

Barbell Wrist Curls

```

(ROOT
  (S
    (VP
      (VP (VB Take)
        (NP
          (NP (NN hold))
          (PP (IN of)
            (NP (DT a) (NN barbell))))
          (PP (IN in)
            (NP (DT both) (NNS hands)))
          (, ,)
          (PP (IN with)
            (NP
              (NP (PRP$ your) (NNS palms))
              (VP (VBG facing)
                (ADVP (RB forward))))))
          (, ,)
          (CC and)
          (VP (VB sit)
            (PP (IN on)
              (NP
                (NP (DT the) (NN end))
                (PP (IN of)
                  (NP (DT a) (NN bench)))))))
          (. .)))
    (ROOT
      (S
        (VP (VB Lift)
          (NP (DT the) (NN barbell))
          (SBAR (RB so) (IN that)
            (S
              (S
                (NP (PRP$ your) (NNS forearms))
                (VP (VBP are)
                  (VP (VBG resting)
                    (PP (IN across)
                      (NP
                        (NP (DT the) (NNS tops))
                        (PP (IN of)
                          (NP (PRP$ your) (NNS thighs)))))))
                (CC and)
                (S
                  (NP (DT the) (NN barbell))
                  (VP (VBZ is)
                    (PP (IN over)
                      (NP
                        (NP (DT the) (NNS ends))
                        (PP (IN of)
                          (NP (PRP$ your) (NNS knees)))))))
                  (. .)))
              (ROOT
                (S
                  (PP (IN From)
                    (NP (DT this) (NN position)))
                  (, ,)
                  (ADVP (RB slowly))
                  (VP (VB curl)
                    (NP (PRP$ your) (NNS wrists))
                    (ADVP (RB upward))
                    (SBAR

```

Bad

```
(ADVP (RB as) (RB far))
(IN as)
(S
  (NP (PRP they))
  (VP (MD can)
    (VP (VB go))))))
(. .)))

(ROOT
(S
  (VP (VB Sustain)
    (NP
      (NP
        (NP (DT this) (NNP Max) (NNP Contraction) (NN position))
        (PP (IN for)
          (NP (CD 45))))
      (: --)
      (NP (CD 60) (NNS seconds))))
    (. .)))
```

Bench Press

```
(ROOT
(NP
  (NP
    (NP (NN Lie))
    (PP (IN on)
      (NP
        (NP (DT a) (JJ flat) (NN bench))
        (PP (IN with)
          (NP (PRP$ your) (NNS feet))))))
  (ADJP (JJ flat)
    (PP (IN on)
      (NP (DT the) (NN floor))))
  (. .)))

(ROOT
(S
  (VP (VB Keep)
    (NP (PRP$ your) (NNS eyes))
    (ADVP (RB directly)
      (PP (IN below)
        (NP
          (NP (DT the) (NN bar))
          (CC and)
          (NP (PRP$ your) (NNS hands))))))
    (VP (VB shoulder)
      (NP (NN width))
      (ADVP (RB apart))))
  (. .)))

(ROOT
(S
  (VP (VB Lift)
    (NP (DT the) (NN bar))
    (PP (IN off)
      (NP (PRP$ its) (NNS supports)))
    (SBAR (IN until)
      (S
        (NP (PRP$ your) (NNS arms))
        (VP (VBP are)
          (VP (VBN extended))))))
  (. .)))
```

Bad

```
(ROOT
(S
(ADVP (RB Slowly))
(VP (VB lower)
(NP (DT the) (NN bar))
(SBAR (IN until)
(S
(NP (PRP it))
(VP (VBZ grazes)
(S
(NP (PRP you))
(ADJP (JJ chest)))))))
(. .)))
```

```
(ROOT
(S
(NP (DT The) (NN bar))
(VP (MD should)
(VP (VB come)
(PP (TO to)
(NP (DT a) (JJ brief) (, ,) (JJ complete) (NN stop))))))
(. .)))
```

```
(ROOT
(S
(VP (VBP Push)
(ADVP
(ADVP
(NP (DT the) (NN bar))
(RB back)
(PP (TO to)
(NP (JJ full) (NN extension))))
(PP (IN with)
(NP (DT the) (NN bar))
(ADVP (RB directly))))
(PP (IN in)
(NP (NN line)))
(PP (IN with)
(NP (PRP$ your) (NN chin))))
(. .)))
```

Crunches

```
(ROOT
(S
(NP
(NP (NN Lie))
(ADJP (JJ flat)
(PP (IN on)
(NP
(NP (PRP$ your) (NN back))
(PP (IN with)
(NP (PRP$ your) (NNS feet)
(CC and)
(NNS knees)))))))
(VP (VBD elevated)
(SBAR (RB so) (IN that)
(S
(NP (PRP$ your) (NN shins))
(VP (VBP are) (RB parallel)
(PP (IN with)
(NP (DT the) (NN floor))))))
(. .)))
```

Bad

```
(ROOT
(S
  (VP (VB Elevate)
    (NP (PRP$ your) (NN tailbone))
    (PP (IN about)
      (NP
        (NP (CD one) (NN inch))
        (PP (IN above)
          (NP (DT the) (NN floor)))))))
  (. .)))

(ROOT
(S
  (VP (VB Place)
    (NP (PRP$ your) (NNS hands))
    (PP (IN on)
      (NP (PRP$ your) (NNS ears))))
  (. .)))

(ROOT
(S
  (VP (VB Use)
    (NP (PRP$ your) (NN abs)
      (S
        (VP (TO to)
          (VP (VB lift)
            (NP
              (NP (DT the) (JJ upper) (NN half))
              (PP (IN of)
                (NP (PRP$ your) (NN body))))))))))
  (. .)))

(ROOT
(S
  (SBAR (IN Once)
    (S
      (NP (PRP you))
      (VP (VBP 've)
        (VP (VBN lifted)
          (NP (PRP$ your) (NNS shoulders))
          (PP (IN about)
            (NP (CD thirty) (NNS degrees)))
          (PP (IN off)
            (NP (DT the) (NN floor)))))))
    (, ,)
    (VP
      (VP
        (VP (VB hold)
          (NP (DT the) (NN position))
          (PP (IN for)
            (NP
              (NP (DT a) (NN second))
              (CC or)
              (NP (CD two))))))
        (, ,) (RB then)
        (VP
          (ADVP (RB slowly))
          (JJ return)
          (PP (TO to)
            (NP (DT the) (JJ starting) (NN position))))
          (CC and)
          (VP (VB repeat)))
      )
    )
  )
)
```

Bad

(. .))

