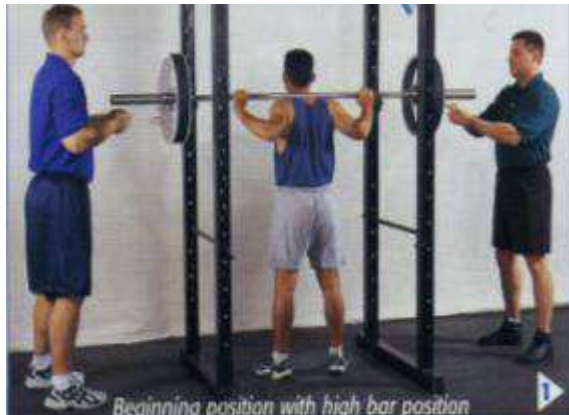
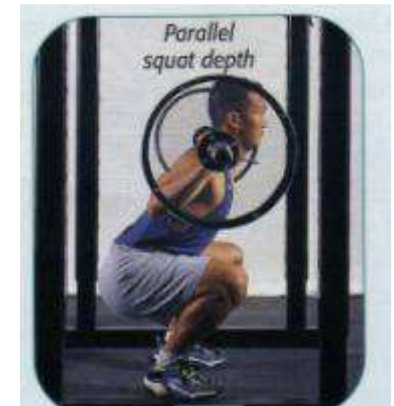


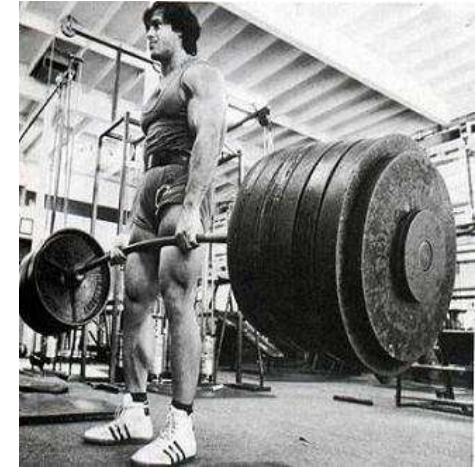
Back Squat



- **Purpose:** To develop strength in the quadriceps, hamstrings and gluteus maximus. It strengthens tendons and the back extensors, whilst also increasing bone mineral density.
- **Grip:** Pronated (overhand) grip with hands wider than shoulder width.
- **Rack:** Correct height = just below tops of shoulders
- **Start Position:** Rest bar across the trapezius/deltoids, retract shoulders, head up, chest up and out, flat back, feet flat on the floor and shoulder width apart, toes pointing out slightly.
- **Technique-Descent:** Deep breath in and hold throughout the descent. Tighten low back and gluteals, allow the hips and knees to flex (sit!), maintain straight back, knees should move along line of the toes, continue until the thighs are parallel to the floor (some athletes will break 90°).
- **Ascent:** straighten the hips and knees with a powerful drive from the legs, head up, chest up and out, maintain torso angle, return to the start position and exhale.
- **Key Points:** Don't bounce at the bottom of the lift, descend under control, keep shoulders retracted, the narrower the grip-the more retracted the shoulders become. Do not flex or round the trunk. Focus on a point in front of you & squat inside a rack for safety.



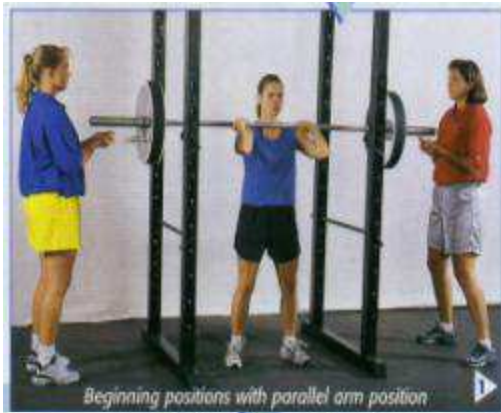
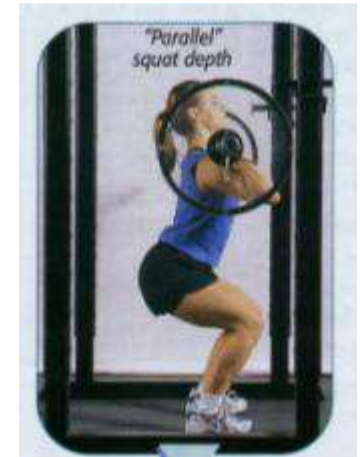
Dead Lift



- **Purpose:** To develop strength in whole posterior chain (Calves, Hamstrings, Glutes, Lower and upper back, Shoulder blade muscles and shoulders)
- **Grip:** Pronated (overhand) a wide grip width.
- **Start Position:** Feet shoulder width apart and flat on the floor under the bar, which is close to the shins, toes pointing outwards. Your hips need to be higher than knees with locked out straight arms. Squeeze your shoulder blades together which will help keep the head looking up and chest up. Dead breath in and hold
- **Technique-Ascent:** Hold your breath and lift bar keeping it close to your shins. Maintain trunk angle and allow the bar to follow the line of your shin and around your knees feeling the effort in your hamstrings and glutes.
- **Technique- Descent:** On lowering follow the same line of direction as the ascent and maintain an engaged core with a straight back.

