

Cues for Squat, Conventional Deadlift, Flat Bench Press, and Overhead Press

Squat:

Setup:

- Look forward, head in line with torso
- Keep chest high
- Bar should be positioned below the bone at the top of your shoulder blades and on your back muscles
- Pinch shoulder blades together (makes for better padding for the bar to sit on)
- Feet are shoulder width or slightly wider than shoulder width apart

Phase 2: Squatting down

- Push Butt back
- Push knees out
- Bend until thighs are slightly below parallel to the floor
- Keep shoulders over hips
- Chest remains up (do not let it fall toward the floor)
- Eyes forward or slightly looking up (Do not look down-can lose control and positioning)
- Keep weight on heels
- Knees stay in line with toes (do not let knees pass beyond toes)

Phase 3: Coming up from squat

- Keep weight on heels
- Drive up with hips
- Toes should remain forward or slightly out
- Squeeze glutes at top and lock out the weight
- Re-rack
- Successful squat 😊

The Conventional Deadlift

- Stand at bar, feet slightly further than shoulder width apart, toes slightly turned out
- Bar should be up against shins
- Bend down and place hands right outside of the knees (overhand or mixed grip); arms are vertical to floor
- Shoulders should be behind the bar (more so middle delt in line with bar)
- Raise hips until you feel tension in the hamstring (approx. 45 deg angle from knee to hip and hip to head)



- Tip: act like you are breaking the bar in half to activate lat muscles), shoulder blades and slightly pinched back.
- Head is neutral, look slightly in front of you
- Back should be arched to form prevent rounding of the back (tighten low back and erector muscles)
- Note: Pain should not be felt in Low back.... Incorrect form if pin is felt (holding the muscle contraction when keeping tight can cause muscle fatigue which is ok)

THE LIFTING PHASE:

- Drive up through heels using hips/ legs (arms just hold on to the bar)
- Head is in line with spine, chin up, looking straight ahead
- Lift your chest (shoulder blades pinched slightly, but not squeezed as much like in the squat)
- Back is erect with slight arch (NO ROUNDING)
- Keep bar close to body,, next to shins, rolling over the knees and thighs until hip and knees are locked

LOWER THE BAR:

- Push hips back first and then bend your knees once the bar reaches knee level, keeping bar close to body until it is fully placed on floor

FLAT BENCH PRESS:

- Lay on Bench and place head in position where eyes match with the bar
- 3 points of contact on bench: Head, shoulder blades, and hips
- Feet are on floor
- Slight arch in the back to maintain natural spine curvature
- Hands are placed wider than shoulder width apart and even on the bar (use bar rings and guidelines)
- Unrack bar, bar should be in line with mid pecs (nipple line)
- Shoulder blades and pressed down and back, Lats are engaged
- Inhale as bar is lowered to chest inflating rib cage
- Elbows will be slightly angled down away from shoulders (not out to the side)
- Once bar has made contact, use an explosive move to press bar back, drive heels in to the floor and exhale
- Do not let butt/hips come off bench
- Bar should be raised evenly on both sides



Overhead Pressing Cues:

Start:

- Stand with feet hip-shoulder width apart
- Weight heavy on the heels
- Squeeze glutes to avoid arching your back further than its natural arch.
- Chest is up and expanded
- Grip bar with the base of the palms, directly over the forearm
- Elbows should be slightly in front of the barbell
- Wrist are in line with forearms
- Look forward with head natural
- Grip bar so that forearms are vertical
- Bar should be at about clavicle level

Execution on the overhead press:

- Bar is to be pressed straight up
- Tuck chin back and press bar straight up and overhead to full extension; return head to neutral and bring torso forward once bar clears face
- Lock elbows out
- Squeeze shoulder blades while extending arms overhead until full extension is reached
- Keep upper back, glutes, and abs tight
- Straight line going from the bar, down through shoulder blades, and middle of feet