Deadlift

```
(ROOT
(S
(S
(VP (VB Stand)
  (PP (IN with)
    (NP (PRP$ your)
      (ADJP (RB back) (JJ straight))
      (, ,) (NN head) (JJ tilted) (NN back))))))
(CC and)
(S
(VP (VBG leaning)
  (ADVP (RB slightly) (RB forward))
  (PP (IN at)
    (NP (DT the) (NN waist))))))
(. .)))
```

```
(ROOT
(S
(S
(VP (VBG Bend)
  (NP (PRP$ your) (NNS knees))
  (SBAR (IN so)
    (S
      (NP (PRP you))
      (VP (MD can)
        (VP (VB grab)
          (NP (DT a) (NN barbell))
          (PP (IN with)
            (NP (PRP$ your) (NNS arms))))))))))
(VP
  (ADVP (RB fully))
  (VBN extended))
(. .)))
```

```
(ROOT
(S
(S
(VP (VBG Keeping)
  (NP (PRP$ your) (NNS arms))))
(VP (VBD locked) (, ,)
  (S
    (VP (VB push)
      (PP (IN with)
        (NP (PRP$ your) (NNS legs)))
      (PP (TO to)
        (NP (DT an) (JJ upright) (NN position))))))
(. .)))
```

```
(ROOT
(S
(NP (PRP$ Your) (JJR lower))
(ADVP (RB back))
(VP
  (VP (MD will)
    (ADVP (RB also))
    (VP (VB be)
      (VP (VBN used))))
  (, ,)
  (CC but)
```

Bad

```

(VP (VBP try)
  (S
    (VP (TO to)
      (VP (VB concentrate)
        (PP (IN on)
          (S
            (VP (VBG using)
              (S
                (NP (RB only) (PRP$ your) (NNS legs))
                (VP (TO to)
                  (VP (VB lift)
                    (NP (DT the) (NN bar))
                    (PP (IN off)
                      (NP (DT the) (NN floor))))))))))))))
  (. .)))

(ROOT
  (S
    (S
      (ADJP
        (ADJP (RB Slowly) (JJR lower))
        (SBAR
          (ADVP
            (NP (DT the) (NN bar))
            (RB so))
          (IN that)
          (S
            (NP (PRP it))
            (VP (VBZ comes)
              (NP
                (NP (DT a) (JJ few) (NNS inches))
                (PP (IN from)
                  (NP (DT the) (NN floor))))
                (, ,)
                (PP (IN with)
                  (NP (PRP$ your) (NNS arms)))))))))
    (CC and)
    (S
      (ADVP (RB back))
      (VP (VBG remaining)
        (NP (JJ straight)
          (CC and)
          (NN head) (NNS tilted))
        (PRT (RP up))))
    (. .)))

```

Dips

```

(ROOT
  (S
    (SBAR (IN With)
      (S
        (NP (NNS arms))
        (VP (VBD extended)))))
    (, ,)
    (NP
      (NP (NN grip))
      (NP (DT the) (NN parallel)))
    (VP (VBZ bars)
      (PP (IN with)
        (NP (DT both) (NNS hands)))
      (SBAR (RB so) (IN that)
        (S

```

Bad

```

(NP (PRP$ your) (NN body))
(VP (VBZ is)
  (VP (VBG elevated)
    (PRT (RP off))
    (NP (DT the) (NN floor))))))
(. .)))

(ROOT
(S
  (SBAR (IN With)
    (S
      (S
        (NP (PRP$ your) (NNS elbows))
        (VP (VBD tucked)
          (PRT (RP in))
          (ADVP (RB as) (RB closely))
          (PP (IN as)
            (ADJP (JJ possible))))))
        (CC and)
        (S
          (NP (PRP$ your) (NN back))
          (ADJP (RB straight))))))
      (, ,)
      (ADVP (RB slowly))
      (VP (VB lower)
        (NP (PRP yourself))
        (SBAR (IN until)
          (S
            (NP (PRP$ your) (NN chin))
            (VP (VBZ is) (RB parallel)
              (PP (IN with)
                (NP (DT the) (NNS bars)))))))
          (. .)))
    )
  )
)

(ROOT
(S
  (VP (VB Use)
    (NP
      (NP (PRP$ your) (NN chest) (NNS muscles))
      (, ,)
      (NP (NNS shoulders))
      (, ,)
      (CC and)
      (NP (NNS triceps)))
    (S
      (VP (TO to)
        (VP (VB push)
          (ADVP
            (ADVP (RB back) (RB up))
            (PP (TO to)
              (NP (JJ full) (NN extension))))
          (PP (IN with)
            (NP
              (NP (PRP$ your) (NNS arms))
              (VP (VBN locked)))))))
        )
      )
    )
  )
)

```

Bad

DB Curls

```
(ROOT
(S
  (VP
    (VP (VB Stand)
      (CC or)
      (VB sit)
      (NP (NN upright))))
    (CC and)
    (PRN
      (PP (IN with)
        (NP (PRP$ your) (NNS feet)))
      (ADVP
        (NP (RB roughly) (NNS shoulder-width))
        (RB apart)))
      (, ,))
    (VP (VB hold)
      (NP (NNS dumbbells))
      (PP (IN with)
        (S
          (NP (PRP$ your) (NNS palms))
          (VP (VBG facing)
            (PRT (RP away))
            (PP (IN from)
              (NP
                (NP (PRP$ your) (NN body))
                (CC and)
                (NNS elbows))
                (VP (VBN tucked)
                  (PP (IN into)
                    (NP (PRP$ your) (NNS sides))))))))))
          (. .)))
  (. .)))
```

```
(ROOT
(S
  (S
    (VP (VBG Keeping)
      (NP (PRP$ your) (NNS elbows))))
    (VP (VBD tucked)
      (PP (IN at)
        (NP (PRP$ your) (NNS sides)))
      (PP (IN at)
        (NP (DT all) (NNS times)))
      (, ,)
      (S
        (VP (VB use)
          (NP (PRP$ your) (NNS biceps))
          (S
            (VP (TO to)
              (VP (VB curl)
                (NP (DT the) (NNS dumbbells))
                (PP
                  (ADVP (RB upward))
                  (RB as)
                  (ADJP (JJ high))))
                (SBAR (IN as)
                  (S
                    (NP (PRP you))
                    (VP (MD can))))))))
            (. .)))
        (. .)))
  (. .)))
```

```
(ROOT
(S
```


