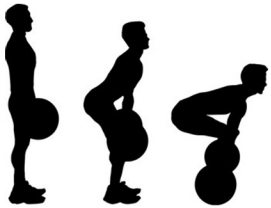
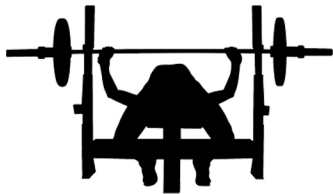




PROPER FORM FOR COMMON WEIGHTLIFTING EXERCISES



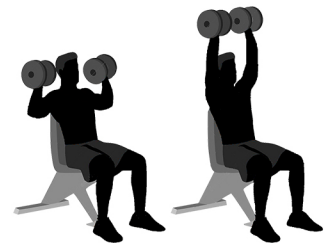
DEADLIFT



BENCHPRESS

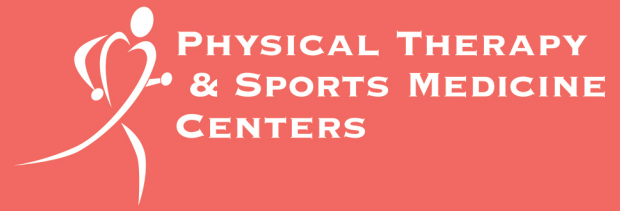


SQUAT



**OVERHEAD
PRESS**

BREAKING DOWN THE DEADLIFT



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HOW TO PROPERLY PERFORM A DEADLIFT

Step 1: Set Your Feet

Position feet about shoulder-width apart. Your weight should be on your heels and midfoot. The bar should be over the middle of your feet.

Step 2: Choose Your Grip

Use an Overhand Grip with both hands over the bar with palms facing behind you, or a Mixed Grip with one hand over and one hand under. Your arms should be straight throughout the movement.

Step 3: Brace Your Core

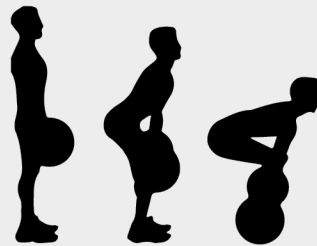
Activate your core by “bracing” or “stiffening” your spine. Keep your core tight throughout the movement. Keep your chest up and shoulder blades down and back.

Step 4: Pull Up

Keeping your entire body tight, extend through hips and knees to an upright standing position. Maintain neutral back. Squeeze your glutes but do not overextend your back. The bar should remain as close to your body as possible.

Step 5: Down

Keep your body tight and your core neutral as you lower the bar back down, initiating the movement by driving your hips back. Decline until plates reach the ground.

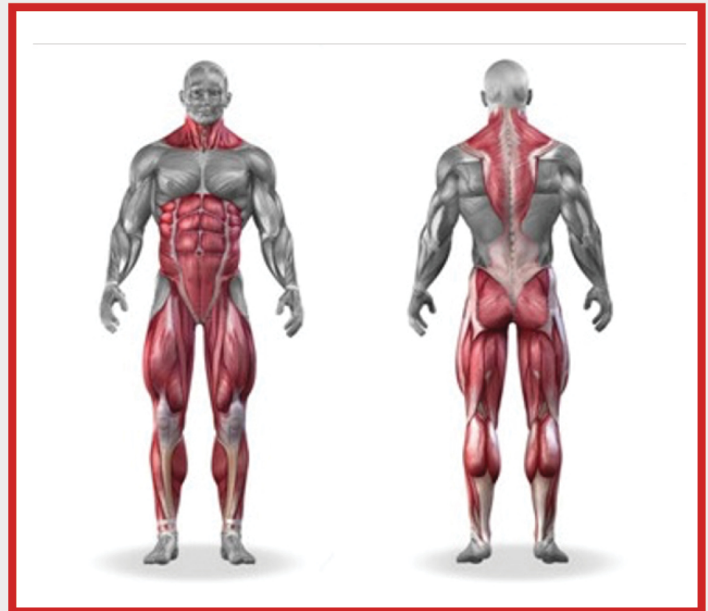


KEY POINTS

- DON'T ARCH OR ROUND BACK**
- TALL POSTURE**
- BRACE CORE**
- IMAGINE “PUSHING THE FLOOR AWAY”**
- KEEP BAR CLOSE TO BODY**



