

Strength Training Form



- * Proper form is important to ensure you stay safe and minimize injury
- * Always start with just the bar when learning in order to develop good form first
- * Do not add more weight until you are able to perform all reps without breaking form

Squat

- Keep shoulder blades squeezed together to create a shelf for the bar
- “Spread the floor” by twisting your feet into the floor, creating outward torque at the hips and activating your glutes
- Lower yourself down in a controlled manner while maintaining a tight contraction in your abdominals
- Continue to spread the floor as you drive up through the mid-foot and heel to keep the glutes active.



- Bar resting comfortably on your upper traps above your shoulder blades



- Keep your back flat and lower your body until the crease of your hips is below the top of the knee. Only go as low as you can without your pelvis rounding under
- Do not allow the knees to buckle in

Alternatives: Low-bar back squat, front squat, goblet squat, split squats, sumo squat, lunges

Deadlift

- Stand with the bar above the center of your feet and grab the bar overhand
- Bend forward by pushing the hips back, keeping the back neutral and shins touching the bar. Keep your shins vertical and not over the bar—the knees only bend because the hips move backwards
- Pull—keep the abdominals contracted and simply extend the hips to lift the bar, think about dragging the bar up the legs to remember to keep the bar close to the body.
- Squeeze the glutes at the top before lowering down; do NOT hyperextend.



Alternatives: Trap-bar deadlift, Romanian deadlift, rack pull, kettlebell swings

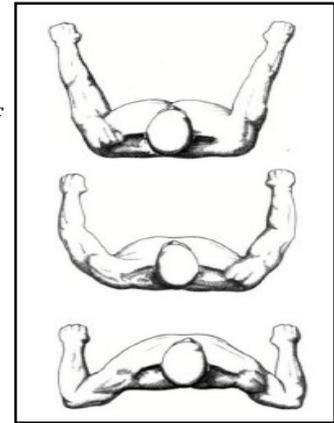
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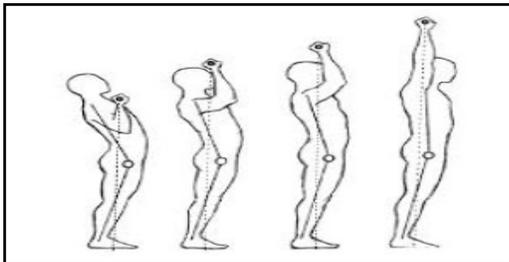
Bench Press

- Pinch shoulder blades together
- Keep the glutes and pinched shoulder blades in contact with the bench throughout the entire lift
- As you lower the bar to your chest, think about “bending” the ends of the bar down towards your feet. This torque will protect your shoulders and prevent your elbows from flaring outwards.
- The bar should touch at the base of your chest muscles, then press straight back up.

Alternatives: Dumbbell bench, push-ups, jammer machine



Shoulder Press



- Stand with feet and hands shoulder width apart
- Squeeze your glutes and abs to brace your back
- Press the bar overhead in a straight line tilting your head and torso backwards to clear the bar—do NOT arch the back
- Bring the head through the arms as the bar passes your forehead

Alternatives: Dumbbell shoulder press, handstands

Row

- Keep your back neutral and hinge at your hips
- Pinch your shoulder blades down and back as you pull the weight towards your chest
- Raise and lower with control—do not use momentum from the back or hips

Alternatives: Seated row, Pendlay row