Bad

```
(NP (PRP You))
(VP (MD can)
  (VP (VB curl)
    (PP (IN with)
      (NP (DT both) (NNS arms)))
    (PP (IN at)
      (NP
        (NP (DT the) (JJ same) (NN time))
        (CC or)
        (NP (JJ alternate) (NNS arms))))))
  (. .)))

(ROOT
(S
  (PP (IN With)
    (NP
      (NP (PRP$ your) (NNS elbows))
      (VP
        (ADVP (RB still))
        (VBN tucked)
        (PP (IN at)
          (NP (PRP$ your) (NNS sides))))))
    (, ,)
    (ADVP (RB slowly))
    (VP (VB lower)
      (NP (DT the) (NN bar))
      (ADVP (RB back))
      (PP (TO to)
        (NP (PRP$ its) (JJ original) (JJ starting) (NN position))))
    (. .)))
```

DB Kickbacks

```
(ROOT
(S
  (VP (VB Stand)
    (S
      (VP (VBG bending)
        (PP (IN at)
          (NP (DT the) (NN waist))))
      (SBAR (IN so)
        (S
          (NP (PRP$ your) (JJ upper) (NN body))
          (VP (VBZ is) (RB parallel)
            (PP (IN with)
              (NP
                (NP (DT the) (NN floor))
                (PP (IN with)
                  (NP
                    (NP (PRP$ your) (NNS knees))
                    (ADJP (RB slightly) (JJ bent))))))))))
          (. .)))

  (ROOT
  (S
    (VP
      (VP (VB Stand)
        (NP
          (NP (NN stagger))
          (VP (VBN stepped))))
      (CC or)
      (VP (VB place)
        (NP
```

Bad

```
(NP (CD one) (NN knee))
(PP (IN on)
(NP (DT a) (NN bench))))))
(CC and)
(VP (VB place)
(NP (PRP$ your) (JJ opposite) (NN hand))
(PP (IN on)
(NP
(NP (DT a) (NN bench))
(PP (IN for)
(NP (NN balance)))))))
(. .)))

(ROOT
(S
(SBAR (IN With)
(S
(S
(NP (PRP$ your) (NN elbow))
(VP (VBD tucked)
(PRT (RP in))
(PP (IN at)
(NP (PRP$ your) (NN side))))))
(CC and)
(S
(NP (PRP$ your) (JJ upper) (NN arm))
(ADVP (RB also))
(VP (VB parallel)
(PP (TO to)
(NP (DT the) (NN floor))))))
(, ,)
(VP (VB let)
(NP
(NP (PRP$ your) (JJR lower) (NN arm))
(SBAR
(S
(VP (VBP hang)
(PRT (RP down))
(NP
(NP (NN perpendicular))
(PP (TO to)
(NP (DT the) (NN floor))))))
(. .)))
(ROOT
(S
(S
(VP (VBG Keeping)
(NP (PRP$ your) (NN body))
(ADVP (RB still))))
(CC and)
(S
(NP
(NP (NN elbow) (NNS motionless))
(, ,)
(NP
(NP (NN raise))
(NP (PRP$ your) (JJR lower) (NN arm))))
(ADVP
(ADVP (RB backward))
(SBAR (IN until)
(S
(NP (PRP$ your) (NN arm))
```

Bad

```
(VP (VBZ is)
  (ADVP (RB fully))
  (VP (VBN extended))))))
(. .)))

(ROOT
(S
  (PP (VBN Come)
    (PP (TO to)
      (NP
        (NP (DT a) (JJ brief) (, ,) (JJ complete) (NN stop))
        (PP (IN before)
          (S
            (VP
              (ADVP (RB slowly))
              (VBG lowering)
              (NP (DT the) (NN dumbbell))
              (PP (TO to)
                (NP
                  (NP (DT the) (JJ starting) (NN position))
                  (, ,)
                  (NP (DT the) (JJ same) (NN way))))))))))
        (NP (PRP you))
        (VP (VBD brought)
          (NP (PRP it))
          (PRT (RP up)))
        (. .)))
  (ROOT
    (S
      (VP
        (VP (VB Keep)
          (NP (PRP$ your) (NN elbow))
          (PP (IN in)))
        (CC and)
        (VP (VBP do) (RB not)
          (VP (VB use)
            (NP (PRP$ your) (NN shoulder))))
        (. .)))
```

DB Shrugs

```
(ROOT
(S
  (VP (VB Stand)
    (NP (NN upright))
    (PP (IN with)
      (NP
        (NP (NNS arms))
        (VP (VBG hanging)
          (PP (IN at)
            (NP (PRP$ your) (NNS sides))))))
    (. .)))

(ROOT
(S
  (VP (VB Hold)
    (NP (NNS dumbbells))
    (PP (IN with)
      (NP
        (NP (PRP$ your) (NNS palms))
        (VP (VBG facing)
          (NP (DT each) (JJ other))))))
```

Bad

```
(. .)))

(ROOT
(S
(S
(VP (VBG Keeping)
(NP (PRP$ your) (NN body))
(ADVP (RB still))))
(, ,)
(NP
(NP (RB back) (JJ straight))
(, ,)
(CC and)
(NP
(NP (NNS arms))
(VP (VBG hanging)
(PP (IN at)
(NP (PRP$ your) (NNS sides))))))
(, ,))
(VP (VBP raise)
(ADVP (RB only))
(NP (PRP$ your) (NNS shoulders))
(ADVP (RB straight))
(ADVP (RB up)))
(. .)))

(ROOT
(S
(VP (VB Hold)
(NP
(NP (DT the) (NN position))
(PP (IN for)
(NP
(QP (IN at) (JJS least) (CD three))
(NNS seconds))))
(PP (IN before)
(S
(ADVP (RB slowly))
(VP (VBG lowering)
(NP (PRP$ your) (NNS shoulders))
(ADVP (RB back) (RB down))
(PP (TO to)
(NP (DT the) (JJ original) (JJ starting) (NN position))))))
(. .)))
```

Front DB Raises

```
(ROOT
(S
(VP
(VP (VB Stand)
(CC or)
(VB sit)
(NP (NN upright)))
(CC and)
(VP (VB hold)
(NP
(NP (CD two) (NNS dumbbells))
(PP (IN in)
(NP
(NP (NN front))
(PP (IN of)
(NP (PRP you))))))
(PP (IN with)
```

Bad

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      (NP
        (NP (PRP$ your) (NNS palms))
        (VP (VBG facing)
          (PP (IN towards)
            (NP (PRP$ your) (NN body)))))))))
    (. .)))

