



Clean & Jerk using the Tsunami Bar® 02/26/14

(Build Power, Full Body Strength plus Enhance Coordination)



The bar bends in the center a small amount with the weights just above the floor.



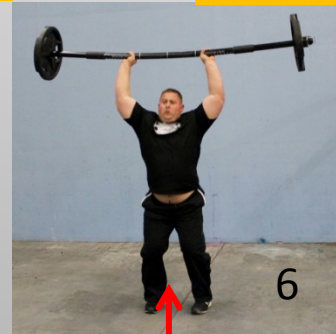
Athlete is executing a rapid upward shoulder shrug with full multi-joint extension. Develops full body strength and coordination.



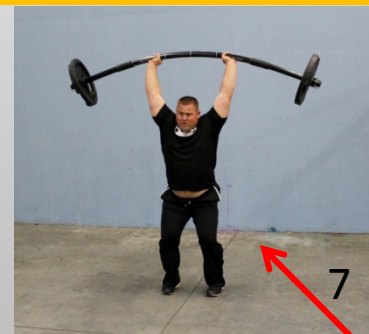
Athlete pulls his body under the bar as he controls the bar.



As the ends of the bar move down, the athlete presses upward for enhanced strength development.



Athlete has exerted explosive force causing ends of bar to turn up!



The 'lift' is completed in a controlled manner.



Many athletes perform 'multi-joint movements' when they compete. The Tsunami Bar® allows these multiple joints to be developed in different and unique ways. The Clean and Jerk lift using the Tsunami Bar® allows 58 muscles around the joints of the sagittal plane to be developed plus the muscle attachments and the central nervous system (CNS)! The 'joints' developed are: ankle, knee, hip, trunk, shoulder, elbow and wrist. Lifting with steel barbells does not permit this type of training.