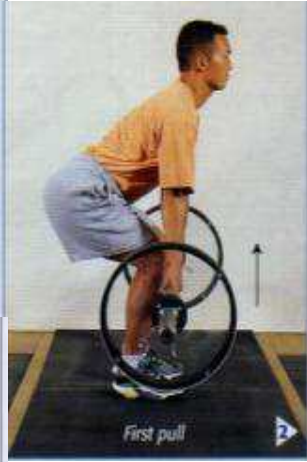


Front Squat



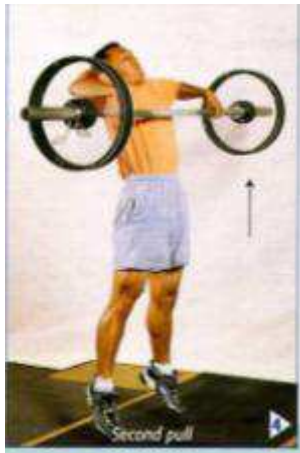
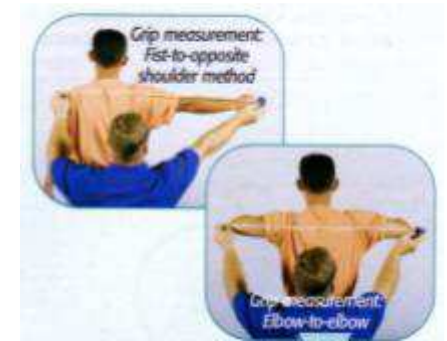
- **Purpose:** To develop strength in the quadriceps, hamstrings and gluteus maximus. Strengthens ligaments, tendons and the back extensors, whilst also increasing bone mineral density. Great for athletes who have a problem maintaining an upright trunk during back squats. If they do not stay upright, the bar will topple forward. It also takes pressure of the low back.
- **Grip:** Pronated grip with hands shoulder width apart.
- **Rack:** Correct height, correct use.
- **Start Position:** Rest bar across the anterior deltoids, retract shoulders, head up, chest up and out, elbows held high, flat back, feet flat on the floor and shoulder width apart, toes pointing out slightly, extend the hips and knees to lift bar.
- **Technique-Descent:** Maintain a held breath, tighten low back and gluteals, allow the hips and knees to flex, maintain trunk angle, keep elbows high, knees should move along line of the toes, continue until the thighs are parallel to the floor.
- **Ascent:** Extend the hips and knees with a powerful drive from the legs, head up, chest up and out, elbows held high, maintain torso angle, return to the start position and exhale.
- **Key Points:** As for back squat but also maintain high elbows throughout.

Power Clean



- **Purpose:** To train a powerful triple extension and strengthen the legs and back.
- **Grip:** Pronated or alternated grip with a close or wide grip width
- **Start Position:** Feet hip-width apart, squat down with hips lower than shoulders, toes pointed outwards, the bar close to the shins and over the balls of the feet, shoulders 5cm in front of the bar, head up, shoulders retracted, chest up.
- **Technique-Ascent: First Pull:** Deep breath in and hold, take slack out of body/bar, lift bar vertically by extending hips and knees, maintain trunk angle, keep elbows straight, keep bar close to the shins, extend knees until they are underneath the bar.
- **Transition:** Thrust hips forward and slightly re-flex knees under and in front of the bar, straighten the trunk as the bar moves to upper thighs, keep elbows straight.
- **Second Pull:** Perform a powerful triple extension (Hip, Knee and Ankle Extension) keep bar close to the body, maintain trunk angle, when lower body reaches full extension, rapidly shrug the shoulders, flex elbows to pull body under the bar.
- **Catch:** As bar reaches maximum height, rotate arms under the bar, simultaneously flex hips and knees into a quarter squat, stand up by extending hips and knees, stabilise bar.