(ROOT
  (S
    (PP (IN With)
      (NP
        (NP (PRP$ your) (NNS arms))
        (VP (VBG remaining)
          (ADVP (RB straight))))))
    (, ,)
    (VP (VB raise)
      (NP (DT the) (NNS dumbbells))
      (ADVP (IN out)
        (PP (IN in)
          (NP
            (NP (NN front))
            (PP (IN of)
              (NP (PRP you)))
            (PP (IN in)
              (NP (CD one))))))
        (SBAR
          (NP (JJ smooth) (, ,) (JJ fluid) (NN motion))
          (IN until)
          (S
            (NP (PRP$ your) (NNS hands))
            (VP (VBP are)
              (ADVP (RB slightly))
              (PP (IN above)
                (NP (PRP$ your) (NNS shoulders))))))
          (. .)))
      (. .)))

(ROOT
  (S
    (S
      (VP (VB Let)
        (NP
          (NP (DT the) (NNS dumbbells))
          (VP (VBN come)
            (PP (TO to)
              (NP (DT a) (JJ brief) (, ,) (JJ complete) (NN stop)))
            (PP (IN before)
              (S
                (ADVP (RB slowly))
                (VP (VBG lowering)
                  (NP (PRP them))
                  (ADVP (RB back) (RB down))
                  (PP (TO to)
                    (NP
                      (NP (PRP$ their) (JJ original) (JJ starting) (NN position))
                      (, ,)
                      (NP (DT the) (JJ same) (NN way))))))
                  (. .)))
                (NP (PRP you))
                (VP (VBD raised)
                  (NP (PRP them))
                  (PRT (RP up)))
                (. .)))
      (NP (PRP$ their) (JJ original) (JJ starting) (NN position))
      (, ,)
      (NP (DT the) (JJ same) (NN way))))))
    (NP (PRP$ their) (JJ original) (JJ starting) (NN position))
    (, ,)
    (NP (DT the) (JJ same) (NN way))))))
  (. .)))

```

Front Squats

```

(ROOT
  (S
    (S
      (VP (TO To)
        (VP (VB begin))))
    (, ,)
    (VP (VBP place)
      (NP (DT each) (NN hand))
      (PP
        (PP (IN over)
          (NP (DT the) (NN barbell)))
        (CC and)
        (PP (IN on)
          (NP (DT the) (JJ opposite) (NN shoulder))))))
    (. .)))

```

```

(ROOT
  (S
    (ADVP (RB Now))
    (VP (VB raise)
      (NP (PRP$ your) (NNS elbows))
      (SBAR (RB so) (IN that)
        (S
          (NP (PRP they))
          (VP (VBP are)
            (PP (IN at)
              (NP (NN eye) (NN level)))))))
    (. .)))

```

```

(ROOT
  (S (-LRB- -LRB-)
    (NP (PRP$ Your) (NNS arms))
    (VP (MD should)
      (VP (VB resemble)
        (NP
          (NP (DT the) (NN posture))
          (PP (IN of)
            (NP (DT a) (NN dancer))))
        (PP (IN from)
          (NP (DT the) (NNP Ukraine))))))
    (. .) (-RRB- -RRB-)))

```

```

(ROOT
  (S
    (VP (VB Slide)
      (NP (PRP$ your) (NNS elbows))
      (PP (IN under)
        (NP
          (NP (DT the) (NN middle))
          (PP (IN of)
            (NP
              (NP (DT the) (NN barbell))
              (, ,)
              (SBAR
                (WHNP (WDT which))
                (S
                  (VP (MD should)
                    (ADVP (RB ideally))
                    (VP (VB be)
                      (VP (VBN set)
                        (PP (IN upon)
                          (NP

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Bad

```
(NP (DT some) (JJ squat) (NNS racks))
(CC or)
(NP (DT a) (NN power) (NN rack)))))))))))))

(. .)))

(ROOT
(S
  (VP (VB Keep)
    (S
      (VP (VBG sliding)
        (NP (PRP$ your) (NNS elbows))
        (ADVP (RB forward))))
      (SBAR (IN until)
        (S
          (NP (DT the) (NN barbell))
          (VP (VBZ is)
            (VP (VBN resting)
              (PP (IN on)
                (NP (PRP$ your)
                  (ADJP (JJ anterior) (, , )
                    (CC or)
                    (NN frontal) (, , ))
                    (NNS deltoids))))))))
          (. .)))
        )
      )
    )
  )
)

(ROOT
(S
  (ADVP (RB Now))
  (VP
    (VP (VB lift)
      (NP (DT the) (NN barbell))
      (PP (IN from)
        (NP (DT the) (NNS racks))))
    (CC and)
    (VP (VB step)
      (ADVP (RB back)
        (CC and)
        (RB away))
      (PP (IN from)
        (NP (DT the) (NNS racks))))
    )
  )
)

(ROOT
(S
  (NP (NNP Lower))
  (VP (VBD yourself)
    (ADVP (RB slowly))
    (, , )
    (PP (TO to)
      (NP
        (NP (DT the) (NN count))
        (PP (IN of)
          (NP (CD four))))
        (, , )
        (PP (TO to)
          (NP (DT a) (JJ full) (JJ squat) (NN position)))
        (, , )
        (SBAR (RB so) (IN that)
          (S
            (NP (PRP$ your) (JJ rear) (NN end))
            (VP (VBZ is)
              (ADVP (RB almost))
              (VP (VBG touching)
                (NP (DT the) (NN rack))))
            )
          )
        )
      )
    )
  )
)

```

Bad

```
                (NP (PRP$ your) (NNS heels))))))
(. .))

(ROOT
  (S (RB Then)
    (VP
      (ADVP (RB smoothly))
      (VB raise)
      (NP
        (NP (PRP yourself))
        (ADVP (RB back))
        (PP (TO to)
          (NP (DT the) (VBG starting) (NN position))))))
    (. .)))

(ROOT
  (NP
    (NP (NN Repeat))
    (PP (IN for)
      (NP (PRP$ your) (JJ individual) (JJ specific) (NNS repetitions)))
    (. .)))
```

