Purpose – To develop total body power by utilizing a ground based, multiple joint movement. This exercise also develops the ability of the body to stabilize at the ankles, knees, hips, torso, shoulders, elbows, and wrist.

Setup

The correct starting position is determined by where the body is positioned at the end of the movement. Start with a light weight and determine where the body finishes. If the body can be positioned in a straight alignment, then the starting position is correct. If not, position your feet either forward or backward as needed.

Performing the Exercise

1. Grasp handles with hands as close as possible
2. Position shoulders directly behind the hands and place elbows at the side of the torso
3. Position feet shoulder-width apart with heels off the ground
4. Flex knees and hips
5. Rock back, then move forward to the starting position to gain momentum
6. Explode into handles by extending hips, knees, and ankles on the balls of the feet
7. Follow through by extending the shoulders and elbows simultaneously