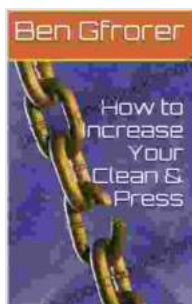


# How to Increase Your Clean Press: The Ultimate Guide

The clean press is a powerful weightlifting exercise that works the shoulders, triceps, and core. It's a great way to build muscle and strength, and it can also help you improve your athletic performance.

If you're new to the clean press, it's important to start with a light weight and focus on proper form. Once you've mastered the basics, you can gradually increase the weight and add variations to your routine.

In this guide, we'll cover everything you need to know about the clean press, including:



## How to Increase Your Clean & Press by Maurice Bloomfield

★★★★☆ 4.4 out of 5

Language : English  
File size : 274 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 8 pages  
Lending : Enabled

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- Proper form
- Grip variations
- Common mistakes

- Advanced techniques
- Programming tips

The clean press is a complex exercise, but it can be broken down into a few key steps:

1. **Start with the barbell on the floor in front of your feet.** Your feet should be hip-width apart and your toes should be pointed slightly outward.
2. **Bend down and grip the barbell with an overhand grip.** Your hands should be shoulder-width apart.
3. **Lift the barbell to your shoulders by extending your legs and hips.** Keep your core tight and your back straight.
4. **Push the barbell overhead by extending your arms.** Lock out your elbows at the top of the movement.
5. **Lower the barbell back to your shoulders and then down to the floor.** Control the weight throughout the movement.

There are a few different grip variations that you can use for the clean press. The most common grip is the overhand grip, but you can also use a hook grip or a mixed grip.

- **Overhand grip:** This is the most common grip for the clean press. It's a good option if you have strong wrists and forearms.
- **Hook grip:** This grip is where you wrap your thumb around the barbell and hook it under your fingers. It's a good option if you have weak wrists or forearms.

- **Mixed grip:** This grip is where you use an overhand grip with one hand and a hook grip with the other hand. It's a good option if you want to use a heavier weight.

Here are some of the most common mistakes that people make when performing the clean press:

- **Using too much weight:** If you're new to the clean press, it's important to start with a light weight and gradually increase it as you get stronger. Using too much weight can lead to injury.
- **Not keeping your core tight:** Your core is essential for stabilizing your body and preventing injury. Make sure to keep your core tight throughout the movement.
- **Not locking out your elbows:** At the top of the movement, you should lock out your elbows to fully extend your arms. This will help you to maximize the weight you can lift.
- **Not controlling the weight:** The clean press is a dynamic exercise, but it's important to control the weight throughout the movement. Don't let the weight swing or jerk you around.

Once you've mastered the basics of the clean press, you can start to add some advanced techniques to your routine. These techniques can help you to increase the weight you can lift and improve your overall performance.

- **The power clean:** The power clean is a variation of the clean press that uses more momentum to lift the weight. This can be a good option if you want to lift a heavier weight.

- **The push press:** The push press is a variation of the clean press that uses your legs to help you push the weight overhead. This can be a good option if you have weak shoulders or triceps.
- **The jerk:** The jerk is a variation of the clean press that uses a quick dip and drive to lift the weight overhead. This is a very advanced technique that should only be attempted by experienced lifters.

If you want to improve your clean press, it's important to program it into your training routine correctly. Here are a few tips:

- **Start with a light weight and gradually increase it:** As you get stronger, you can gradually increase the weight you use.
- **Focus on proper form:** It's more important to focus on proper form than to lift a heavy weight.
- **Rest adequately:** The clean press is a demanding exercise, so it's important to rest adequately between sets and workouts.
- **Be patient:** It takes time to develop the strength and technique needed to perform the clean press correctly. Don't get discouraged if you don't see results immediately.

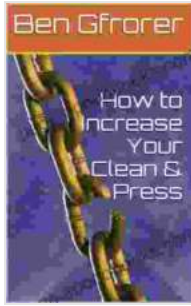
The clean press is a powerful weightlifting exercise that can help you build muscle, strength, and athletic performance. By following the tips in this guide, you can master the clean press and take your fitness to the next level.

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