1.9 **PUSH JERK**

This exercise consists of quickly and forcefully flexing and then extending the hips and knees to drive the bar upward from the shoulders while pushing the body underneath. The bar finishes in an overhead position. The push jerk exercise requires a rapid hip and knee extension to accelerate the bar off the shoulders. The push jerk also involves a forceful hip and knee thrust so that the bar is actually thrown (or *jerked*) upward, then caught with extended elbows in the overhead position with the hips and knees slightly flexed.

**Starting Position**

- Use the power clean or hang power clean exercise to lift the bar from the floor to the shoulders or remove the bar from a shoulder-height position on a power or squat rack.
- Stand erect with the feet hip- to shoulder-width apart and the toes pointed forward or slightly outward.
Dip (Active Preparation for the Drive Phase)

- While keeping the torso erect and head in line with the spine, flex the hips and knees at a slow to moderate speed to move the bar in a straight downward path. Do not change the position of the arms.
- The hips should not move backward during the dip. Instead, they should remain directly underneath the shoulders.
- The downward movement is not a full squat, but rather a dip to a depth not to exceed a quarter squat or the catch position of the power clean. Another guideline is a depth that does not exceed 10% of the lifter’s body height.