

BODYPUMP TECHNIQUE COACHING CUES GLOSSARY

SET POSITION

Position Setup

- Heels under hips
- Toes turned out slightly
- Knees soft
- Hands thumb-distance from thighs
- Gently draw the belly in and brace the abs
- Lift the chest
- Lift the shoulders up, roll them back and draw the blades down towards the spine
- Chin tucked in



Overhand Grip

SPLIT STANCE

Same as SET Position

- Feet hip-width apart and parallel
- Back heel lifted
- Knees slightly bent
- Body weight even in both legs



MID STANCE SQUAT

Position Setup

- Bar on meaty part of upper back
- Feet slightly wider than hips with toes turned out
- Chest up, light pinch between the shoulder blades
- Belly in and abs braced

Execution Setup

- Sit the butt back and down
- Knees track forward, in line with toes
- Butt stops just above knee level – knees at 90 degrees

Layer 2

- Finish with hips under shoulders
- Feel the pressure in your quads
- Brace the abs tighter in the Bottom Halves



MID Stance



Bottom Range

WIDE STANCE SQUAT

Position Setup

- Heel-toe wider than Mid Stance

Layer 2

- Sit the hips back
- Push through your heels as you rise to activate the glutes
- Push floor apart with your feet
- Squeeze butt on the way up



WIDE Stance

WIDER STANCE SQUAT

Position Setup

- Heel-toe wider than Wide Squat

Layer 2

- Drive your feet apart
- Knees out



WIDER Stance

MID GRIP CHEST PRESS

Position Setup

- Hands one hand-width in on the bar
- Bar in the heel of the hands
- Shoulders away from ears
- Abs in and braced – lower back towards bench
- Chin tucked in

Execution Setup

- Bar down to the center of the chest
- Elbows no lower than the top of the bench
- Elbows slightly bent at the top
- Elbows directly under the wrist

Layer 2

- Open your chest on the way down and squeeze between your shoulder blades
- On the way up, squeeze your elbows in
- Squeeze your chest as you press is the focus
- We change the hand position to change the activation

Stopping the bar at the level of the bench protects the rotator cuffs from excessive strain that could cause injury. Opening the chest and squeezing the shoulder blades together on the way down recruits the scapula stabilizers and also helps to protect the rotator cuff. Aiming the bar towards the mid chest reduces the potential for shoulder impingement.



WIDE GRIP CHEST PRESS

Position Setup

- Hands wider than shoulders
- Bar in the heel of the hands
- Shoulders away from ears
- Abs in and braced – lower back towards bench
- Chin tucked in

Execution Setup

- Bar down to the center of the chest
- Elbows no lower than the top of the bench
- Elbows slightly bent at the top
- Elbows stay directly under the bar throughout the movement

Layer 2

- Open your chest on the way down and squeeze between your shoulder blades
- On the way down, take the elbows wide
- On the way up, squeeze your elbows in
- Try to bend the bar by squeezing your hands together

Stopping the bar at the level of the bench protects the rotator cuffs from excessive strain that could cause injury. Opening the chest and squeezing the shoulder blades together on the way down recruits the scapula stabilizers and also helps to protect the rotator cuff. Aiming the bar towards the mid chest reduces the potential for shoulder impingement.



BENCH PUSHUP

Position Setup

- Hands just outside shoulder-width on bench
- Back straight – abs braced to support the mid-section
- Chin tucked in

Execution Setup

- Drop down to bring shoulders and chest to elbow level

Layer 2

- Push the bench away



DEADLIFT

Position Setup

- SET Position
- Slight bend in the knees (20 degrees)
- Chest up, abs braced
- Elbows to rear – light pinch between the shoulder blades
- Chin tucked in

Execution Setup

- Tip from the hips, keeping the chest lifted
- Bar to knees
- Chin tucked in – eyes forward, 6 feet (2 meters) in front

Layer 2

- Tension between shoulder blades all the way through
- Squeeze your hamstrings and glutes on the way up
- Heels grounded into the floor



POWER PRESS

Position Setup

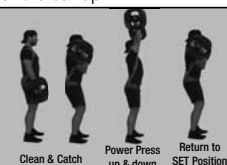
- SET Position
- Knees bent in Half Squat
- Chest up – abs braced
- Bar in front of chin

