

To find your right "Medium" a.k.a. "Working" weight, you must consider multiple factors including what your specific fitness goals are, how developed your technique is, how long you've been lifting and even how you feel that day. Therefore, the following is a guideline, not a rule.

	JERK	SNATCH	LONG CYCLE
<i>(Focus on clean technique during long cycle since you'll already have done jerk)</i>	<p>8-12 reps per minute is an average working pace for jerk.</p> <p>If you exceed 30 clean reps of jerk in a 2-min test set, it may be time for you to increase your medium.</p>	<p>18-22 reps per minute is an average working pace for snatch.</p> <p>If you exceed 75 clean reps of snatch in a 3-min test set, it may be time for you to increase your medium.</p>	<p>7-10 reps per minute is an average working pace for long cycle.</p> <p>If you exceed 25 clean reps of long cycle in a 2-min test set, it may be time for you to increase your medium.</p>
Fundamentals (By the end of Level-2 Workshop)	<ul style="list-style-type: none"> <input type="checkbox"/> Rack position: has arm/body connection and keeps bells within frame <input type="checkbox"/> Rack position: has 3 points of contact for hand insertion <input type="checkbox"/> Achieves under-squat with hips back <input type="checkbox"/> Has stable lockout with bells stacked over center of mass <input type="checkbox"/> Straightens legs between reps 	<ul style="list-style-type: none"> <input type="checkbox"/> Has arm/body connection (5-7 o'clock) during swing <input type="checkbox"/> Rotates bell into overhead locking position rather than flipping over the top <input type="checkbox"/> Has straight arm with elbow pointed slightly forward in lockout 	<ul style="list-style-type: none"> <input type="checkbox"/> Has arm/body connection during swing & in the rack position <input type="checkbox"/> Keeps bells within frame throughout the exercise <input type="checkbox"/> Cleans without "hump & dump" – delays hip hinge <input type="checkbox"/> Cleans bells into rack position at proper height (not too low, not too high)
Novice (By the end of first month)	<ul style="list-style-type: none"> <input type="checkbox"/> Semi-squats with hips forward <input type="checkbox"/> Bumps bells with hips, directly upward <input type="checkbox"/> Straightens arms quickly – doesn't "press out" <input type="checkbox"/> Has 3 points of contact during lockout <input type="checkbox"/> Straightens wrists during lockout 	<ul style="list-style-type: none"> <input type="checkbox"/> Uses anatomical match breathing <input type="checkbox"/> Has 3 points of contact during lockout <input type="checkbox"/> Performs double knee bend <input type="checkbox"/> Achieves arm/body connection during drop (9 o'clock) 	<ul style="list-style-type: none"> <input type="checkbox"/> Catches bells softly <input type="checkbox"/> Performs double knee bend <input type="checkbox"/> Doesn't rebound: straightens legs after clean prior to jerk <input type="checkbox"/> Does not over-grip
Intermediate-Advanced (Can take a few months to years)	<ul style="list-style-type: none"> <input type="checkbox"/> Triple extension: Feet stay on the ground but comes up on toes <input type="checkbox"/> Allows bells to fall to rack w/o resistance <input type="checkbox"/> Uses anatomical match breathing <input type="checkbox"/> Comes up on toes to meet heavy bells as they fall to chest <input type="checkbox"/> Uses correct breathing pattern 	<ul style="list-style-type: none"> <input type="checkbox"/> Chalks bell proficiently <input type="checkbox"/> Can use hook, curve & false grips to preserve hands <input type="checkbox"/> Uses weight shifting to assist acceleration <input type="checkbox"/> Leans back to initiate drop <input type="checkbox"/> Catches bell softly in drop 	<ul style="list-style-type: none"> <input type="checkbox"/> Avoids banging bells together in backswing <input type="checkbox"/> Shifts weight back to initiate drop for clean <input type="checkbox"/> Uses a correct breathing pattern