

### **Exercise Description and Coaching Cues**

The next section describes some of core lifts that you will perform. This is not an exhaustive list the exercise you will perform, just some of the main ones we will use for your development. Familiarize yourself with each lift and the coaching cues so that you can maximize your potential in the weight room.



CHOICES CREATE CIRCUMSTANCES...

DECISIONS DETERMINE YOUR FUTURE.

## **Power Clean**

### **Stance “Set”**

- Feet in box
- Bar against shins
- Back flat
- Chest out
- Arms straight/wrist cocked



### **First Pull “Push”**

- Take Deep breath
- Keep back tight, arms straight, and bar close to shins
- Push floor away



### **Second Pull “Jump”**

- Keep bar on thighs
- Jump and shrug shoulders when bar is past knees
- Explode



### **Rack Position “Punch/Set Feet”**

- Drop hips back and ¼ squat
- Punch elbow up-back-down and around bar
- Rack bar in 1/4 front squat position



### **Recover “Stand”**

- Stand up
- Lower bar to floor and reset and repeat



## Squat

### Stance “Set”

- Set bar across traps
- Grip bar with elbow pointing down
- Set feet hip width and toes slightly out
- Pull shoulders back and chest out
- Fill chest with air...tighten abs

### Negative “Butt Back”

- Hold breath with chest out and back flat
- Push butt back
- Lower hips to parallel (knee joint and hip joint same level)

### Positive “Drive”

- Keep chest up, shoulders back, and back flat.
- Drive hips up and knees out, and feet flat on floor
- Push core against lifting belt to increase power
- Stand up, exhale, then inhale and repeat



## Hang Clean

### Stance “Set”

- Grip bar with arms straight and wrist cocked
- Chest out , back flat
- Push butt back
- Lower bar just above knees cap (RDL)

### Second Pull “Jump/Drive”

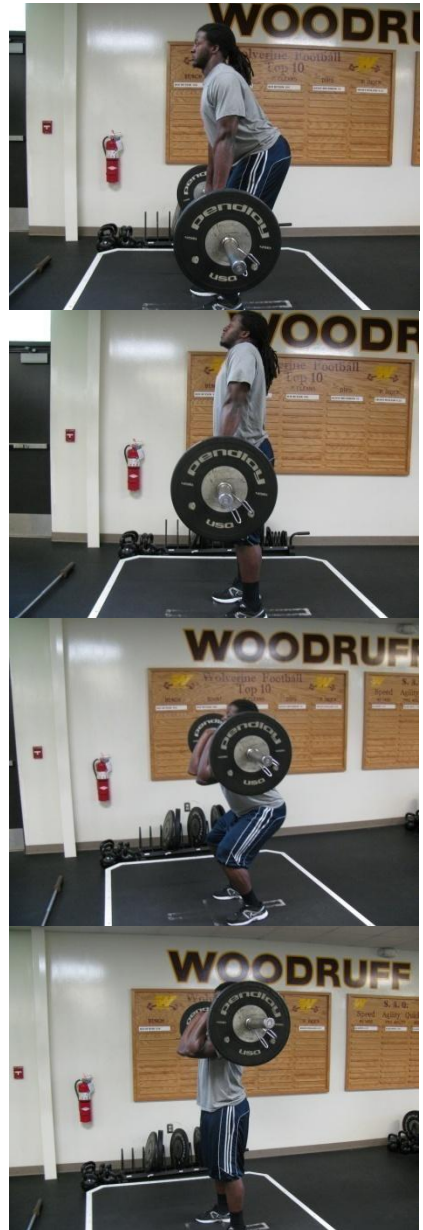
- Keep back tight, arms straight, and bar close to thighs
- Explosively extend hips, knees and ankles
- Explosively shrug shoulders
- Drive elbows up and back

### Rack Position “Punch/Set Feet”

- Rotate elbows around bar
- Punch elbow up-back-down and around bar
- Rack bar in 1/4 front squat position