Execution Setup

- Use your legs to drive the bar upward
- Drive bar up in Overhead Press
- Elbows slightly forward at the top of the Press
- Abs braced as the bar moves over head
- Return bar to chin
- Power the bar up two more times

Layer 2

- Bend the legs to catch the bar
- Hips down and back
- Keep the heels down during the Power Presses
- Drive out of your legs
- Power the bar up



Clean & Catch Power Press up & down Return to SET Position

DEADROW

Position Setup

- SET Position
- **Slight bend in the knees** (20 degrees)
- **Chest up, abs braced**
- **Elbows to rear – light pinch between the shoulder blades**
- Chin tucked in

Execution Setup

- **Bar to the knees**
- **Bar into the belly button**
- **Squeeze between the shoulder blades**

Layer 2

- Slide the bar up your thighs
- Squeeze the shoulder blades together
- Bend the legs for more stability and sit into the butt
- Keep the shoulders away from the ears

Emphasizing a squeeze between the shoulder blades will ensure that we engage the scapula retractors and reduces the tendency for participants to merely hinge backward from the shoulder joint during the Row. These muscles are key stabilizers of the shoulder and help prevent injuries.



WIDE DEADLIFT

Position Setup

- SET Position
- Hands wide
- **Same range – bar to knees**
- **Slight bend in the knees** (20 degrees)
- **Chest up, abs braced**
- Elbows to rear to engage back muscles
- Chin tucked in

Execution Setup

- **Tip from the hips, keeping the chest lifted**
- **Bar to knees**
- Chin tucked in – eyes forward, 6 feet (2 meters) in front

Layer 2

- Tension between shoulder blades all the way through
- Squeeze your hamstrings and glutes on the way up
- Heels grounded into the floor



WIDE DEADROW

Position Setup

- SET Position
- **Hands wide**
- **Abs braced, chest up**
- **Light pinch between the shoulder blades**
- Elbows wide and high
- Chin tucked in
- Shoulders away from ears

Execution Setup

- **From knees to lower ribs**
- **Squeeze between the shoulder blades**

Layer 2

- Slide the bar up your thighs
- Squeeze the shoulder blades together
- Bend the legs for more stability and sit into the butt
- Keep the shoulders away from the ears

Emphasizing a squeeze between the shoulder blades will ensure that we engage the scapula retractors and reduces the tendency for participants to merely hinge backward from the shoulder joint during the Row. These muscles are key stabilizers of the shoulder and help prevent injuries.



PLATE SQUAT PRESS

Position Setup

- Feet slightly wider than hips with toes turned out
- Plate parallel in front of collar bones
- **Elbows under plate**
- **Chest up, abs braced**

Execution Setup

- Sit the butt down and back
- Knees track forward in line with toes
- Half Squat
- Brace the abs as the plate moves over head
- Elbows slightly forward



CLEAN & PRESS

Position Setup

- SET Position
- **Chest up – abs braced**
- **Knees bent**

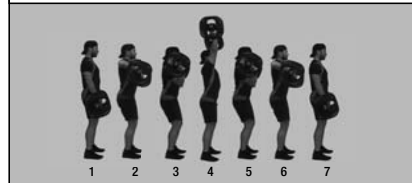
Execution Setup

- Start with more knee bend and use the legs to drive the bar up
- Keep elbows above the bar during Upright Row phase
- **Bar close to the body, lift to lower chest**
- **Drop under the bar, bending the knees**
- Clean the bar and hold in front of the collar-bones
- Press to the top
- **Use the legs to drive the bar up**
- **Abs braced as you Press above the head**
- **Elbows slightly forward**
- Bend the legs again, return to SET Position
- Bring the elbows up and over to lower the bar

Layer 2

- Sit hips back and drive through the legs
- Lift your heels to initiate the move
- Get under the bar as quickly as possible – be explosive!

Using the legs to get under the bar is the key to minimizing the load on the shoulder muscles and generating the most power in the Clean & Press. Focusing on jumping under the bar and explosively driving the bar over head will increase metabolism and spike the heart rate.



TRICEP EXTENSION

Position Setup

- Hands shoulder-width apart
- Elbows pointing down the bench and directly above the shoulders
- Shoulders away from the ears
- Belly in and brace the abs
- Head supported on the bench
- Feet flat on the floor

Execution Setup

- Lower bar to forehead

Layer 2

- Keep the elbows squeezing in together
- Keep the wrists strong
- Keep the elbows directly above the shoulders

Keeping the upper arm vertical with the elbows pointing down the bench during extensions helps to isolate the load to the triceps.



