Extensors of the legs and back.

Variations
The exercise may be performed with 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.