DEADLIFTS:

*CUES TO REMEMBER:

01	CHOOSE YOUR SET-UP (SUMO OR CONV.)
02	WALK UP TO THE BAR
03	SET UP THE FEET
04	CHECK HAND GRIP WIDTH
05	BRING HIPS DOWN (JUST ENOUGH TO BRING THE CHEST UP)
06	ROTATE ELBOWS IN TOWARDS THE BODY/ "BREAK THE BAR (I.E. TAKE THE SLACK OUT OF THE BAR)
07	TAKE BREATH & BRACE THE CORE
08	START THE LIFT: PULL THE BAR UP THE BODY (KEEP IT CLOSE) WHILE PUSHING THE FEET INTO THE GROUND
09	RELEASE AIR ONCE YOU'VE COMPLETED 3/4 OF THE REP
10	KEEP THE BAR CLOSE TOP THE BODY AS YOU COME DOWN
11	THINK HIP HINGE UNTIL YOU HIT THE KNEES, THEN SQUAT DOWN (KNEE BEND/BUTT COMES DOWN TOWARDS THE GROUND)

BENCH PRESS:

*CUES TO REMEMBER:

01	LAY BACK & THINK: SHOULDERS BACK & PUSHED DOWN (PROTECTS THE ROTATOR CUFF)
02	REMAIN EYE LEVEL W/ THE BAR
03	SQUEEZE GLUTES & UTILIZE THE LEG DRIVE (PRESS FEET DOWN & AWAY FROM THE BODY INTO GROUND)
04	CHECK HAND WIDTH TO MAKE SURE IT'S EVEN
05	TUCK THE ELBOWS TOWARDS THE BODY
06	LIFT OFF THE RACK
07	BRING BAR FORWARD UNTIL ARMS ARE STACKED/STRAIGHT
08	BRING BAR TO MID/LOWER CHEST (THINK RIB CAGE, NOT PECS)
09	PUSH BAR BACK THEN UP ON ASCENSION
10	REPEAT

BACK SQUAT:

*CUES TO REMEMBER:

01	CHOOSE YOUR BAR SET-UP (LOW OR HIGH)
02	GET UNDERNEATH THE BAR & SQUEEZE SCAPS (BACK) CLOSE
03	BOTH FEET COME FORWARD FOR LIFT OFF, THEN UNRACK
04	2 STEPS BACK
05	CHECK FEET STANCE
06	KEEP ELBOWS UP
07	TAKE A BREATH, BRACE THE CORE, THEN COMMIT TO SQUAT
08	RELEASE AIR WHEN 3/4 OF THE WAY BACK UP
09	REPEAT

FRONT SQUAT:

*CUES TO REMEMBER:

01	WARM-UP WRISTS & GRAB THE BAR
02	SWING THE ELBOWS FORWARD & KEEP THEM UP
03	GET UNDERNEATH THE BAR & PUSH BAR INTO UPPER BODY/CLAVICLES
04	BOTH FEET COME FORWARD FOR LIFT OFF, THEN UNRACK
05	2 STEPS BACK
06	CHECK FEET STANCE
07	KEEP ELBOWS UP
08	TAKE A BREATH, BRACE THE CORE, THEN COMMIT TO SQUAT
09	RELEASE AIR WHEN 3/4 OF THE WAY BACK UP
10	REPEAT