



HUMAN PERFORMANCE SKILL CLINIC

OLYMPIC LIFTING: PULLING FROM THE FLOOR

**SAT., AUGUST 7 |
9 A.M. @ TURNER
FITNESS CENTER**

Cover proper positioning in the pull phase of the Clean and Snatch. Increase power delivery to the bar and improve safety and efficiency by covering how to pull from the ground in Olympic lifting.

Must be 18 years or older (17 if Active Duty) to participate. No pre-registration required, first-come, first-served the day of the clinic. Check in at the Front Desk. Participation will be capped at 14.