MUSCLES WORKED



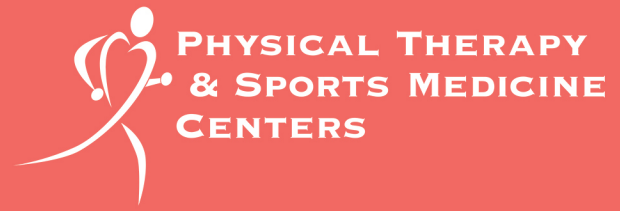
MUSCLES WORKED

- | | |
|------------|---------------------------|
| Hamstrings | Erector Spinae (low back) |
| Quadriceps | Trapezius |
| Calves | Latissimus Dorsi |
| Glutes | Rhomboids |
| Core | |

DEADLIFT PROGRESSIONS

- 1. Single Leg Deadlift** - Performing single-leg deadlifts allows you to isolate one leg and work on stability and balance.
- 2. Romanian Deadlift** - Use lighter weight and start from the standing position. Shoot your hips back while slowly lowering the bar to target your hamstrings and glutes more.
- 3. Stiff Leg Deadlift** - Start from the standing position and lower the weight keeping your legs as straight as possible.

BREAKING DOWN THE BENCH PRESS



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HOW TO PROPERLY PERFORM THE BENCH PRESS

Step 1: Choose Your Grip

The bar should be in the base of your palm, and your thumb should be wrapped around the bar. The width of your grip should be based on target muscles:

Wide: Pec dominant

Narrow: Tricep dominant

Neutral: Combination

Step 2: Set Your Position

Set yourself up under the bench. At all times throughout the movement you should maintain 5 points of contact with the bench and ground: Head, Back, Glutes, Left and Right Foot.

Step 3: Brace Your Core & Unrack

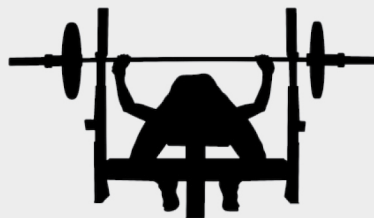
Activate your core by “bracing” or “stiffening” your spine. Keep your core tight throughout the movement. Unrack the weight, and use a spotter if needed to lift off.

Step 4: Lower Down

Take a deep breath in. Slowly lower the weight down to your chest – between collar bone and nipple line. Imagine you are trying to bend the bar upwards with your hands. Your elbows should be at about a 45° angle away from your body.

Step 5: Push Up

At the bottom of the movement, your elbows should be about perpendicular to the floor. Exhale as you drive through your feet and extend your elbows. Re-rack the weight, using a spotter if needed.



KEY POINTS

DON'T EXCESSIVELY ARCH BACK

DON'T BOUNCE BAR OFF CHEST

BRACE CORE

MAINTAIN 5 POINTS OF CONTACT AT ALL TIMES



MUSCLES WORKED



MUSCLES WORKED

Pectoralis Major
Anterior Deltoid
Triceps Brachii
Forearms

SHOULDER PAIN WHILE BENCH PRESSING?

Try these instead...

Use Dumbbells – this will allow a more free range of motion

Roll up a Towel – bring the bar down to the towel instead of chest

Bench on the Floor – greater limitation in range of motion

BREAKING DOWN THE

SQUAT



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HOW TO PROPERLY PERFORM A SQUAT

Step 1: Position Feet

Feet should be slightly wider than shoulder-width apart

Step 2: Set your Core

Brace or stiffen your abdominals

Step 3: Root your Feet

Stand with your feet a bit wider than shoulder width apart, pressing your weight into your heels and toes as you lower down to keep your knees from collapsing in

Step 4: Butt Back or Hip Hinge

Imagine you're sitting back into a chair



Step 5: Chest Out, Eyes Up

Stay tall and do not fall back or lean forward

Step 6: Squat Down

A full squat is when thighs are parallel to the ground. Your chest should be parallel with your shins



Step 7: Stand Up

Extend up through knees and hips to standing position, don't fall forward while returning to stand