TRICEP PRESS PULLOVER

Position Setup

- Press the bar down towards the body
- Aim for just below the ribcage (lower ribs)
- Elbows fix and then push the bar over head towards the forehead – stop just above the head
- **Keep the abs braced so that the lower back does not lift off the bench**

Layer 2

- You can go further than the forehead so long as you do not arch or lift your back off the bench
- Keep it smooth and even to keep the muscles under tension



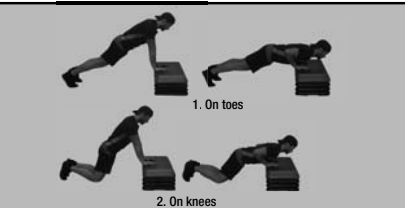
BENCH TRICEP PUSHUP

Position Setup

- Hands shoulder-width apart
- Back straight – abs braced to support the mid-section
- Chin tucked in

Execution Setup

- Elbows stay close to the body
- Elbows to ribs



STANDING OVERHEAD TRICEP EXTENSION

Position Setup

- Split Stance – knees soft, weight even in front and back foot
- Shoulders down
- **Belly in, abs braced**
- **Chest up**

Execution Setup

- **Plate extends over head and returns to the base of the neck**
- Elbows forward

Layer 2

- Sink into the legs and keep a strong core
- Keep the shoulders back and down to keep the work in the triceps



PLATE CURL

Position Setup

- Start with Hammer Grip
- Knees soft – Split Stance or SET Position
- **Chest up**
- **Abs in and braced**

Execution Setup

- **Curl upward, rotating plates for bottom half and full range**
- Plates in front of shoulders in full-range Curl
- Extend down next to thighs

Layer 2

- Brace abs to stop trunk sway



90/90 SETUP FOR STRIDE LENGTH

- Kneeling
- Hips square with 90-degree angles at both knees
- Tuck toes of back foot under and rise; this sets the stride length



LUNGE

Position Setup

- **Feet hip-width and step back to 90/90 stride length**
- **Hips and shoulders even and square to the front**
- **Knees in line with toes**
- **Belly in, abs braced and chest up**

Execution Setup

- **Bend knees – back knee moves towards the floor**
- **Front thigh parallel to the floor**

Layer 2

- Go low to work the butt
- Body weight even on both legs
- Push through the front heel to activate the glutes



PLATE LUNGE

Position Setup

- **Feet hip-width and step back to 90/90 stride length**
- **Hips and shoulders even and square to the front**
- **Knees in line with toes**
- **Belly in, abs braced and chest up**

Execution Setup

- **Bend knees – back knee moves towards the floor**
- **Front thigh parallel to the floor**

Layer 2

- Go low to work the butt
- Body weight even on both legs
- Push through the front heel to activate the glutes



STANDING UPRIGHT ROW

Position Setup

- SET Position
- Chest up – abs braced
- Slight pinch between the shoulder blades

Execution Setup

- Lift bar up to lower chest
- Elbows above the bar
- Keep bar close to body

Layer 2

- Lead with the elbows
- Squeeze between the shoulder blades

Keeping the chest lifted and shoulder blades retracted places the shoulder blades in the optimal position to receive load. Lifting the bar no higher than the lower chest reduces the potential for shoulder impingement (compression of the shoulder tissues).



STANDING PUSH PRESS

Position Setup

- Split Stance
- Weight even in front and back foot, knees soft
- Chest up – abs braced
- Bar in line with chin, elbows under wrists

Execution Setup

- Press the bar upward
- Keep the elbows soft at the top and elbows slightly forward
- Brace the abs as the bar moves above your head

Layer 2

- Keep your body upright and don't lean back – keep the work in the shoulders



STANDING SLOW CLEAN

Position Setup

- SET Position
- Chest up and brace abs

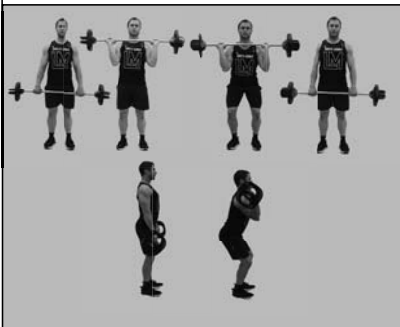
Execution Setup

- Start with more knee bend and use the legs to move the bar
- Bar close to the body, lift to lower chest
- Drop under the bar, bending the knees
- Clean the bar and hold in front of the collar-bones
- Use the legs to move the bar
- Abs braced
- Bring the elbows up and over to lower the bar

Layer 2

- Use the legs to move the bar
- Lift your heels to initiate the move
- As you drop sit your hips back
- Get under the bar as quickly as possible – be explosive!

