



BURGENER WARM-UP:

1. Down and "FINISH": SPEED THROUGH THE MIDDLE
2. Elbows High and Outside: KEEP THE BAR CLOSE
3. Muscle Snatch: STRONG TURNOVER
4. Snatch Lands (Power - 2", 4", 6"): FOOTWORK
5. Snatch Lands (Full): FOOTWORK

SKILL TRANSFER EXERCISES:

1. Snatch Push Press: OVERHEAD STRENGTH
2. Overhead Squat: CORE STRENGTH
3. Heaving Snatch Balance: ARM SPEED
4. Drop Snatch: FOOT/ARM SPEED
5. Snatch Balance: FOOT/ARM SPEED

COACHING POINTS:

- Look for vertical hip drive, not horizontal hip drive, so that the bar will stay back in the least line of resistance (Russian/Polish method). The path of the bar will be back into the hips with a light brush of the hips.
- With each position, it is important to emphasize WHY we do each movement and expect focused, deliberate practice (PERFECT PRACTICE MAKES PERFECT!).
- Watch ["Correcting issues with the Burgener Warm-up"](#)

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