**Weightlifting Form**

# Deadlift

A deadlift is a weight-lifting compound exercise that works your lower body and your upper body. The “compound” means a move that works across multiple joints and encompasses larger muscle groups. A deadlift is a movement pattern in which you pick up dead weight from the ground, as implied by the name. And sure, even though you see this exercise frequently in strength training regimens, you also perform it frequently in daily life. You're doing the deadlift movement when you stoop to pick up a child from the floor or a case of water from underneath your shopping trolley.

## Form

Rounding your back when deadlifting is one of the main issues. Deadlifts should be executed with an engaged core and neutral spine (a flat back). You run the danger of getting hurt if you lift the weight from the floor while hunching your back. Engaging your core and activating your back muscles before you lift the weight off the ground can help you avoid this common deadlift mistake.

“Pretend like you’re squeezing an orange in your armpits during your setup and maintain that during the execution of the lift,” Boston-based strength coach Tony Gentilcore.

Consider pushing the floor away with your feet as you lift the weight as another hint to help you maintain adequate tension throughout your body. This helps create full-body tension, which again prevents your upper back from rounding. Another common deadlifting error is bending your knees excessively. While keeping your knees from locking straight, you should also be careful to avoid bending them excessively (this isn't a squat). Only decrease the weight as far as your flexibility will allow while keeping your knees flexible and concentrating on the movement coming from your hip hinge. Additionally, where the weight is placed matters. By disrupting your line of pull by holding the weight too far away from your body, you run the risk of overworking and straining particular back muscles. Therefore, if you're using a barbell, place it over your mid-foot to begin. Keep the weight close to your body as you pull whether you're using dumbbells, barbells, or kettlebells. Don't hold the weight out from your body or waste effort by making the move into a shoulder exercise. Instead, imagine scratching your shins and thighs with the weight.

* Stand behind a barbell with your feet about shoulder-width apart.
* Sit your hips back, bend your knees slightly, and lean your torso forward, maintaining a tight core and flat back. Grab the bar, placing your hands shoulder-width apart, palms facing in toward your body.
* Push your feet into the floor and stand up tall, pulling the weight with you and keeping your arms straight. Bring your hips forward and squeeze your abs and glutes at the top.
* Slowly reverse the movement, bending your knees and pushing your butt back to lower the weight back to the floor. Keep the bar close to your body the entire time and maintain a flat back. This is 1 rep.

# Squat

The squat is referred to as "the king of legs moves" on occasion. It engages all of the major muscles in your lower body, and as you begin to lift heavier weights, it even starts to feel like a full-body exercise because you have to brace your core and tighten your back muscles to maintain the correct posture for your torso. To ensure that you perform the move correctly, you should exert whole-body tension.

## Form

Take the bar out of the rack with it resting on your rear shoulder muscles. Take two big steps back and stand with your feet roughly shoulder-width apart, toes pointing slightly out. Keep your spine in alignment by looking at a spot on the floor about two metres in front of you, then “sit” back and down as if you’re aiming for a chair. Descend until your hip crease is below your knee. Keep your weight on your heels as you drive back up.

1. Don’t drop your chin.
2. Get your chest up.
3. Push elbows forwards.
4. Keep knees in line with toes.
5. Heels flat on the floor.

A person flexing his muscles

Description automatically generated with low confidence

# Shoulder Press

In the exercise known as the dumbbell shoulder press (also referred to as the DB shoulder press), weights are pressed vertically overhead. It functions similarly to the overhead shoulder press, but instead of a barbell, you use dumbbells.

Although the dumbbell shoulder press can be done standing or sitting, most people find that sitting allows them to lift more weight.

## Form

Step 1: Set-up

Hold a dumbbell in each hand and place one on each thigh while seated upright on a bench. Give the dumbbells a push with your thighs to raise them so you are holding them just above your shoulders with your palms facing away from you.

Drive your feet into the floor, extend your chest, and pull your shoulder blades down and together so that your mid and upper back are pressed against the backrest (a good cue for this is to think of pulling your shoulder blades into your back pockets).

Step #2: Press

Make sure your elbows are almost locked before pushing the dumbbell up toward the ceiling. As you straighten your elbows, the dumbbells should naturally move toward one another, but they shouldn't slam together above your head.

Keep your feet on the ground and your shoulder blades "down and back." Avoid excessively arching your lower back or allowing your butt to move forward on the bench. Instead, keep your mid and upper back pressed into the backrest.

Third step: descend

To return to the starting position, lower the dumbbells until they are just above your shoulders (the handles should nearly touch your ears).

