

DON'T DO THAT
EXERCISE AND TRAINING
TECHNIQUES THAT YOU
SHOULD NOT DO

Do Not Do the Snatch, Clean, Squat Jerk, and Split Jerk



I have worked with too many people to count who have been injured doing some of the Olympic Lifts and Questionable CrossFit exercises that I advise against doing. Example: A regulation snatch requires a deep squat. Some people do not have the hip structure to allow this without flexing/stressing the low back. The result of which could cause permanent damage. A deep squat on a healthy knee may not be as bad as once thought, but with a knee that has any damage or arthritis a deep squat can be harmful.

ADVISE NOT TO DO I WOULD NOT RECOMMEND THESE EXERCISES UNLESS YOU ARE A POWER ATHLETE WORKING WITH A STRENGTH AND CONDITIONING COACH. PLEASE SEE MY ARTICLE ON OLYMPIC LIFTS. IN ORDER TO EVEN ATTEMPT THESE EXERCISES YOU SHOULD PASS AND SCORE ADVANCED ON THE FUNCTIONAL TESTS. AS WELL AS THE MUSCULAR ABILITY TESTS. SOME CAN DO A VERSION OF THIS EXERCISE WHERE YOU DO NOT GO INTO A DEEP SQUAT. I WOULD SUGGEST THE USE OF DUMBBELLS INSTEAD OF A BARBELL AS WELL.

Top 25 Crossfit Exercises from BoxRox.com

CrossFit