### Recover “Stand”

- Stand up and repeat



## **Squat Clean**

### **Stance “Set”**

- Feet in box
- Bar against shins
- Back flat
- Chest out
- Arms straight/wrist cocked

### **First Pull “Push”**

- Take Deep breath
- Keep back tight, arms straight, and bar close to shins
- Push floor away

### **Second Pull “Jump”**

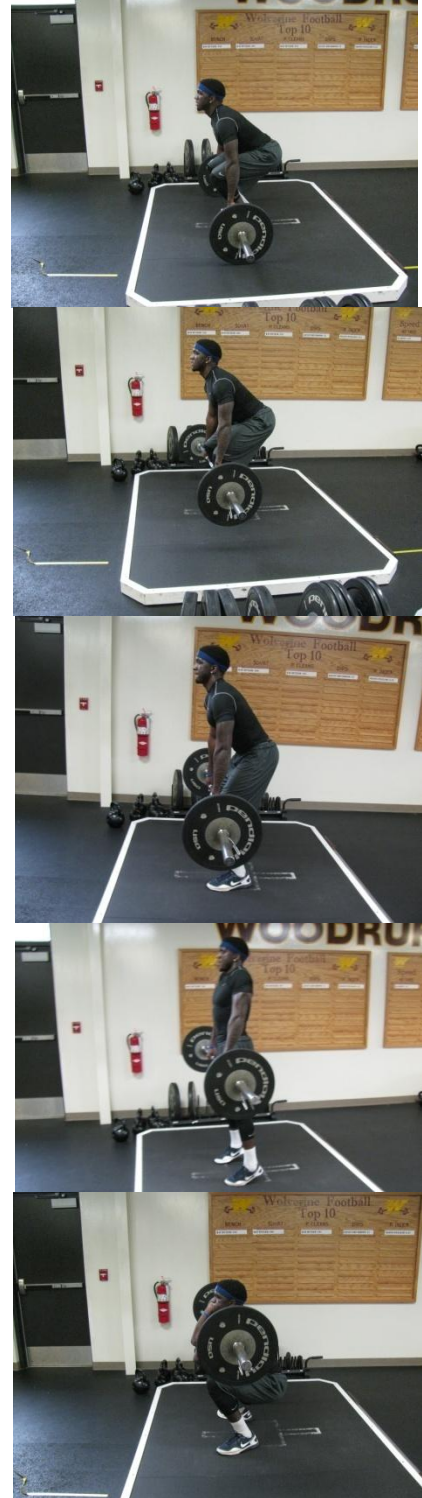
- Keep bar on thighs
- Jump and shrug shoulders when bar is past knees

### **Rack Position “Punch/Squat”**

- Drop hips back into a full squat
- Punch elbow up-back-down and around bar
- Rack bar in against throat

### **Recover “Stand”**

- Stand up
- Lower bar to floor and reset and repeat





## Hang Squat Clean

### Stance “Set”

- Feet in box
- Bar against thighs at knee level
- Back flat
- Chest out
- Arms straight/wrist cocked



### Second Pull “Jump”

- Keep bar on thighs
- Jump and shrug shoulders



### Rack Position “Punch/Squat”

- Shoot feet into a full squat
- Punch elbow up-back-down and around bar
- Pull yourself under bar
- Rack bar in 1/4 front squat position



### Reset “Stand then reset”

- Stand up
- Lower bar to thighs, reset, and repeat



## Hang Pull

### Stance “Set”

- Grip bar with arms straight and wrist cocked
- Chest out , back flat
- Push butt back
- Lower bar just above knees



### Second Pull “Jump/Drive”

- Keep back tight, arms straight, and bar close to thighs
- Explosively extend hips, knees and ankles
- Explosively shrug shoulders



### Recover “Lower”

- Lower bar to thighs, reset and repeat



## **Bench**

### **Start “Set”**

- Back flat, feet flat, and shoulder blades together
- Grip bar with hands just outside shoulder width
- Fill chest with air...tighten abs

### **Negative “Lower slow”**

- Hold breath with chest out and back flat
- Lower bar in control and “kiss” chest
- Lower extremely slow to develop muscles

### **Positive “Drive”**

- Keep chest up, shoulders back, and back flat.
- Explosively drive bar up
- Lock elbows out, exhale, inhale, and repeat.