KEY POINTS

CHEST UP

EYES FORWARD

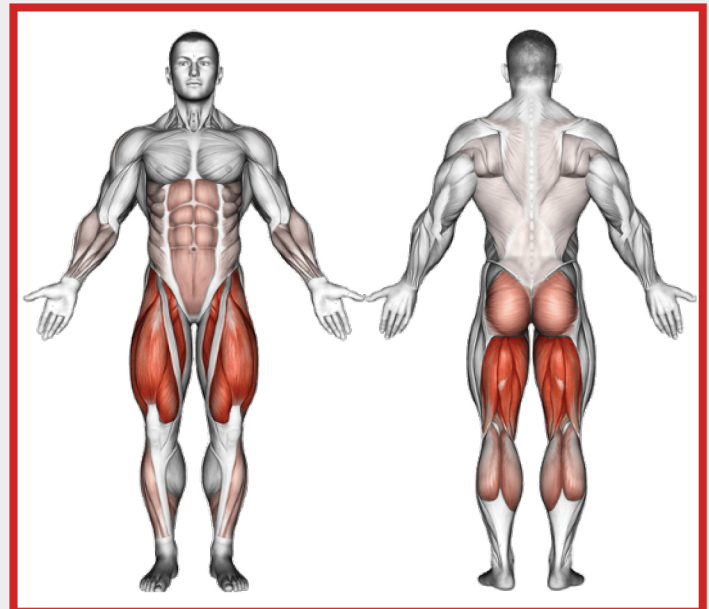
BACK STRAIGHT

BUTT DOWN

KNEES EVEN

FEET HIP-WIDTH

MUSCLES WORKED



ANTERIOR

Quadriceps
Hip Flexors
Rectus Abdominis
Obliques
Transver Abdominis

POSTERIOR

Gluteus Maximus,
Medius, & Minimus
Hamstrings
Erector Spinae
Calves

WHY ATHLETES SHOULD SQUAT

1. Total body exercises burn more fat
2. Boosts natural hormones like HGH
3. Improves balance
4. Improves flexibility
5. Increases vertical jump
6. Increases overall speed & strength



BREAKING DOWN THE OVERHEAD PRESS



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HOW TO PROPERLY PERFORM AN OVERHEAD PRESS

GRIP

Pronated Grip – Your palms should be facing forward. The weight should be in the base of your palm. Your wrist should remain straight throughout the movement. In the starting position, your hands should be slightly wider than shoulder-width apart.

Step 1: Activate Your Core

Activate your core by “bracing” or “stiffening” your spine. Keep your core tight throughout the movement. Keep your chest up and shoulder blades down and back.

Step 3: Lower the Weight

Slowly lower the weight while maintaining good form. You should bring the weight down to collarbone level.

BODY POSITION

There are many variations to a press but to learn the lift, you should start in a seated position.

REMEMBER - 5 points of contact throughout the movement (head, back, butt, left and right foot).

Step 2: Press Up

Press the weight up and exhale out. Keep your elbows slightly forward (rather than straight out). At the top of the movement, your wrists should be stacked above your elbows and shoulders.



KEY POINTS

PALMS FORWARD

WRISTS STRAIGHT

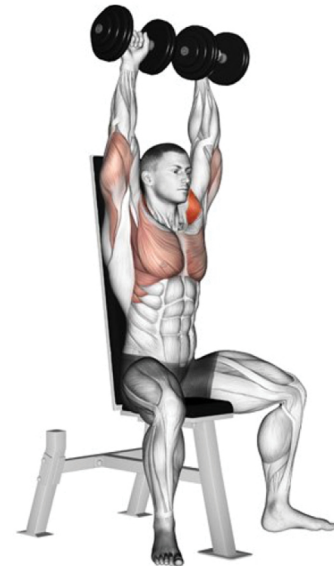
5 POINTS OF CONTACT

BRACE CORE

STACK ELBOWS AND WRISTS

CONTROL THE MOVEMENT

MUSCLES WORKED



MUSCLES WORKED

Pectorals (chest)
Deltoids (shoulders)
Triceps (arms)
Trapezius (upper back)



OVERHEAD PRESS PROGRESSIONS

- 1. Lift one side at a time** – aka Unilateral Loading – this will increase need for core activation
- 2. Standing** – increases the muscles actively working during the press, especially your stabilizer muscles
- 3. Kettle Bell** – the unbalanced shape and handle will require more stability and control