

## Dumbbell Snatch

This exercise is not designed for targeting muscles, but rather for targeting a movement to achieve specific performance-based goals. This exercise helps to improve plyometric actions of the hip and leg muscles and increases lower body and trunk extension power. This movement requires a fast tempo or lifting speed and specific timing of various joint mechanics in order to obtain the desired benefits and reduce associated risks. Careful attention to technique and goal-to-risk assessment should be done before selecting this exercise or prescribing loads and volume.

### Target Muscles

Ankle-knee-hip-trunk extensor chain, shoulder flexors, scapular elevators, shoulder stabilizers

### Joint Motions

Ankle extension, knee extension, hip extension, slight spinal extension, scapular elevation and retraction, shoulder flexion, shoulder external rotation



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## Alignment and Positioning

1. Place the feet just outside shoulder width, with the toes angled out about 10 to 20 degrees. Then squat and grasp the dumbbell between the legs.
2. Begin with the spine in good posture, a natural arch in the lower spine, and the knees aligned with the toes. Draw a deep breath.

## Motion and Stabilization

1. Quickly squat slightly lower to prestretch the muscles, activate the core, and quickly press off the ground with a jumping movement while pulling the shoulder blades and dumbbell up and out.
2. Continue to extend the ankles, knees, and hips until the body is almost or just off the ground while continuing to pull the dumbbell out and up.
3. Allow the momentum of the dumbbell to carry it up and over the shoulder as you drop down slightly to position the body directly below it. Then squat the weight to an upright position.
4. Stabilize, then with two hands lower the dumbbell back to the floor. Then reposition and repeat.

