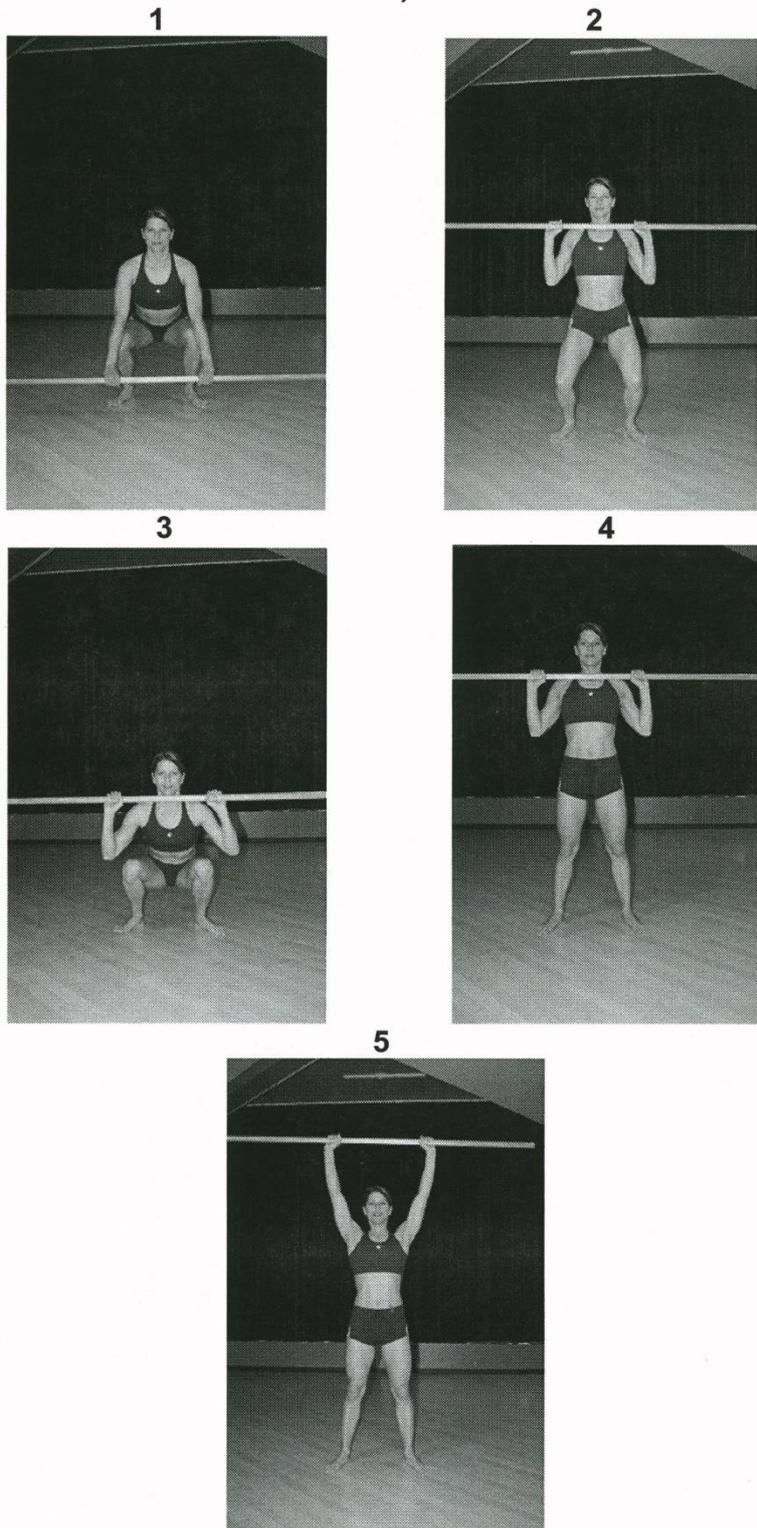


Legs, Gluts, Shoulders & Triceps – Clean Squat Jerks

Advice: Avoid pain. If an exercise causes you pain or other problems stop doing it. Allow yourself sufficient time to recover. Next time you repeat it, do it 50% more gentle (less power/ less repetitions/ less movement). If you have problems, please seek advice. **Keeping a good posture throughout when doing this exercise is crucial. Have someone with expertise have a look at you doing it before you introduce to your routine. Remember you need to aim for no more than 50% of your maximum.** See our 'Physical Rehab Advice' sheet for deciding on your reps.

Innate Clean-Squat-Jerks – Legs, Gluts, Shoulders, Triceps (can be done with dumbbells or barbell)



Back-in-Action Chiropractic Clinic - Pain Relief, Rehabilitation, Performance & Wellbeing
28 Cop Lane, Penwortham, Preston, Lancs, PR1 0SR

Tel: 01772 749245 E-mail: reception@back-in-action.com Web: www.back-in-action.com