

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

Execution Setup

- Hips sit back
- Knees out
- Chest up
- Abs Braced



WIDE Stance

Layer 2

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

WIDER STANCE SQUAT

Position Setup

- Same as for WIDE Stance
- Heel-toe wider than Wide Squat

Execution Setup

- Hips sit back
- Knees out
- Chest up
- Abs Braced



WIDER Stance

Layer 2

- Drive your feet apart
- Knees out

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 – slight 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



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.



POWER PRESS

Position Setup

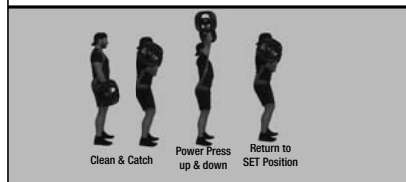
- SET Position
- Knees bent
- Chest up – abs braced
- Bar in front of chin

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 collarbones
- 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 & PRESS

Position Setup

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

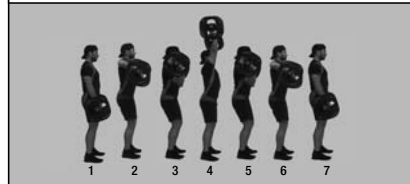
Execution Setup

- 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 collarbones
- 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.



STANDING TRICEP OVERHEAD EXTENSION

Position Setup

- Split Stance – knees soft, weight even in front and back foot
- Shoulders down
- **Belly in, abs braced**
- **Chest up**
- Hold the plate overhead, arms slightly forward, so you can just see your elbows

Execution Setup

- **Lower plate to base of neck**
- Full extension to the top
- **Elbows in**

Layer 2

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



TRICEP DIP

Position Setup

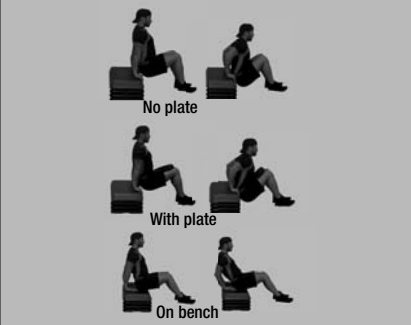
- Feet hip-width apart
- **Hands on the bench by your butt – weight in the heel of your hands**
- **Chest up**
- Shoulders away from ears

Execution Setup

- **Drop butt close to bench top – butt towards the floor**
- Elbows bend toward the back of the room

Layer 2

- Full extension to the top



SEATED TRICEP OVERHEAD EXTENSION

Position Setup

- Cross the legs to allow the hips to sit upright
- Hold the plate over head, arms slightly forward so you can just see your elbows
- Shoulders away from ears
- **Chest lifted – abs braced**
- Chin tucked in

Execution Setup

- **Lower plate to base of neck**
- Full extension to the top
- **Elbows in**

Layer 2

- Keep the elbows squeezing inwards – to isolate the triceps



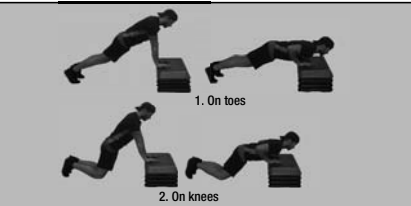
BENCH TRICEP PUSHUP

Position Setup

- Hands shoulder-width apart
- **Abs braced**

Execution Setup

- Elbows stay close to the body
- Elbows to ribs



BICEP PLATE CURL

Position Setup

- Arms by side, palms face in, Plate Curl
- 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 to thighs**

Layer 2

- Brace abs to stop trunk sway



BICEP PLATE ROW

Position Setup

- As Bicep Plate Curl

Execution Setup

- **Tip forward from the hips**
- **Plate to kneecaps**
- **Pull the plate to ribcage, just under chest, rotate plates as you Row**
- Elbows pull high to the back

Layer 2

- Pull the forearms into the biceps
- Squeeze the biceps
- Squeeze the shoulder blades together



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



PLATE SQUAT

Position Setup

- Feet slightly wider than hips with toes **turned out**
- Plate parallel with the floor, 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**
- **Butt stops just above knee level – knees at 90 degrees**
- **Brace the abs as the plate moves over head**
- **Elbows slightly forward**

Layer 2

- Push through the heel as you rise, to activate your glutes
- Squeeze the butt on the way up



