

# Dumbbell hybrid 00229



## Tips

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Perform the following lifts in order; The power jerk, high pull & clean.

At the completion of the jerk the arms and legs should be fully extended before lowering the dumbbells in preparation for the high pull & the clean.

## Cautions

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Pull the dumbbells close to the body & not in a wide arc.

Keep the elbows locked while the dumbbells are above the head & do not try to catch failed attempts.

## Prime Movers

[Deltoid-posterior](#)

[Biceps brachii](#)

[Triceps brachii](#)

[Semimembranosus](#)

[Vastus intermedius](#)

[Gastrocnemius](#)

[Deltoid-middle](#)

[Gluteus maximus](#)

## Related Exercises

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[Hybrid 03532](#)

[Hybrid 00149](#)

## Disclaimer

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No express warranty is given as to the accuracy or completeness of this information. It is not a substitute for, any advice, diagnosis or treatment provided by a fitness or medical professional. You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts or omissions, whether negligent or otherwise, undertaken in connection with this information.