Using the legs to get under the bar is the key to minimizing the load on the shoulder muscles and generating the most power in the Clean & Press. Focusing on jumping under the bar and explosively driving the bar over head will increase metabolism and spike the heart rate.



PUSHUPS

Position Setup

- Hands just outside shoulder-width
- Back straight – abs braced to support the mid-section
- Chin tucked in

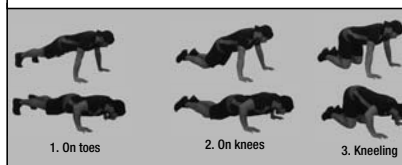
Execution Setup

- Drop down to bring shoulders and chest to elbow level

Layer 2

- Push the floor away

Dropping the chest no lower than elbow height minimizes rotator cuff stress.



KNEELING REAR DELTOID RAISE

Position Setup

- Kneeling, one leg forward
- Body leans on a 45-degree angle
- Chest lifted
- Keep the chin tucked in and the back of the neck long, eyes look about 3 feet (1 meter) in front

Execution Setup

- Lift the elbows to shoulder level
- Squeeze between the shoulder blades
- Elbows slightly bent

Layer 2

- Lead the movement with the elbows
- Keep the chest lifted, try not to drop the shoulders forward
- Shoulders away from ears



STANDING SIDE RAISE

Position Setup

- SET Position standing
- Elbows at 90 degrees
- Chest up – abs braced

Execution Setup

- Lift the elbows to just below shoulder level
- Elbows slightly forward
- Lead the movement with the elbows
- Chin tucked in

Layer 2

- Keep the body still to isolate your shoulders
- Shoulders away from the ears

Option: To increase intensity, widen the angle at the elbow

Keeping the elbows slightly forward ensures we lift the arms in the same plane as the scapula, helping us to engage the rotator cuff muscles evenly to protect the shoulders. Stopping the movement just below shoulder level reduces the potential for shoulder impingement (compression of the shoulder tissues).



KNEELING SIDE RAISE

Position Setup

- Kneeling position
- Elbows at 90 degrees
- Chest up – abs braced

Execution Setup

- Lift the elbows to just below shoulder level
- Elbows slightly forward
- Lead the movement with the elbows
- Chin in

Layer 2

- Keep the body still to isolate your shoulders
- Shoulders away from the ear

Option: To increase intensity, widen the angle at the elbow



STANDING MAC RAISE

Position Setup

- SET Position
- Chest up, abs braced
- Chin tucked in

Execution Setup

- Left arm reaches forward (Front Raise), elbow slightly bent; at the same time, right arm lifts to side (Side Raise)
- Plates no higher than shoulders
- Hips and pelvis square to the front, small twist through the upper body
- Keep the shoulders away from your ears

Layer 2

- Bend the knees to stay grounded
- Reach long with the front arm
- Brace the abs to avoid swinging



STANDING SIDE ROTATOR RAISE

Position Setup

- SET Position
- Chest up, abs braced
- Elbows bent at 90 degrees – plates facing inward

Execution Setup

- Elbows lift to the side, stopping just under shoulder height
- Lower forearms back to shoulder level
- Rotate shoulders to open the arms
- Return to start position

Layer 2

- Squeeze between the shoulder blades as you pull back
- Complete all phases of work



BENCH REVERSE CRUNCH

Position setup

- Knees over hips
- Fingers hold under top of bench
- Elbows in tightly
- Brace abs tightly

Execution Setup

- Reverse Crunch

Layer 2

- Use your bench and push your upper back into the bench to lift you straight up



ALTERNATING SINGLE LEG EXTENSION WITH PLATE EXTENSION

Position Setup

- Lying with knees at 90 degrees – directly above hips
- Belly in, abs braced
- Lower back towards the floor
- Hands reaching behind head, fingers on floor

Execution Setup

- Straighten knee – lowering each leg toward the floor
- Brace abs to keep lower back toward the floor

