

TEENS BARBELL CLUB
Study Guide

Back Squat

- **Setup:**

- Feet are Shoulder width
- Toes are turned out at slight angle (30 degrees)
- Back is straight
- Eyes are forward
- Bar sits above shoulder blades on meat of trapezius muscles.
- Grip on bar outside shoulders but not too wide.

- **Execution:**

- **Bring bar out of the Rack:**

- Bar starts on rack.
- Athlete finds grip on bar, then steps underneath and finds bar position on back.
- Knees bend, not torso, to receive bar from rack
- Athlete takes three steps back from rack before starting movement
- Take a deep breath and hold it to create pressure in the abdomen and torso stability

- **Performing the Back Squat:**

- Weight in heels and mid-foot with emphasis on heels
- Back stays straight (Lumbar curve and thoracic posture maintained)
- Butt travels back and down (Hips unhinge and travel back then down)
- Knees widen and travel over feet (Femurs rotate externally, knees track outer toes)
- Descend until hip crease is below knee
- Bring bar back to standing position
- Release breath at top

THE **BACK SQUAT**



The Shoulder Press

- **Setup**

- Stance - Feet underneath the hips
- Grip the bar so that the hands are just outside the shoulders
- Bar is held just beneath the chin
- Elbows pushed slightly in front of bar
- “Butt and gut tight”
- Eyes forward

- **Execution:**

- Body stays tight and motionless
- Knees are locked
- Head slides back to allow bar to travel straight up
- Bar travels straight up until elbows are locked
- As soon as possible head tucks underneath bar
- Bar ends up in complete overhead position.
 1. “Head through the window.”
 2. “Elbows locked”
 3. “Shoulders active”
 4. “Arms behind the ears”
- At about the time the head tucks under the bar, the shoulder-blades pinch together and the elbows rotate externally



The Push Press

- **Set Up:**
 - Feet underneath the hips - feet should be hip width
 - Your hands should be gripping the bar so that your hands are just outside your shoulders
 - Raise your elbows as much as necessary to get the bar to rest on your shoulders (“the front rack position”) (Aside from the shoulder contact, an elbow position identical to the strict press is ideal)
 - Tight midsection
 - Eyes forward (“Head Neutral”)
- **Execution:**
 - “Dip, Drive, Press”
 - **Dip:** Chest stays upright, knees and hips bend equally to perform a shallow dip and your weight is focused in your heels
 - **Drive:** Drive from heels to the ball of your foot, aggressively extending knees and hips to full height. The effort should begin the motion of the bar off of the shoulder
 - **Press:** Using momentum generated from the drive, press the bar overhead similar to strict press.
 - Bar travels straight up until elbows are locked
 - Head accommodates bar path by moving back on the way up and coming back “through the window” between arms
 - Bar travels and ends up over midline
 - Shoulders are active as long as bar is overhead



The Deadlift

Setup:

- Stance – Between Hip and Shoulder width
- Grip – Just outside knees
- Toes straight
- Head neutral
- Weight in heels
- Lumbar curve locked in
- Shoulders slightly in front of bar
- Bar against shins
- **Power Triangle** (Shoulders above hips, hips above shoulders)

Execution:

Standing up the bar:

- Drive through heels
- Hips and shoulders extend at the same rate
- Bar stays close to legs and travels straight up and down
- Movement finishes with knees and hips completely open and shoulders slightly behind bar

Lowering of the bar:

- Hips un hinge and move backwards while bar moves down the leg, tracing the thigh until knee level is reached.
- Once bar reaches the knees, knees bend and bar returns to ground
- Movement finishes with body back in power triangle setup position