Good Mornings

```
(ROOT
  (S
    (VP (VB Stand)
      (S
        (NP
          (NP (NN upright))
          (PP (IN with)
            (NP (PRP$ your) (NNS feet))))
        (VP (VB close)
          (ADVP (RB together))))
      (. .)))

  (ROOT
    (S
      (VP (VB Rest)
        (NP (DT a) (NN barbell))
        (PP (IN behind)
          (NP
            (NP (PRP$ your) (NN neck))
            (PP (IN on)
              (NP (PRP$ your) (NNS traps))))))
        (. .)))

  (ROOT
    (S
      (VP (VB Keep)
        (NP
          (NP
            (NP (PRP$ your) (NN head))
            (VP (VEN tilted)
              (ADVP (RB back))))
          (CC and)
          (NP
            (NP (PRP$ your) (NN back))
            (ADJP (RB completely) (JJ straight))))
        (. .)))

  (ROOT
    (S
```


Bad

```
(VP
  (ADVP (RB Slowly))
  (VB bend)
  (PP (IN at)
    (NP (DT the) (NN waist)))
  (SBAR (IN until)
    (S
      (NP (PRP you))
      (VP (VBP form)
        (NP (DT a) (JJ ninety-degree) (NN angle))
        (PP (IN with)
          (NP (PRP$ your) (JJR lower) (NN body)))))))
  (. .)))

(ROOT
  (S
    (ADVP (RB Slowly))
    (VP
      (VP (VB return)
        (PP (TO to)
          (NP (DT the) (JJ starting) (NN position))))
      (CC and)
      (VP (VB repeat)))
    (. .)))
```

Hanging Leg Raises

```
(ROOT
  (S
    (NP (PRP You))
    (VP (VBP hang)
      (PP (IN on)
        (NP
          (NP (DT a) (JJ chin-up) (NN bar)
            (CC and)
            (NN while))
          (VP (VBG trying)
            (S
              (VP (TO to)
                (VP (VB stay)
                  (ADJP (RB perfectly) (JJ vertical))
                  (S
                    (VP (VB raise)
                      (NP (PRP$ your) (NNS legs))
                      (PRT (RP up))
                      (SBAR (IN until)
                        (S
                          (NP (PRP they))
                          (VP (VBP are)
                            (NP (CD 90) (NNS degrees))))))))))))
            (. .)))
          (. .)))
```

Hyperextensions

```
(ROOT
  (S
    (NP (NN Lie))
    (VP (VBP face)
      (PRT (RP down))
      (PP (IN on)
        (NP (DT a) (NN hyperextension) (NN bench))))
    (. .)))

(ROOT
```

Bad

```
(S
  (S
    (NP
      (NP (NNP Bend))
      (PP (IN at)
        (NP
          (NP (DT the) (NN waist))
          (PP (IN with)
            (NP (PRP$ your) (JJ upper) (NN body))))))
      (VP (VBG hanging)
        (ADVP (RB straight))
        (ADVP (RB down))))
    (CC and)
    (S
      (NP (PRP$ your) (NNS hands))
      (VP (VBD placed)
        (PP (IN behind)
          (NP (PRP$ your) (NN neck))))
      (. .)))
  (. .)))

(ROOT
  (S
    (VP
      (VP (VB Tilt)
        (NP (PRP$ your) (NN head))
        (ADVP (RB back)))
      (CC and)
      (VP (VB keep)
        (NP (PRP$ your) (NN back))
        (ADVP (RB straight))))
    (. .)))

(ROOT
  (S
    (ADVP (RB Slowly))
    (VP (VB raise)
      (NP (PRP$ your) (JJ upper) (NN body))
      (SBAR (IN until)
        (S
          (NP (PRP it))
          (VP (VBZ is) (RB parallel)
            (PP (IN with)
              (NP
                (NP (DT the) (NN floor))
                (CC and)
                (NN level))
              (PP (IN with)
                (NP (PRP$ your) (JJR lower) (NN body))))))))
        (. .)))
    (. .)))

(ROOT
  (S
    (ADVP (RB Slowly))
    (VP
      (VP (VB return)
        (PP (TO to)
          (NP (DT the) (JJ starting) (NN position))))
      (CC and)
      (VP (VB repeat)))
    (. .)))
```

Incline Bench Press

```

(ROOT
  (NP
    (NP
      (NP (NN Lie))
      (PP (IN on)
        (NP
          (NP (DT an)
            (ADJP (JJ inclined))
            (NN bench))
          (PP (IN with)
            (NP (PRP$ your) (NNS feet))))))
      (ADJP (JJ flat)
        (PP (IN on)
          (NP (DT the) (NN floor))))
      (. .)))

```

```

(ROOT
  (S
    (VP (VB Keep)
      (NP (PRP$ your) (NNS eyes))
      (ADVP (RB directly)
        (PP (IN below)
          (NP
            (NP (DT the) (NN bar))
            (CC and)
            (NP (PRP$ your) (NNS hands))))))
      (VP (VB shoulder)
        (NP (NN width))
        (ADVP (RB apart))))
    (. .)))

```

```

(ROOT
  (S
    (NP
      (NP (NNP Lift))
      (PP
        (ADVP
          (NP (DT the) (NN bar))
          (RB off))
        (IN of)
        (NP (PRP$ its) (NNS supports))
        (PP (IN until)
          (NP (PRP$ your) (NNS arms))))))
      (VP (VBP are)
        (VP (VBN extended)))
      (. .)))

```

```

(ROOT
  (S
    (ADVP (RB Slowly))
    (VP (VB lower)
      (NP (DT the) (NN bar))
      (SBAR (IN until)
        (S
          (NP (PRP it))
          (VP (VBZ grazes)
            (NP (PRP$ your) (NN chest))))))
      (. .)))

```

```

(ROOT
  (S
    (NP (DT The) (NN bar))

```

Bad

```
(VP (MD should)
  (VP (VB come)
    (PP (TO to)
      (NP (DT a) (JJ brief) (, ,) (JJ complete) (NN stop))))))
(. .)))

(ROOT
(S
  (VP (VBP Push)
    (ADVP
      (ADVP
        (NP (DT the) (NN bar))
        (RB back)
        (PP (TO to)
          (NP (JJ full) (NN extension))))
      (PP (IN with)
        (NP (DT the) (NN bar))
        (ADVP (RB directly))))
    (PP (IN in)
      (NP (NN line)))
    (PP (IN with)
      (NP (PRP$ your) (NN chin))))
  (. .)))
```

