

Overhead Mobility & Snatch Drills



Presented by the
Doctors of Physical Therapy of

evolv

PHYSICAL THERAPY & PERFORMANCE

Table of Contents

Welcome and What to Expect.....3

Overhead Mobility Exercises....4-6

Banded Behind the Back IR Opener.....4

PVC External Rotation.....5

PVC Overhead Pull Over.....6

Snatch Drills - Richard Essig.....7-9

Snatch Lift Off.....7

Snatch Pull.....8

Power Snatch.....9

Want More?.....10



Welcome!

Thanks for joining us as we dive into overhead mobility and performance drills for Olympic weightlifting.

We're excited that you've decided to check out more about how you can improve your snatch performance and stay healthy, fit and thriving! We're also honored that you've trusted us to come along side you for this journey.

Check out the content in this ebook and let us know what else we can do to help you. And, as always remember to...

Train. Recover. **Evolv.**

What to Expect...

In this ebook, we'll specifically be speaking to overhead mobility as it relates to the snatch and performance drills to help you improve it.

We'll begin with the overhead mobility exercises. These will help you understand where you need to focus your attention and get you ready to snatch.

From there, we'll move into the snatch drills to refine your movement and positions.

Enjoy!



Banded Behind the Back

Internal Rotation (IR) Opener

- Loop a medium band around an upright around shoulder height
- Slide your arm into the open end of the band and place the band just above your elbow. While keeping the band in place, reach behind your back.
- Keeping your hand in the small of your back, step/lunge forward until you feel a stretch in the front of your shoulder. Do not fight the band.



- Complete 2 sets of 1-2 min while breathing easy and gradually moving into a greater stretch/further away from the upright

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PVC External Rotation (ER)

- Hold one end of a PVC pipe, like you are holding a sword
- While keeping your elbow bent, raise your arm to shoulder height. Let the free end of PVC pipe drop over the outside of your upper arm.
- Grab the free end of the PVC pipe with your other hand. Pull with this hand to add more stretch.
- You can move into variations of this stretch by moving your elbow from in front of your body out to the side.



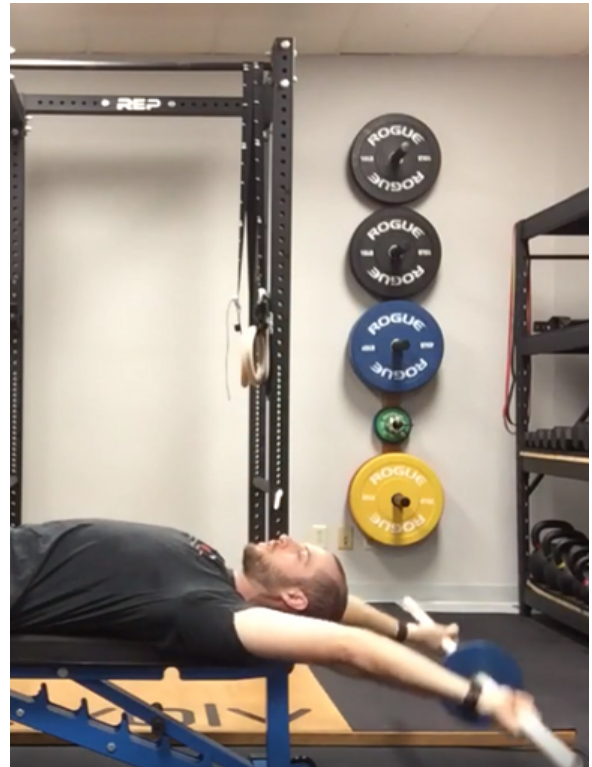
- Complete 2 sets of 1-2 min while breathing easy and gradually moving into a greater stretch and/or different angles

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PVC Overhead Pull Over

- Lay on your back on a bench while holding a PVC pipe.
- Keeping your arms straight, pull the PVC pipe over your head and back toward the ground to obtain a tolerable stretch.
- Spend a short time (5-10 sec) at this end range stretch and then bring the PVC pipe back toward your body.
- Repeat this process, trying to go slightly further overhead each time.
- Add a change plate (5 lbs max.) to the middle of the PVC pipe for a stronger stretch.



- Complete 2 sets of 1-2 min while breathing easy and gradually moving into a greater range of motion and/or longer holds

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Snatch Lift Off



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Snatch Pull



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Power Snatch



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Want More?

We can help with that.

We love working with clients that want more!

We offer lots of ways to help you achieve more...

- Contact us to schedule an Initial Evaluation session to get out of pain, figure out the root cause of your issue and set up a plan for long term success without frustrating and nagging injuries
 - Evolv Physical Therapy & Performance Clinic - Grafton
Dr. Matt Paluchniak (262) 235-3585 matt@evolv-pt.com
 - BrewCity CrossFit - Milwaukee
Dr. Erik Gregersen (314) 283-4459 erik@evolv-pt.com
- Attend one of our workshops at our Grafton clinic or a gym near you.
- Follow us on social media using the icon links on the bottom of each page for frequent content, updates and more!

And as always, remember to...

Train. Recover. **Evolv.**