## Incline

### Start “Set”

- Back flat, feet flat, and shoulder blades together
- Eyes in front of bar
- Grip bar with hands just outside shoulder width
- Fill chest with air...tighten abs

### Negative “Lower slow”

- Hold breath with chest out and back flat
- Lower bar in control and “kiss” upper chest
- Lower extremely slow to develop muscles

### Positive “Drive”

- Keep chest up, shoulders back, and back flat.
- Explosively drive bar up
- Lock elbows out, exhale, inhale, and repeat.



## **Close Grip (CG Bench)**

### **Start “Set”**

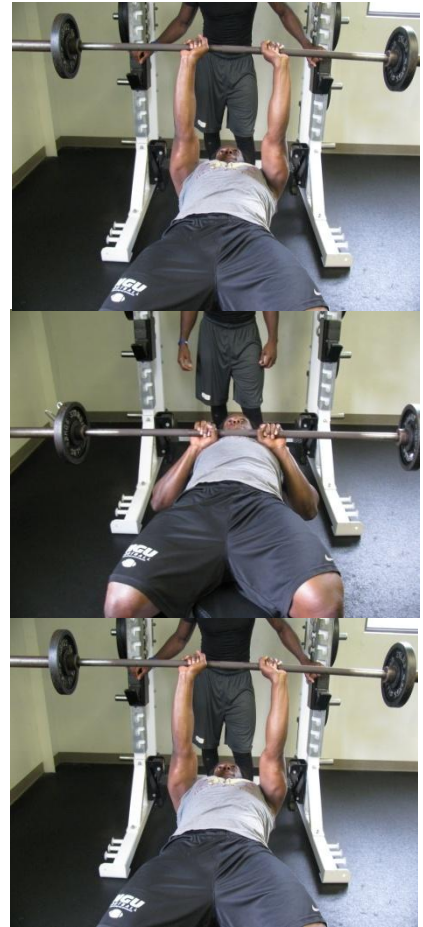
- Back flat, feet flat, and shoulder blades together
- Grip bar with hands inside shoulder width (inside knurling)
- Fill chest with air...tighten abs

### **Negative “Lower slow”**

- Hold breath with chest out and back flat
- Lower bar in control and “kiss” chest
- Lower extremely slow to develop muscles

### **Positive “Drive”**

- Keep chest up, shoulders back, and back flat.
- Explosively drive bar up
- Lock elbows out, exhale, inhale, and repeat.



## Dumbbell (DB Bench)

### Start "Set"

- Grip DB tight
- Place DBs on thighs
- Fill chest with air...tighten abs
- Lay back and kicks DB's up with thighs



### Positive "Drive"

- Keep chest up, shoulders back, and back flat.
- Explosively drive DB's up
- Lock elbows out, exhale, inhale, and repeat.



### Negative "Lower slow"

- Lower DB's in control and "kiss" chest
- Lower extremely slow to develop muscles
- 4 sec Negative



## Clean Pull

### Stance “Set”

- Feet in box
- Bar against shins
- Back flat
- Chest out
- Arms straight/wrist cocked



### First Pull “Push”

- Take Deep breath
- Keep back tight, arms straight, and bar close to shins
- Push floor away



### Second Pull “Jump”

- Keep bar on thighs
- Jump and shrug shoulders when bar is past knees
- Keep arms straight



### Reset

- Place bar on floor
- Exhale, inhale, reset, and repeat



## **Front Squat**

### **Stance “Set”**

- Set bar across top of shoulders and against throat
- Punch elbow up toward ceiling
- Set feet hip width and toes slightly out
- Pull shoulders back and chest out and up
- Fill chest with air..tighten abs