Lat Machine Pulldowns

```
(ROOT
(S
  (NP
    (NP (NNP Sit))
    (PP (IN at)
      (NP (DT a) (NN lat))))
  (VP (VBP pull)
    (PRT (RP down))
    (NP (NN machine)))
  (. .)))

(ROOT
(S
  (VP
    (VP (VB Keep)
      (NP (PRP$ your) (NN back))
      (ADVP (RB straight)))
    (CC and)
    (VP (VB lean)
      (NP (RB backward) (DT a) (JJ few) (NNS inches))
      (PP (IN with)
        (NP
          (NP (PRP$ your) (NNS feet))
          (VP (VBN resting)
            (PP (IN on)
              (NP (DT the) (NN floor))))))))
  (. .)))

(ROOT
(S
  (VP (VB Grab)
    (NP (DT the) (NN bar))
    (PP (IN with)
      (NP (DT both) (NNS hands)))
    (, ,)
    (S
      (VP (VBG using)
```


Bad

Leg Curls

```
(ROOT
  (S
    (PP (IN With)
      (S
        (NP
          (NP (PRP$ your) (JJ back) (JJ straight))
          (CC and)
          (NP (NNS hands)))
        (VP (VBG gripping)
          (NP (DT the) (NNS handlebars))))))
    (, ,)
    (VP (NN lie)
      (VP
        (VP (VB face)
          (PRT (RP down))
          (PP (IN on)
            (NP (DT a) (NN leg) (NN curl) (NN machine))))
        (CC and)
        (VP (VB place)
          (NP (PRP$ your) (NNS feet))
          (PP (IN underneath)
            (NP (DT the) (NN bar)))))))
    (. .)))
```

```
(ROOT
  (S
    (PP (IN With)
      (NP
        (NP (NN everything))
        (VP (VBG remaining)
          (ADVP (RB still)))))
    (, ,)
    (VP (VB raise)
      (NP
        (NP (DT the) (NN bar))
        (PP (IN with)
          (NP (PRP$ your) (NNS feet))))
      (PP (IN by)
        (S
          (VP (VBG curling)
            (NP (PRP$ your) (NNS legs))
            (ADVP
              (ADVP (RB as) (RB far))
              (SBAR (IN as)
                (S
                  (NP (PRP you))
                  (VP (MD can))))))))
          (. .)))
```

```
(ROOT
  (SINV
    (ADVP (RB Slowly))
    (VP (VBP lower)
      (NP (PRP$ your) (NNS legs))
      (PP (IN towards)
        (NP (DT the) (JJ starting) (NN position))))
    (NP
      (NP (DT the) (JJ same) (NN way))
      (SBAR
        (S
          (NP (PRP you))
          (VP (VBD brought)
```

Bad

```
      (NP (PRP them))
      (PRT (RP up))))))
(. .)))
```

Leg Extensions

```
(ROOT
(S
(NP
(NP (NNP Sit))
(PP (IN with)
(NP
(NP (PRP$ your) (JJ back) (JJ straight))
(CC and)
(NP (NNS hands))))))
(VP (VBD gripping)
(NP (DT the) (NNS handlebars))
(PP (IN in)
(NP (DT a) (JJ leg-extension) (NN machine))))
(. .)))
```

```
(ROOT
(S
(VP (VB Place)
(NP (PRP$ your) (NNS feet))
(PP (IN underneath)
(NP (DT the) (NN bar))))
(. .)))
```

```
(ROOT
(S
(PP (IN With)
(NP
(NP (NN everything))
(VP (VBG remaining)
(ADVP (RB still))))))
(, ,)
(VP (VB raise)
(NP
(NP (DT the) (NN bar))
(PP (IN with)
(NP (PRP$ your) (NNS feet))))
(PP (IN by)
(S
(VP (VBG extending)
(NP (PRP$ your) (NNS legs))
(ADVP
(ADVP (RB as) (RB far))
(SBAR (IN as)
(S
(NP (PRP you))
(VP (MD can)))))))))
(. .)))
```

```
(ROOT
(S
(PP (IN With)
(NP
(NP (NN everything))
(VP (VBG remaining)
(ADVP (RB still))))))
(, ,)
(VP (VB raise)
```

Bad

```
(NP
  (NP (DT the) (NN bar))
  (PP (IN with)
    (NP (PRP$ your) (NNS feet))))
(PP (IN by)
  (S
    (VP (VBG extending)
      (NP (PRP$ your) (NNS legs))
      (ADVP
        (ADVP (RB as) (RB far))
        (SBAR (IN as)
          (S
            (NP (PRP you))
            (VP (MD can))))))))))
(. .)))

(ROOT
  (SINV
    (ADVP (RB Slowly))
    (VP (VBP lower)
      (NP (PRP$ your) (NNS legs))
      (ADVP (RB back) (RB down))
      (PP (IN towards)
        (NP (DT the) (JJ starting) (NN position))))
    (NP
      (NP (DT the) (JJ same) (NN way))
      (SBAR
        (S
          (NP (PRP you))
          (VP (VBD brought)
            (NP (PRP them))
            (PRT (RP up))))))
      (. .)))
```

Leg Press

```
(ROOT
  (S
    (VP (VB Sit)
      (PP (IN in)
        (NP
          (NP (DT a) (NN leg) (NN press) (NN machine))
          (PP (IN with)
            (NP (PRP$ your) (NN back))))))
      (ADVP (RB straight)))
    (. .)))

(ROOT
  (S
    (VP (VB Place)
      (NP (PRP$ your) (NNS hands))
      (PP (IN on)
        (NP
          (NP (DT the) (NNS handlebars))
          (CC and)
          (NP
            (NP (PRP$ your) (NNS feet))
            (PP (IN on)
              (NP (DT the) (NN support) (NN bar))))))
        (. .)))
    (. .)))

(ROOT
  (S
```


Bad

```
(PP (IN With)
  (NP
    (NP (NN everything))
    (VP (VBG remaining)
      (ADVP (RB still)))))
(, ,)
(ADVP (RB slowly))
(VP (VB lower)
  (NP (DT the) (NN weight))
  (PP (IN by)
    (S
      (VP (VBG bending)
        (NP (PRP$ your) (NNS knees))
        (ADVP (RB as) (RB far)))))
  (SBAR (IN as)
    (S
      (NP (PRP you))
      (VP (MD can)))))
(. .)))

(ROOT
  (S
    (NP (NNP Explode))
    (ADVP (RB upward))
    (VP (VBP back)
      (PP (TO to)
        (NP (DT the) (JJ starting) (NN position)))))
    (. .)))

(ROOT
  (S
    (NP (DT The) (JJ entire) (NN lift))
    (VP (MD should)
      (VP (VB be)
        (PP (IN in)
          (NP
            (NP (CD one) (NNS smooth))
            (, ,)
            (NP (JJ fluid) (NN motion)))))
        (. .)))
    (. .)))
```

