

Progression

1. Back Squat
2. Front Squat
3. Clean Pull From Floor
4. Clean
5. Overhead Squat
6. Snatch Pull From Floor
7. Snatch

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 Snatch](#)

[Part I](#)

[Different Approaches To Teaching The Snatch](#)

[Part II](#)

[Different Approaches To Teaching The Snatch](#)

[Part III](#)