Dumbbell (DB) Push Press

Starting Position:
Hold dumbbells at shoulder level while standing

Push Phase:
Same as the **Push Press**

Catch Phase:
Same as the **Push Press**

Completion of Lift:
Control Dumbbells over head
Lower the weights to the starting position

Coaching Points:
- Quick, explosive movement
- Do not drop under as a Push Jerk
- Loads should be light until technique is perfected

Dumbbell (DB) Shoulder Press

Starting Position:
Hold DB’s up over shoulder in a seated or standing position

Accession Phase:
Push dumbbells up and together overhead
**DO NOT LET THEM TOUCH**

Decent Phase:
Lower DB’s back to shoulder

Coaching Points:
- Shoulders and buttock must stay in contact with the bench if seated
- Feet must stay planted firmly on the floor
**Bench Press**

Starting Position:
- Lay flat on bench; Hands grip bar
- Elbows are at 90° when bar touches chest

Descent Phase:
- Lift bar from rack
- Take a deep breath and hold
- Lower bar to mid-chest

Ascent Phase:
- Push bar up (slight drift toward the rack)
- Extend the arms

Coaching Points:
- Shoulders & buttocks must be in contact with the bench
- Feet must stay planted firmly on the floor
- Do not bounce weight off the chest

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**Incline Bench Press**

Starting Position:
- Lay flat on a bench with an angle
- Hands grip bar
- Elbows are at 90° when bar touches chest

Descent Phase:
- Lower bar to upper chest

Ascent Phase:
- Push bar up straight up (slight drift toward the rack)
- Extend the arms

Coaching Points:
- Shoulders and buttocks must stay in contact with the bench
- Feet must stay planted firmly on the floor
- Keep the bar perpendicular to the floor
- Do not bounce weight off the chest
**Dumbbell (DB) Bench Press**

**Starting Position:**
- Lay flat on bench
- Hold DB’s up over shoulder

**Descent Phase:**
- Lower dumbbells to the side the chest at mid chest level

**Ascent Phase:**
- Push dumbbells up & over shoulders

**Coaching Points:**
- Shoulders and buttocks must stay in contact with the bench
- Feet must stay planted firmly on the floor

**Incline Bench Press**

**Starting Position:**
- Lay flat on a bench with an angle
- Hold DB’s up over shoulders

**Descent Phase:**
- Lower DB’s to upper chest

**Ascent Phase:**
- Push dumbbells up & over shoulders

**Coaching Points:**
- Shoulders and buttocks must stay in contact with the bench
- Feet must stay planted firmly on the floor
EXERCISE TECHNIQUES...

**Lateral (deltoid) Raise**

Starting position:
- Stand in a good athletic position
- Hold DB’s at waist level
- Arms bent slightly; elbows out

Ascent Phase:
- Lift arms up to shoulder level,
  turning thumbs down
- Keep elbows locked beginning angle

Descent Phase:
- Lower arms, under control,
  to starting position

Coaching Points:
- Knees bent slightly, back flat
- Hands & elbows should not be
  lifted above shoulder level
- Keep the weight light until
  technique is perfected

**Rear (deltoid) Raise**

Starting Position:
- The same as the Goodmorning
  without the bar
- Hold DB’s with a slight bent in the
  elbow; point elbows out

Ascent Phase:
- Keep elbows locked at the beginning
  angle
- Lift arms up to shoulder level

Descent Phase:
- Lower arms under control to starting
  position

Coaching Points:
- Keep back flat and do not raise up
- Keep the weight light until
  technique is perfected
EXERCISE TECHNIQUES...

Bent Over Rows
Starting Position:
- Grip bar with hands just outside the thighs
- Feet shoulder width or wider
- Bend over at the waist, back flat, chest and head up
- Let bar hang as you bend over at the hip

Ascent Phase:
- Pull bar up to mid point of the chest

Descent Phase:
- Lower bar under control to starting position

Coaching Points:
- Keep back flat and do not raise up during the lift
- Keep the weight light until technique is perfected

Pull Ups (front)
Starting Positions:
- Grip bar with hands wider than shoulder width apart
- Palms facing away from the body

Ascent Phase:
- Pull yourself up to the bar
- Get high enough that your chin is above the bar

Descent Phase:
- Lower yourself under control to starting position

Coaching Points:
- Do not swing body or kick legs
- Arms must be extended fully at the bottom of the exercise
EXERCISE TECHNIQUES...

**Pull Ups (Close front)**

Starting Position:
- Grip bar with hands closer than shoulder width
- Palms facing towards body

Ascent Phase:
- Pull yourself up to the bar
- Get high enough that your chin goes over the bar

Descent Phase:
- Lower yourself under control to starting position

Coaching Points:
- Do not swing body or kick legs
- Arms must be extended fully at the bottom of the exercise

**Pull Ups (behind)**

Starting position:
- Grip bar with hands wider than shoulders width
- Palms facing away from body

Ascent Phase:
- Pull yourself up to the bar
- Get high enough that the back of your neck touches the bar

Descent Phase:
- Lower yourself under control to starting position

Coaching Points:
- Do not swing body or kick legs
- Arms must be extended fully at the bottom of the exercise
EXERCISE TECHNIQUES...

1 Arm Rows