**Weight Training III Final Review**

**Safety**

* Safety is our biggest concern in the weight room
* There is NO gum chewing in the weight room
* When performing a lift using bad form in order to lift more weight is not ok
* When a student is lifting heavy weight it is good to have extra spotters
* When spotting we should make the lifter push the weight and help them as little as possible
* When spotting someone who is dead lifting it is a good idea to stand in front of them with a hand in the air to give them something to focus on
* When spotting someone who is squatting you must stand behind them and keep your hands prepared to help them pull up the bar
* When squatting we want to keep our eyes up
* When dead lifting we want to keep our eyes up
* When performing any lift we must have a spotter
* There should not be any horseplay in the weight room
* Wearing a belt supports our lower back
* When there is weight on the bar there should be a clip on the bar
* When benching our back should stay flat on the bench

**Procedures**

* A max out is the greatest amount of weight we can lift one time without a spot
* No gum in the weight room
* No horseplay in the weight room
* When done lifting all your equipment must go back to the correct spots in the weight room
* Before leaving the weight room all weights should be put away, belts should be picked up, and clips should be back in their spots
* The only time it is ok to drop the weight on purpose is when performing a power clean

**Equipment**

* A dead lift bar (hex) weighs 45lbs
* An Olympic (straight) bar weighs 45lbs
* We have 45lbs, 35lbs, 25lbs, 10lbs, 5lbs, and 2.5lbs plates in the weight room
* You must be able to add weights up correctly

**Lifting and Conditioning**

* Our main core lifts are bench, power clean, deadlift, and squat
* Dots and ladders work on our agility
* Shrugs is an Aux lift
* We have our core lifts but we also workout our core which is our abdominal area
* Power clean is considered an explosive lift
* When we bench we want to make sure that the bar touches our chest
* SLDL = Straight Leg Dead Lift
* TPU= Towel Pull Up
* We use steps for straight leg dead lifts, step ups, calf raises
* One time around the track is a 400
* Two times around the track is an 800
* Four times around the track is a mile
* When squatting we want to get our knees bent at 90 degrees

**Technique of core lifts**

**Bench Press:**

* Be certain that the weight is balanced on the bar and that collars are securing the plates.
* Position yourself so that the bar is located above the eyes. The back and buttocks should be firmly placed on the bench pad. The feet should be placed flat on the floor. The grip should be centered on the bar, with the arms slightly wider than the shoulders.
* Proper breathing - inhale as the bar is lowered to the chest. The breath is then exhaled as the bar is pressed off of the chest.
* During the down phase the lifter lowers the bar to the chest at a controlled pace. The weight continues down until it gently touches the chest just at or below nipple level. If the bar is lowered too quickly control is lost resulting in the bar bouncing off of the chest. This is improper for numerous reasons.
* During the pressing phase the weight is pushed toward the starting position. The lifter exhales, with the arms fully extended and the elbows locked. Two common errors during the press phase include: arching the back and lifting the feet from the floor.

**Incline Press:**

* Sit on the incline weight bench with your head, shoulders and buttocks in contact with the bench. Your feet should be flat on the floor, retain this position throughout your lift – none of your contact points should shift during the press.
* Your grip on the bar should be wide but comfortable. Wrap your thumbs around the bar for safety. The bar should rest on the base of your palm, with the force of the bar driving down through your wrists and forearms.
* Keep your entire body tight as you unrack the bar. Your lats and chest should be tight, stabilizing the bar. Press down through your feet keeping your quads tight. Maintain this position, keeping your body tight and stable throughout your lift.
* After unracking the barbell, lock it out at the top and control the weight before starting your lift.
* Lower the bar to the upper portion of your chest in a controlled but quick manner. The bar should come to a complete stop on your chest to prevent bouncing.
* Press the bar off your chest explosively using your chest and lats. Continue pressing until locked out again.

**Parallel Squat:**

* Have a spotter you can trust.
* The Squat Setup: Chest Up, Head up, Eyes Forward and focused on dot (or other focal point).
* How to Squat Down: Turn feet slightly outward, 35 degree is optimal, no more then 45 degree angle. Knees slightly out.Push your knees out as you Squat down. Get Parallel.Your hip joint must come lower than your knee joint.
* How to Squat Up: Hips Up. Drive out of the hole by leading with your hips, not your chest. Don’t let your knees travel forward at the bottom or you’ll lose power. Squeeze Your Glutes. Power comes from the glutes. Chest should remain out; head and eyes still up, back straight. Always KEEP YOUR HANDS ON THE BAR!

**Power Clean:**

**Power Clean Setup:**

* **Shoulder-width Stance.** Keep the weight on your heels. Curl your toes up if necessary. Jump up a few times, use that stance for Power Cleans.
* **Hook Grip. Try** using the [hook grip](http://stronglifts.com/the-ultimate-beginners-guide-to-power-cleans/#hookgrip) so you can relax your forearms and avoid pulling with your arms. Grip width should be about 54cm/21″.
* **Chest Up, Shoulder-blades Back & Down.** Prevents your back to round. Make a big chest, lift it up. Keep your shoulder-blades back & down.

Power Clean: Contains 2 pulls

* Pull Slowly from The Floor. Jerking the weight causes bad technique in the 2nd pull. Pull slowly from the floor. Accelerate once above the knees.
* Put Your Hips Higher. Hips are higher on Power Cleans than Deadlifts. You’ll feel tension in your hamstrings when putting your hips correctly.
* Jump. Catch the bar in the rack position. If you hesitate, just jump up. Your body will figure out how to rack the bar.
* Stomp. Your body coordinates stomping with racking. The harder you stomp, the faster you’ll rack. Stomp your feet back into your footprints.
* Elbows High. Racking with low elbows will hurt your elbows and wrists. Rack the bar by throwing your elbows as high as possible

Rack Position:

* **Bar Against Delts.** Make a big chest & open your hands. Put the bar on top of your shoulders, behind your clavicles, across your front of neck, touching delts.
* **Elbows High.** Catching the weight with low elbows stresses your wrists & elbows. Put your elbows high. The higher the better.
* **Elbows Pointing Forward.** Let the bar roll gently back in hand, bending wrist towards top of delts.

**Olympic Bar Deadlift (OBDL):**

* Rubber weights on Olympic bar.
* Feet shoulder width apart.
* Flat back, big chest, eyes up.
* Use the reverse grip to hold the bar. Weight should be on your heels.
* Keep the bar close to the body.
* A belt is required for this lift.