ALTERNATING BACKWARD STEPPING LUNGE

Position Setup

- Long step back
- Feet stay hip-width apart
- 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

- Plate to chest
- Stay low to isolate the legs



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 REAR DELTOID RAISE

Position Setup

- SET Stance
- Chest up, tip forward from the hip
- Trunk leans on a 45-degree angle
- Chest lifted
- Keep the chin tucked in and the back of the neck long, eyes look about 6 feet (2 meters) 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

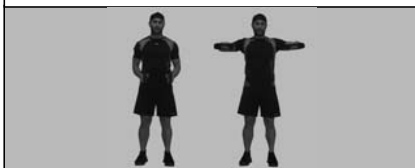
- Lift the elbows to just below shoulder height
- Elbows slightly forward of shoulders
- Lead the movement with the elbows
- Chin tucked in

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).



STANDING SIDE ROTATOR RAISE WITH 2x PEC DEC

Position Setup

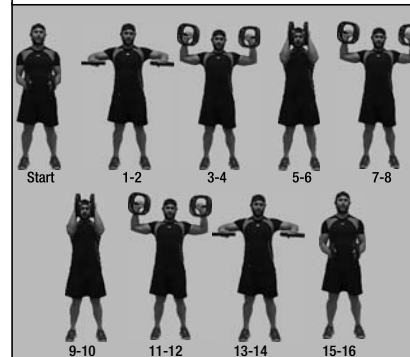
- SET Position
- Elbows at 90 degrees
- Chest up, abs braced

Execution Setup

- Elbows lift to the side, stopping just under shoulder height
- Rotate shoulders to open arms
- Elbows move to the front with the shoulder blades moving forward, then elbows move back squeezing shoulder blades
- Repeat Pec Dec press and return to start position
- Chest Lifted abs braced

Layer 2

- Make sure you complete all phases of work especially the downward phase of the Rotator Raise



STANDING SIDE ROTATOR RAISE WITH 2x OVERHEAD PRESS

Position Setup

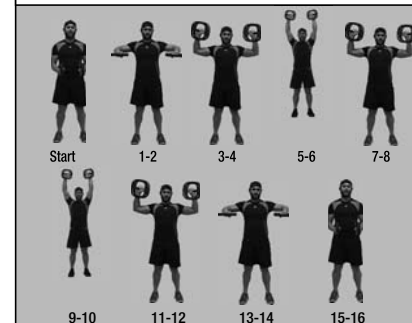
- SET Position
- Elbows at 90 degrees
- Chest up, abs braced

Execution Setup

- Elbows lift to the side, stopping just under shoulder height
- Rotate shoulders to open arms
- Press plates over head twice
- Elbows slightly forward
- Lower forearms back to shoulder height
- Return to start position

Layer 2

- Make sure you complete all phases of work, especially the downward phase of the Rotator Raise



STANDING OVERHEAD PUSH PRESS

Position Setup

- SET Stance
- Knees bent
- Chest up – abs braced
- Bar in front of chin

Execution Setup

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

Layer 2

- Bend the legs to catch the bar
- Bend and drive
- Power the bar up



BENCH REVERSE CRUNCH

Position setup

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

Execution Setup

- Drive knees upward
- Lift tail bone

Layer 2

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



BENCH REVERSE CRUNCH LIFT COMBO

Position setup

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

Execution Setup

- Legs extend to 90 degrees
- Lower to 45 degrees
- Keep lower back close to bench as legs lower
- Progress to lift tail bone off the bench

Layer 2

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



BENCH PULSE CRUNCH

Position Setup

- Lie down on the bench
- Feet on floor close to bench
- Hands off the floor by hips, palms down

Execution Setup

- Lift shoulders off bench
- Slide ribs to hips
- Chin tucked in towards the throat

Layer 2

- Maintain the height – feel the burn



BENCH HIP BRIDGE

Position Setup

- Feet shoulder-width apart

Execution Setup

- Drive through your heels, and lift hips upward
- Squeeze through your glutes
- Slowly lower



SINGLE-LEG BENCH HIP BRIDGE WITH LEG EXTENSION

Position Setup

- Feet shoulder-width apart
- Lift the leg first
- Lift hips, extend, in and down
- Squeeze the glutes to keep the hips high

Execution Setup

- Drive through your heels, and lift hips upward
- Squeeze through your glutes

