

BODYPUMP™ TECHNIQUE COACHING CUES GLOSSARY

SET POSITION

- 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

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 harder in the Bottom Halves



MID Stance



Bottom Range

SPLIT STANCE

Same as SET Position

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



WIDE SQUAT

Position Setup

- Heel toe wider than Mid Stance

Layer 2

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



WIDE Stance

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

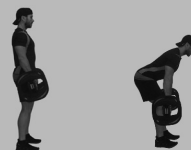
- SET Position
- Slight bend in the knees (20 degrees)
- Chest up, abs braced
- Elbows to rear – light pinch between the shoulder blades
- Chin tucked in

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



DEADROW

Position Setup

As for Deadlift

- Chest up, abs braced

Execution Setup

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

Layer 2

- Slide the bar up your thighs
- Shoulder blades squeeze together
- Bend the legs more and sit into the butt
- Keep the shoulders away from the ears
- Engage the upper back to pull the bar toward the thighs



CLEAN & PRESS

Setup

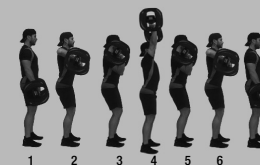
- SET Position
- Chest up – abs braced
- Knees bent

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, 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

Layer 2

- Use the legs to drive the bar up
- Lift your heels to initiate the move
- Get under the bar as quickly as possible – be explosive!



SEATED TRICEP DIP

Position Setup

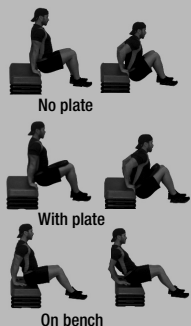
- Feet hip-width apart
- **Hands on the bench by your butt – weight in the heel of your hands**
- **Chest up**
- Shoulders away from ears

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 OVERHEAD TRICEP EXTENSION (PLATE)

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
- **Full extension to the top**

Execution Setup

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

Layer 2

- Keep the elbows squeezing inwards – to isolate the triceps



TRICEP KICKBACK ROW

Position Setup

- Kneel with one foot forward, elbow on knee
- **Lean forward, chest up, shoulders square, chin tucked**
- Plate hanging vertically under shoulder

Execution Setup

- Row the plate up, squeezing shoulder blade toward spine
- **Upper arm parallel to floor – extend the elbow**
- Upper arm still as you extend

Layer 2

- Lock the position of the shoulder and upper arm to isolate the tricep



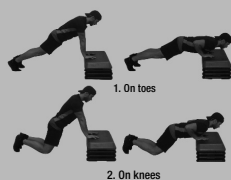
TRICEP PUSHUP (WITH BENCH)

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**



KNEELING OVERHEAD TRICEP EXTENSION

Position Setup

- Plate extended over head
- **Elbows facing forward**
- Shoulders away from the ears
- **Abs braced, chest up**

Execution Setup

- Lower plate back and down, keeping elbows facing forward



STANDING OVERHEAD TRICEP EXTENSION (WITH PLATE)

Position Setup

- Split Stance – knees soft, weight even in front and back foot
- Plate extended over head
- Elbows facing forward
- Shoulders away from the ears
- **Abs braced chest up**

Execution Setup

- Lower plate back and down, keeping elbows facing forward

Layer 2

- Sink into the legs – brace harder to eliminate trunk sway



BICEP CURL

Position Setup

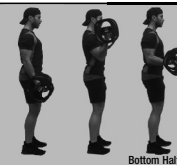
- Knees soft – Split Stance or SET Position
- **Chest up**
- **Abs in and braced**

Execution Setup

- **Curl the bar to just in front of the shoulders**
- **Extend all the way down to your thighs**

Layer 2

- Elbows by the sides of your body
- Keep the body still



BICEP ROW

Position Setup

- As Bicep Curl

Execution Setup

- **Tip from the hips**
- **Bar to kneecaps**
- **Pull the bar to ribcage, just under chest**
- Elbows pull high to the back

Layer 2

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



PLATE FRONT 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



PLATE SQUAT PRESS / DYNAMIC

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



90/90 SETUP FOR STRIDE LENGTH

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



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

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



STANDING OVERHEAD 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 OVERHEAD PUSH 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 the Overhead Press
- Elbows slightly forward at the top of the Press
- Abs braced as the bar moves over head
- Return bar to chin

Layer 2

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



STANDING SIDE RAISE

Position Setup

- SET 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 ears

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



STANDING 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
- Rotate shoulders to open the arms
- Lower forearms back to shoulder level
- Return to start position

Layer 2

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



STANDING ROTATOR PEC DEC

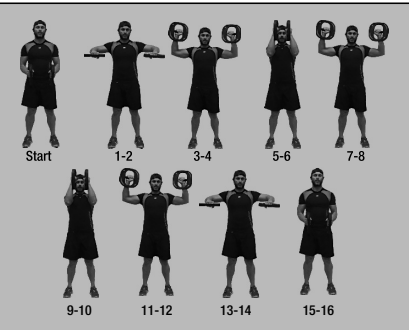
Setup

As per Rotator Raise and:

- **Elbows move to the front** with the shoulder blades moving forward, then the elbows move back
- Squeeze the shoulder blades together, repeat the Pec Dec Press and then return to start
- Keep the chest lifted and brace the core

Layer 2

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



CRUNCH

Setup

- **Slide ribs towards hips**
- Chin tucked in towards the throat
- Fingertips to temples

Layer 2

- Lift a little higher – shoulder blades off the floor



HOVER

Position Setup

- Elbows under shoulders
- Knees just outside hips, toes tucked under
- Hips in line with shoulders
- Lift knees off floor
- **Back long and straight**
- **Abs braced to support the mid section**

Option: On knees

Layer 2

- Squeeze abs, quads and glutes to keep your back long and straight as you fatigue



ALTERNATING SINGLE LEG EXTENSION

Position Setup

- Lying with knees at 90 degrees – directly above hips
- **Belly in, abs braced**
- **Lower back towards the floor**
- Hands on floor by hips

Execution Setup

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

