

Writing Your Own Warm-up for Snatch

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The following are suggested exercises to create your own progressive bar warm-up series for the snatch. Movement begins relatively slow and controlled with major articulations engaged until the body has adjusted. The following is a suggested order and menu but warm ups are as individual as lifters. A sample follows at the end of the menu from which I chose one or two exercises per category.

Mobilization of upper body articulations (shoulders/wrists/elbows)

- Snatch press
- Snatch push press
- Clean Grip Press Behind the Neck

Mobilization of lower body articulations (hips/knees/ankles)

- Overhead Squat
- Back squat

Lower back and hamstring stretch and innervation

- Good mornings
- Good morning to BN push press
- RDL

Quad stretch and innervation

- Squatting
- Sots pressing /press or push press BN from full squat position
- Bar on thighs
- Rocking in the squat

Pull mechanics slow

- Hang muscle snatch
- Muscle squat snatch
- RDL

Reaction time and timing work

- Power drop snatch
- Drop snatch
- Drop snatch no drive

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Full movements incrementally faster speed

- Power snatch 50% speed to 75% speed to full speed + OHS
- Snatch 50% speed to Snatch 100% speed

Sample of warm up with bar for snatch:

Set 1: Snatch press 2 reps. Snatch push press 2 reps. Back squat 2 reps. Overhead squat 2 reps. Drop snatch with drive 2 reps. Drop snatch no drive 2 reps.

Set 2: Muscle snatch from hips 2 reps. RDL 2 reps. Muscle snatch hang below knee 2 reps. Power snatch hip 2 reps. Power snatch hang above knee 2 reps. OHS 1 rep. Hip (full)Snatch 2 reps. Hang (full) Snatch 2 reps.

Set 3: Power snatch (50% effort) + OHS 2+2 reps. Hip Snatch+ Hang Snatch 2+2. Snatch 3 reps at increasing speed.

I am not big on a lot of warm up before the bar but I suggest a general warm-up, and then a light dynamic stretching routine first. Depending on how tight I feel, or maybe even the room temperature, I may do this in 3 sets or 5 sets total. I may change reps adding or subtracting reps by feel. It is important in a warm-up to become mobile. It should not tire you out or feel like THE workout. You may prefer more sets with fewer reps or a lighter bar. Again, warm-ups are as different as individuals are. It is advised to try progressions and exercises until you find what works for you. Don't be afraid to change it up! But always warm up!!

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