### **Negative “butt back”**

- Hold breath with chest out and back flat
- Push butt back
- Lower hips to parallel (knee joint and hip joint same level)
- Lower bar slow to fully develop muscles



### **Positive “Drive”**

- Keep chest up, back flat and elbows up.
- Drive hips up and inhale and repeat





## Press

### Stance “Set”

- Set bar across top of shoulders and against throat
- Grip bar with a clean grip
- Set feet hip width and toes slightly out
- Set chest out and up
- Fill chest with air...tighten abs



### Positive “Drive”

- Keep chest up and back flat
- Push bar upward over head
- Push chest and head forward when bar gets eye level
- Lock elbows out and hold weight overhead



### Negative “Lower Slow”

- Lower bar slowly
- Exhale, inhale and repeat



## **Bent Row**

### **Stance “Set”**

- Grip bar with a Over/ Under Grip
- Set feet hip width
- Set chest out and up
- Fill chest with air...tighten abs
- Lower Bar to RDL position



### **Positive “Drive”**

- Keep chest up and back flat
- Pull bar up with back and bicep muscles into lower ribs
- Pull bar in stomach and hold



### **Negative “Lower Slow”**

- Lower bar slowly (4sec Neg)
- Exhale, inhale and repeat



## **DB Row**

### **Stance “Set”**

- Grip DB with a tight grip
- Set back and stick chest out and up
- Fill chest with air...tighten abs

### **Positive “Pull”**

- Keep chest up and back flat
- Pull DB up with back and bicep muscles into lower ribs

### **Negative “Lower Slow”**

- Lower DB slowly (4sec Neg)
- Exhale, inhale and repeat



## Push Press

### Stance “Set”

- Set bar across top of shoulders and against throat
- Grip bar with a clean grip
- Set feet hip width and toes slightly out
- Set chest out and up
- Fill chest with air...tighten abs



### Dip

- Keep torso tight and weight on heels
- Dip hips back and down into ¼ squat



### Positive “Drive”

- Keep chest up and back flat
- Drive hips and extend legs
- Push bar upward over head
- Push chest and head forward when bar gets eye level
- Lock elbows out and hold weight overhead



### Negative “Lower Slow”

- Lower bar slowly to shoulder
- Exhale, inhale and repeat



## IYTV

### IYTV

- Lay flat on Incline Bench (1 notch)
- Chin above bench top
- With 5 or 10 lb weight in each hand

### Positive “Drive”

- Keep chest up and back flat
- Raise weights with arms to make the letter
- I Y T V

### Negative “Lower Slow”

- Lower weight slowly
- Exhale, inhale and repeat

### I's



### Y's



### T's



### V's





## Split Jerk

### Stance “Set”

- Set bar across top of shoulders and against throat
- Grip bar with a clean grip
- Set feet hip width and toes slightly out
- Set chest out and up
- Fill chest with air...tighten abs

### “Dip”

- Keep torso tight and weight on heels
- Dip hips back and down into ¼ squat

### “Drive”

- Keep chest up and back flat
- Drive hips and extend legs
- Push bar upward over head
- Push chest and head forward when bar gets eye level
- Lock elbows out and hold weight overhead

### “Split”

- As bar is going up...drive body under bar
- Split feet forward and backwards landing with front foot flat and back foot on toes
- Lock bar out overhead and hold

### “Recover”

- Step back with front foot
- Step forward with back foot
- Lower bar to shoulders
- Exhale, inhale, and repeat



## RDL

### Stance “Set”

- Grip bar with clean grip
- Feet hip width/ in box
- Set knees –slightly bent
- Set back- back flat, chest up and out
- Fill chest with air