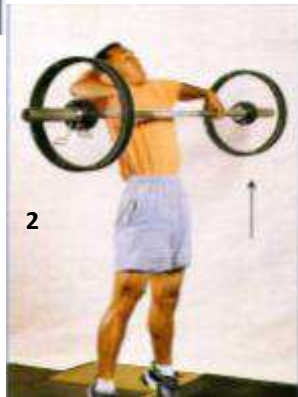
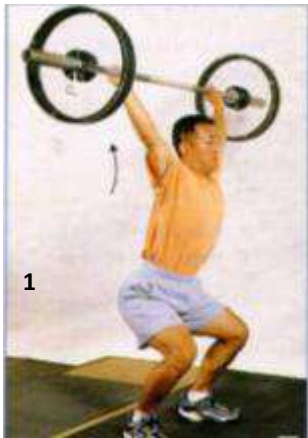
Power Snatch I



Can also be performed as a box or hang snatch (neither shown)

- **Purpose:** To develop explosive power in the hips and legs. It is considered the most powerful whole-body human movement.
- **Grip:** Pronated or hook grip with a wide grip width.
- **Start Position:** Feet hip width apart and flat on the floor under the bar, which is close to the shins, toes pointing outwards, hips higher than knees. Extends elbows, flat back, retract shoulders, which are ahead of the bar, chest up and out, head up.
- **Technique-Ascent: First Pull:** Maintain a Valsava manoeuvre, take slack out of body/bar, lift bar vertically by extending hips and knees, maintain trunk angle, keep elbows extended, keep bar close to the shins, extend knees until they are underneath the bar. Transition: Thrust hips forward and slightly re-flex knees under and in front of the bar, straighten the trunk as the bar moves to upper thighs, keep elbows extended.
- **Second Pull:** As bar reaches upper thigh jump upwards, with a powerful triple extension, rapid shoulder shrug, feet may leave the ground. Keep bar close to the body, as shoulders reach highest position, flex elbows to pull body under the bar.
- **Catch:** As bar reaches maximum height, drop into a squat under the bar, catch bar with extended elbows, tight torso, feet flat, bar slightly behind head. Stand up by extending hips and knees, stabilise bar.

Power Snatch II

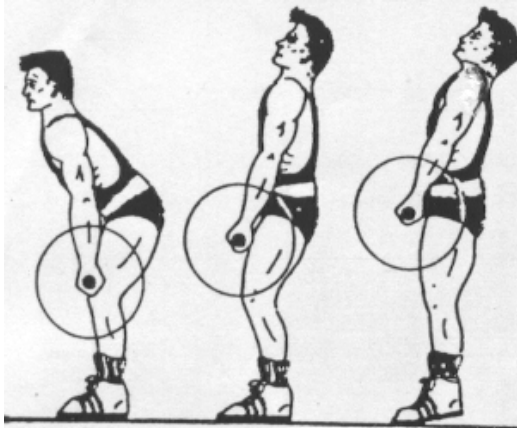


- **Technique-Descent:** Lower the bar from the overhead position by gradually reducing the muscular tension of the shoulders (Photograph 1)
- This allows a controlled descent of the bar, down the front of the body to the knees. (Photograph 2)
- Simultaneously flex the hips and knees to cushion the impact of the bar on the thighs. (Photograph 3)
- Squat down with the elbows fully extended until the bar touches the floor. (Photograph 4)

Push Press



- **Purpose:** To train sequential lower and upper body movement. The majority of the power comes from the triple extension, with minimal upper body work at the end of the lift.
- **Grip:** Pronated/over hand grip with hands shoulder width apart.
- **Rack:** Correct height, correct use.
- **Start Position:** Rest bar across the anterior deltoids, retract shoulders, head up, chest up and out, elbows held high, flat back, feet flat on the floor and shoulder width apart, toes pointing out slightly. Similar position to the end of a power clean.
- **Technique-Descent:** Bend the knees to an angle of approx. 135°, drops the elbows below the bar so they are pointing to the ground.
Ascent: Immediately extend the hips, knees, and arms, so the bar explodes upwards, the lift is complete with the elbows extended and the feet flat on the floor. Exhale as the bar reaches its highest position. The bar is then lowered to the starting position.
- **Final Descent:** Lower the bar to the thighs, by gradually reducing the muscular tension of the shoulders, flex hips and knees, squat down until the bar touches the floor.
- **Key Points:** Can be initiated from an alternative start position with the bar behind the neck.



Romanian Dead Lift



- **Purpose:** To develop strength in whole posterior chain (Calves, **Hamstrings**, Glutes, Lower and upper back, Shoulder blade muscles and shoulders)
- **Grip:** Pronated (overhand) a wide grip width.
- **Lifting Start Position:** Feet shoulder width apart and flat on the floor under the bar, which is close to the shins, toes pointing outwards. Your hips need to be higher than knees with locked out straight arms. Squeeze your shoulder blades together which will help keep the head looking up and chest up. Dead breath in and hold
- **Technique-Ascent:** Hold your breath and lift bar keeping it close to your shins. Maintain trunk angle and allow the bar to follow the line of your shin and around your knees feeling the effort in your hamstrings and glutes.
- **Romanian Dead Lift Starting Position:** shoulders back and down, looking up, bend the knees slightly.
- **Technique- Descent:** lower the bar keeping back straight and core engaged and the bar close to your body. Lower until the effort is felt on the hamstrings
- **Technique – Ascent:** follow the same line as the descent and squeeze hamstrings and glutes to assist movement.