

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

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

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

WIDER SQUAT

Position Setup

- Heel-toe wider than Wide Squat

Layer 2

- Drive your feet apart
- Knees out



WIDER Stance

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 toward 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 cuff 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



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

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 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.



CLEAN & PRESS

Position Setup

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

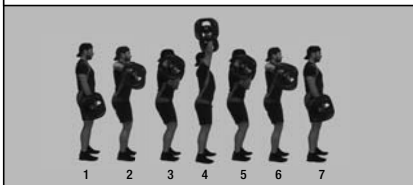
Execution Setup

- 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

- 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!

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 and Press. Focusing on jumping under the bar and explosively driving the bar over head will increase metabolism and spike the heart rate.



POWER PRESS

Position Setup

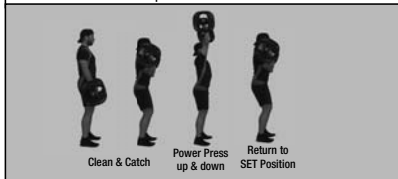
- SET Position
- Knees bent in Half Squat
- Chest up – abs braced
- Bar in front of chin

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



SEATED TRICEP DIP

Position Setup

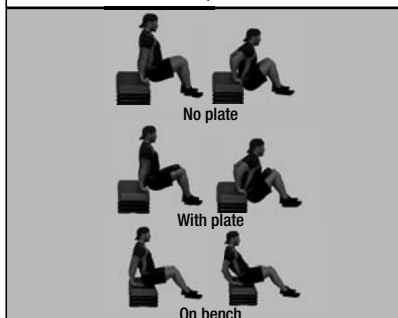
- Feet hip-width apart
- Hands on the bench by your butt – weight in the heel of your hands
- Chest up
- Shoulders away from ears

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



KNEELING TRICEP KICKBACK ROW

Position Setup

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

Execution Setup

- Row the plate up, squeezing shoulder blade toward spine
- Upper arm parallel to floor – extend the elbow
- Plate hanging vertically under shoulder

Layer 2

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



SEATED OVERHEAD TRICEP 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

Layer 2

- Keep the elbows squeezing inwards – to isolate 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 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



PLATE FRONT SQUAT

Position Setup

- Feet slightly wider than hips with toes turned out
- Plate parallel with the floor, in front of collarbones
- **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



PUSHUP

Position Setup

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

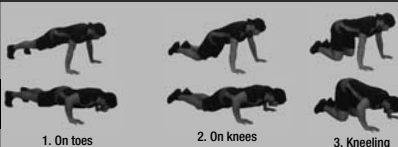
Execution Setup

- **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.



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 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



PLATE CRUNCH

Position Setup

- Heels close to butt
- Plate held to forehead

Execution Setup

- Plate and upper body move as one unit
- **Slide ribs to hips**
- Keep your chin tucked in
- Eyes look between your knees at the top of the move
- Hold the plate like the peak of a cap

Layer 2

- Lift a little higher to increase intensity



HIP BRIDGE

Position Setup

- Squeeze your glutes on the way up

Execution Setup

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



SINGLE LEG HIP BRIDGE

Position Setup

- Squeeze your glutes on the way up

Execution Setup

- Opposite ankle to knee
- Driving through your heel
- **Squeezing through the glutes**
- Pushing up through the chest
- **Keep your hips square**
- Hips towards the ceiling
- Chin in, lift the chest above the chin