### Negative “butt back”

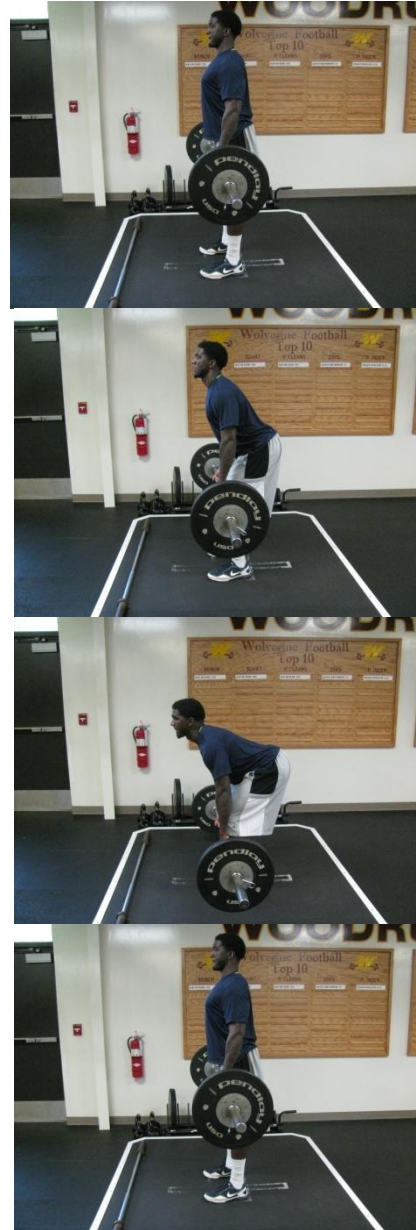
- Hold breath with chest out and back flat
- Push butt back
- Lower bar to below knees
- Don’t bend knees to get bar down

### Positive “Drive”

- Keep chest up, back flat, arms straight.
- Drive torso up by squeezing hamstrings.

### Recovery

- Exhale, inhale and repeat



## Dips

### Start “Set”

- Hold handles tight
- Brace core body



### Negative “Lower Slow”

- Lower shoulders to elbow level  
(4sec Neg)



### Positive “Press ”

- Press body back up



## **KB Skull Crusher**

### **Start “Set”**

- Hold handles tight
- Brace core body



### **Negative “Lower Slow”**

- Bend elbows and lower KB's toward floor (4sec Neg)
- Keep elbow pointing up toward ceiling



### **Positive “Press ”**

- Press KB's up and lock out elbows
- Repeat



## Chin-Ups

### Start

- Grip bar tight with Underhand grip
- Hang with arm straight...locked out

### Positive “Pull”

- Pull hard until chin is over the bar

### Negative “Lower slowly”

- Slowly lower back down with arms straight

### Recovery

- Exhale, inhale and repeat



## Pull-Ups

### Start

- Grip bar tight with overhand wide grip
- Hang with arm straight...locked out

### Positive “Pull”

- Pull hard until chin is over the bar

### Negative “Lower slowly”

- Slowly lower back down with arms straight

### Recovery

- Exhale, inhale and repeat





## GLUTE HAM RAISE (GHR)

### Start

- Lay face down in GHR
- Tighten core body up

### Positive “Pull”

- Pull hard with posterior chain (Low back/hams/ Calves)
- Raise up until shoulders are over knees

### Negative “Lower slowly”

- Slowly lower back down with back flat

### Recovery

- Exhale, inhale and repeat



## **Strap Curls**

### **Stance “Set”**

- Grip strap handle tight
- Set back and stick chest out and up



### **Positive “Pull”**

- Keep chest up and back flat
- Pull hands past ears



### **Negative “Lower Slow”**

- Lower back to start position (4sec Neg)
- Exhale, inhale and repeat



## **Seated Strap Rows**

### **Stance “Set”**

- Grip strap handle tight
- Set back and stick chest out and up



### **Positive “Pull”**

- Keep chest up and back flat
- Pull hands past ears



### **Negative “Lower Slow”**

- Lower back to start position (4sec Neg)
- Exhale, inhale and repeat



## **Strap Push-ups**

### **Start “Set”**

- Place feet on bench
- Hold handles tight
- Brace core body



### **Negative “Lower Slow”**

- Lower body to bottom push up position (4sec Neg)



### **Positive “Press Slow”**

- Press body back up