Lunges

```
(ROOT
  (S
    (VP (VB Stand)
      (S
        (S
          (UCP
            (VP (VBN upright)
              (PP (IN with)
                (NP (PRP$ your) (NNS feet)))
              (ADVP (RB together)))
            (CC and)
            (RB either)
            (NP
              (NP (DT a) (JJ barbell) (NN resting))
              (PP (IN behind)
                (NP
                  (NP (PRP$ your) (NN neck))
                  (PP (IN on)
                    (NP (PRP$ your) (NNS traps)))))))
            (CC or)
```

Bad

```
(S
  (VP (VBG holding)
    (NP (CD two) (NNS dumbbells))
    (PP (IN at)
      (NP (PRP$ your) (NNS sides)))
    (PP (IN as)
      (PP (IN in)
        (NP (DT the) (NN picture))))))
  (. .)))

(ROOT
  (S
    (NP (PRP$ Your) (NNS hands))
    (VP (MD should)
      (VP (VB be)
        (ADJP (RB slightly) (JJR wider))
        (PP (IN than)
          (NP (NN shoulder-width)))
        (ADVP (RB apart))
        (, ,)
        (S
          (VP (VBG using)
            (NP (DT an) (JJ overhand) (NN grip))))))
      (. .)))

  (ROOT
    (S
      (VP (VB Keep)
        (NP
          (NP (PRP$ your) (JJ back) (JJ straight))
          (CC and)
          (NP
            (NP (PRP$ your) (NN head))
            (VP (VBN tilted)
              (PRT (RP up))))))
        (. .)))

    (ROOT
      (S
        (PP (IN With)
          (NP
            (NP (NN everything))
            (VP (VBG remaining)
              (ADVP (RB still))))))
        (, ,)
        (VP
          (ADVP (RB slowly))
          (VB take)
          (NP (DT a) (JJ large) (NN step))
          (PP
            (ADVP (RB forward))
            (IN with)
            (NP (CD one) (NN leg)))
          (, ,)
          (S
            (VP (VBG bending)
              (NP (DT both) (NNS knees))))
            (. .)))

        (ROOT
          (S
            (S
              (NP
```

Bad

```
(NP (DT The) (NN weight))
  (PP (IN on)
    (NP (PRP$ your) (JJ back) (NN foot))))
(VP (MD should)
  (VP (VB come)
    (PRT (RP up))
    (PP (IN on)
      (NP (PRP$ your) (NNS toes))))))
(, ,)
(CC and)
(S
  (NP
    (NP (DT the) (NN knee))
    (PP (IN on)
      (NP (PRP$ your) (JJ back) (NN leg))))
  (VP (MD should)
    (VP
      (VP (VB come)
        (ADJP (RB very) (JJ close)))
      (, ,)
      (CONJP (CC but)
        (RB not))
      (VP (VB touch)
        (NP (DT the) (NN floor))))))
  (. .)))

(ROOT
  (SINV
    (S
      (VP (VBG Using)
        (NP (PRP$ your) (JJ extended) (NN leg))))
      (, ,)
      (VP (VBD thrust)
        (NP (PRP yourself))
        (PRT (RP back))
        (PP (TO to)
          (NP (DT the) (JJ starting) (NN position))))
      (NP
        (NP (DT the) (JJ same) (NN way))
        (SBAR
          (S
            (NP (PRP you))
            (VP (VBD came)
              (PRT (RP down))))))
        (. .)))

    (ROOT
      (S
        (NP (DT The) (JJ entire) (NN lift))
        (VP (MD should)
          (VP (VB be)
            (PP (IN in)
              (NP
                (NP (CD one) (NNS smooth))
                (, ,)
                (NP (JJ fluid) (NN motion))))))
          (. .)))
```

Lying Triceps Extensions

```

(ROOT
  (NP
    (NP (NN Lie))
    (PP (IN on)
      (S
        (NP
          (NP (DT a) (NN bench))
          (PP (IN with)
            (NP (PRP$ your) (NN head))))
          (ADVP (RB partially))
          (VP (VBG hanging)
            (PRT (RP off))
            (NP (DT the) (NN end))))))
      (. .)))

(ROOT
  (S
    (VP (VB Hold)
      (NP
        (NP (DT a) (NN barbell))
        (PP
          (PP (IN with)
            (NP
              (NP (DT a)
                (ADJP (RB close) (JJ overhand))
                (NN grip))
              (PP (RB straight) (RB out) (IN in)
                (NP
                  (NP (NN front))
                  (PP (IN of)
                    (NP (PRP you)))))))
            (, ,)
            (PP (IN above)
              (NP (PRP$ your) (NN forehead)))
            (, ,)
            (PP (IN with)
              (NP
                (NP (PRP$ your) (NNS arms))
                (VP (VBN extended))))))
          (. .)))

    (, ,)

    (PP (IN above)
      (NP (PRP$ your) (NN forehead)))

    (, ,)

    (PP (IN with)
      (NP
        (NP (PRP$ your) (NNS arms))
        (VP (VBN extended))))

    (. .)))

(ROOT
  (S
    (S
      (VP (VBG Keeping)
        (NP (PRP$ your) (NN body))
        (ADVP (RB still))))
    (CC and)
    (S
      (NP (NNS elbows))
      (VP
        (VP (VBZ motionless) (, ,)
          (ADVP (RB slowly))
          (VP (VB lower)
            (NP (PRP$ your) (NNS forearms))))
        (CC and)
        (VP
          (ADVP
            (ADVP
              (ADVP
                (NP (DT the) (NN barbell))
                (RB down)

```

Bad

```

        (PP (IN behind)
          (NP (PRP$ your) (NN head))))
      (RB as) (RB far))
    (SBAR (IN as)
      (S
        (NP (PRP you))
        (VP (MD can)))))))))
  (. .)))

(ROOT
  (S
    (PP (VBN Come)
      (PP (TO to)
        (NP
          (NP (DT a) (JJ brief) (, ,) (JJ complete) (NN stop))
          (PP (IN before)
            (S
              (VP (VBG returning)
                (NP (DT the) (NN barbell))
                (PP (TO to)
                  (NP
                    (NP (DT the) (JJ starting) (NN position))
                    (NP (DT the) (JJ same) (NN way))))))))))
          (NP (PRP you))
          (VP (VBD brought)
            (NP (PRP it))
            (PRT (RP down))))
          (. .)))
    (ROOT
      (S
        (VP
          (VP (VB Keep)
            (NP (PRP$ your) (NNS elbows))
            (PP (IN in)))
          (CC and)
          (VP (VBP do) (RB not)
            (VP (VB use)
              (NP (PRP$ your) (NNS shoulders))))))
          (. .)))
```

