

## Back Squat



Start Position



Mid Position



End Position

## Checklist

- Bar loaded evenly, collars in place and secure
- Bar on rack is approximately chest height
- Two spotters know the command when to assist the athlete
- Hands spaced evenly and slightly wider than shoulder width apart
- Spotters in position and ready
- Bar rests across traps and back of shoulders
- Chest up and out
- Head up
- Shoulder blades pushed together
- Elbows down and a firm grip
- Torso straight and tight
- Athlete takes one step back
- **Feet shoulder width apart**
- Toes slightly out, feet flat on floor
- Athlete inhales and holds breath while lowering the bar
- **Hips bend first**
- **Knees bend and stay over toes**
- **Athlete sits back over heels**
- Athlete squats to parallel position with tops of thighs parallel to floor
- The downward movement is controlled - not free fall
- Momentary stop - no bouncing into upward movement
- Bar driven up to starting position
- **Athlete exhales while pushing the bar up**
- Hips kept under bar
- Knees kept out
- Weight kept centered
- Bar comes to slow stop at top

## Leg Extensions



### STARTING POSITION

Sit in the machine and press the back firmly against the back pad.  
Place the ankles behind and in contact with the foot pad.  
Place the legs parallel to each other.  
Grasp the handles.



### UPWARD MOVEMENT

Raise the pad by fully extending the knees.  
Keep the torso erect and firmly pressed against the back pad.  
Do not lift the buttocks from the seat.  
**Do not lock out the knees.**

## Leg Curls



- Lie face down on a Leg Curl machine, chest flat on it and hands gripping on the handgrips.
- The back of your ankles should be against the pads and your knees should be in line with the rotating cam of the machine.
- Curl your legs up, keeping your hips down against the bench.
- Squeeze at the top then lower slowly back down.
- Do not use momentum to swing the weight up as this will reduce the effectiveness of the exercise
- Do not allow your hips to come up off the bench as you curl up. This takes tension off the hamstrings and can place it on the lower back and glutes.
- A good Leg Curl machine will not have a flat bench but will be angled slightly. You can accomplish this on a flat-benched machine by placing a towel under your hips.

### Tricks:

If you notice that you frequently lift your hips up off the bench as you tire, try having a training partner press down on your lower back while you are doing the exercise. This pressure will keep your hips from rising up and will keep tension on the hamstrings better.

### Common Errors:

**The glutes come up during the exercise** - this takes some of the tension off the hamstrings, using the glutes to assist the movement. This can place undue pressure on the lower back and reduces the effectiveness of the exercise. Using too much weight can force you to have to lift your glutes. If this is the case, reduce the weight and concentrate on keeping your hips down.

## Hip Extension (with ball)

### How to Do It



1. Lie on the floor with feet propped on the ball, legs straight.
2. Keeping abs tight, slowly lift your hips off the floor (squeezing the buttocks) until body is in a straight line.
3. Hold for a few seconds and lower, repeating 10 to 15 times.
4. To make it easier, place ball under knees rather than under heels. To make it more difficult, cross your arms across your chest, which will challenge your balance even more.

## Knee Drive

## Hip Abduction



## Hip Adduction (bringing the legs in towards you)



## Stride Up

## Lunge



There are static lunges (shown in the example to the left) holding dumbbells or a barbell. An advanced version of the lunge would be to start with your feet together and then step forward into a lunge, then back to starting position (front lunges). Dips or reverse lunges also start with feet together and then you step back with one leg into a lunge position and then back to starting position.

**Form Pointers:** Stand with feet together holding a medium to heavy weight. Slowly lower your body into a lunge position, keeping the front knee and back knee at 90 degree angles. Keeping the weight in your heels, push back up (slowly!) to starting position.

Remember to never lock your knees at the top and never let your knee bend past your toes. Keep torso tight and upright (i.e., don't hunch!)

## Side Lunge



**Do it right:** From a standing position, take a large step to the right with your right foot and lower yourself into a deep squat. Return immediately to a standing position and lunge to the left. Lunge five times to each side.

## Chest Press



1. Lie down on a bench, step or the floor. Begin with the barbell hovering just over the chest, elbows bent. Place the hands on the bar a bit wider than the shoulders.
2. Contract the chest and push the weight straight up over the chest without locking the elbows at the top.
3. Bend the elbows and lower the weight down until the elbows are just below the level of the chest.
4. Repeat for 1 to 3 sets of 8 to 16 reps.

### Tips

- Keep the abs contracted throughout the movement to protect your back.
- Keep the motion slow and controlled -- try not to use momentum.

## Lat Pull



How to: Using a wide bar, hold it with a wide comfortable grip, while putting your knees underneath the pad. Pull the bar down smoothly until it touches the top of your chest. Now extend your arms back to the top.

## Lat Row



Tips: Sit down at a low-pulley rowing machine with your feet flat against the footrests and your knees slightly bent.

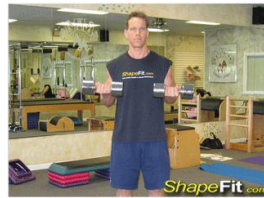
Bending only at the waist, lean forward and grasp the pulley handle in front of you.

Your palms should be facing each other. Keep your back FLAT and looking forward, slowly draw the handles back to your stomach while simultaneously leaning back at the waist until your torso is perpendicular to the floor.

The handles should reach your stomach just as your upper body reaches the upright position. Slowly return to the starting position by leaning forward from the waist while extending your arms in front of you.

TO ISOLATE YOUR LATS ONLY do not bend forward at all, just keep your back straight up and down and move only your arms and squeeze your back.

## Arm Curls



**Exercise Advice:** You can perform this exercise by either standing or sitting on a bench, whichever you prefer. Grab a dumbbell in each hand and let your arms hang at your sides. Slowly curl both dumbbells up and try to touch them to your shoulders. While you are performing the movement, turn (i.e., supinate) your palm outward and squeeze your biceps for a one-count at the top of the movement. Slowly lower the dumbbells to the starting position and repeat.

## Tricep Extension



1. Stand up straight, with knees slightly bent.
2. Place feet hip distance apart.
3. Make sure toes are pointing forward.
4. Keep shoulders even as you complete this exercise.
5. Place your **left** arm on your **left** thigh for support. Hold weight in **right** hand, working **right triceps** muscle. Bend arm at elbow, lift elbow back, and hold weight next to shoulder and your underarm. (see **photo A**)

6. **Exhale** (breathe out) as you slowly and evenly extend forearm behind your body, moving from the elbow joint so that arm is now straight (ending position). (see **photo B**)
7. **Inhale** (breathe in) as you evenly and slowly bring your forearm back to starting position. Remember to squeeze your **triceps** muscle, instead of letting gravity do the work.
8. Repeat exercise for a set of 8.
9. Repeat entire sequence on your **left** arm, steps 1-7 (working **left triceps** muscle).

### Dumbbell Run

Grab two rather light weight dumbbells, 5 lbs or less. Start moving your arms in a running motion, preferably looking in a mirror with good form. Try going for 2 minutes.