

The Racked Position



Assume the grip as discussed last week in the hook posture. Incidentally, this can also be achieved from the ground or the bar "racked" in a lifting cage, pillars of power, etc. For our purposes, **The Racked Position** is the resting posture of the bar when it is high on the chest, loaded for effort being performed, (cleans, Jerks, Front Squats etc.)



It is important to secure the bar high. Extend the elbows forward. Imagine racking the bar above the clavicles. A picture is worth one thousand words. Have the shoulders support the weight *not* the arms. Expand the Chest.