

Progression

1. Starting Position
2. First Pull From Floor
3. Second Pull From Blocks
Above Knees
4. Power Clean From Blocks
Above Knees
5. Power Clean From Floor
6. Front Squat
7. Clean

For clarification of exercises, references, and a more detailed description of the progression please refer to the following articles available on xlathlete.com:

[Different Approaches To Teaching The Clean](#)

[Part I](#)

[Different Approaches To Teaching The Clean](#)

[Part II](#)

[Different Approaches To Teaching The Clean](#)

[Part III](#)

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