Military Press

```

(ROOT
  (S
    (VP
      (VP (VB Stand)
        (CC or)
        (VB sit)
        (NP (NN upright)))
      (CC and)
      (VP (VB hold)
        (NP (DT a) (NN bar))
        (PP (IN at)
          (NP (PRP$ your) (NNS shoulders)))
        (, ,)
        (S
          (VP (VBG using)
            (NP (DT an) (JJ overhand) (NN grip))))))
      (. .)))

  (ROOT
    (S
```

Bad

```
(VP (VB Grip)
  (S
    (NP
      (NP (DT the) (NN bar))
      (PP (IN with)
        (NP (PRP$ your) (NNS hands))))
    (ADJP
      (ADJP (RB slightly) (JJR wider))
      (PP (IN than)
        (NP (NN shoulder) (NN width))))))
(. .)))

(ROOT
  (S
    (S
      (VP (VBG Keeping)
        (NP (PRP$ your) (NN body))
        (ADVP (RB still))))
    (, ,)
    (S
      (VP (VB push)
        (NP (DT the) (NN bar))
        (PP (RB straight) (RB up) (IN until)
          (NP (PRP$ your) (NNS arms))))
      (VP (VBP are)
        (VP (VBN extended)))
      (. .)))

  (ROOT
    (S
      (ADVP (RB Slowly))
      (VP (VB lower)
        (NP (DT the) (NN bar))
        (ADVP (RB down)
          (PP (TO to)
            (NP (DT the) (JJ original) (JJ starting) (NN position))))))
      (. .)))
```

Preacher Curls

```
(ROOT
  (S
    (NP
      (NP (NNP Sit))
      (PP (IN at)
        (NP
          (NP (DT a) (NN preacher) (NN bench))
          (PP (IN with)
            (NP (PRP$ your) (NNS elbows))))))
    (VP (VBD resting)
      (PP (IN on)
        (NP (DT the) (NN bench) (NN shoulder-width)))
      (ADVP (RB apart)))
    (. .)))

  (ROOT
    (S
      (VP (VB Grip)
        (NP (DT the) (NN bar))
        (PP (IN with)
          (NP
            (NP (PRP$ your) (NNS palms))
            (VP (VBG facing)
```

Bad

```
(ADVP (RB upward))))))
(. .)))

(ROOT
(S
  (PP (IN With)
    (NP (PRP$ your) (JJ elbows) (VBG remaining) (NNS stationary)))
    (, ,)
  (VP (VB use)
    (NP (PRP$ your) (NNS biceps))
    (S
      (VP (TO to)
        (VP (VB curl)
          (NP (DT the) (NN bar))
          (PP
            (ADVP (RB upward))
            (RB as)
            (ADJP (JJ high)))
          (SBAR (IN as)
            (S
              (NP (PRP you))
              (VP (MD can)
                (VP (VB towards)
                  (NP (PRP$ your) (NN chin))))))))))
            (, , ,)
          (SBAR
            (WHADVP (WRB where))
            (S
              (NP (PRP you))
              (VP (MD should)
                (VP (VB flex)
                  (NP (PRP$ your) (NNS biceps))
                  (PP (IN for)
                    (NP (JJ extra) (NN emphasis))))))))))
            (. .)))
          (ROOT
            (S
              (NP
                (NP
                  (ADJP (RB Slowly) (JJR lower))
                  (DT the) (NN bar))
                (ADJP
                  (ADVP (RB back)
                    (PP (TO to)
                      (NP
                        (NP (PRP$ its) (JJ original) (JJ starting) (NN point))
                        (PP (IN with)
                          (NP (PRP$ your) (NNS arms))))))
                  (JJ full)))
                (VP (VBD extended))
                (. .)))
              (ROOT
                (S
                  (VP (VB Stand)
                    (NP (NN upright))
                    (PP (IN with)
                      (NP (PRP$ your) (NNS feet))
                      (ADVP
                        (NP (RB roughly) (NNS shoulder-width))
```

Reverse BB Curls

```
(ROOT
(S
  (VP (VB Stand)
    (NP (NN upright))
    (PP (IN with)
      (NP (PRP$ your) (NNS feet))
      (ADVP
        (NP (RB roughly) (NNS shoulder-width))
```

Bad

```
(RB apart))))
(. .)))

(ROOT
(S
  (VP (VB Hold)
    (NP (DT a) (NN barbell))
    (PP (IN with)
      (NP
        (NP (PRP$ your) (NNS palms))
        (PP (IN towards)
          (NP (PRP$ your) (NN body))))))
    (, ,)
    (NP
      (NP
        (NP (PRP$ your) (NNS wrists))
        (VP (VBN locked)))
      (, ,)
      (CC and)
      (NP
        (NP (NNS elbows))
        (VP (VBN tucked)
          (PP (IN into)
            (NP (PRP$ your) (NNS sides)))))))
    (. .)))

(ROOT
(S
  (S
    (VP (VBG Keeping)
      (NP
        (NP (PRP$ your) (NNS elbows))
        (VP (VBN tucked)
          (PP (IN at)
            (NP
              (NP (PRP$ your) (NNS sides)
                (CC and)
                (NNS wrists))
              (VP (VBN locked)
                (PP (IN at)
                  (NP (DT all) (NNS times))))))))))
      (, ,)
      (VP (VBP use)
        (NP (PRP$ your) (NNS forearms)
          (CC and)
          (NNS biceps))
        (S
          (VP (TO to)
            (VP (VB curl)
              (NP (DT the) (NN bar))
              (PP
                (ADVP (RB upward))
                (RB as)
                (ADJP (JJ high)))
              (SBAR
                (SBAR (IN as)
                  (S
                    (NP (PRP you))
                    (VP (MD can))))
                (CC or)
                (SBAR (IN until)
                  (S
                    (NP (PRP it))
```


Bad

```
                (VP (VBZ is)
                    (ADVP (RB just))
                    (PP (IN below)
                        (NP (PRP$ your) (NN chin)))))))))
    (. .)))

(ROOT
  (S
    (PP (IN With)
      (NP
        (NP (PRP$ your) (NNS elbows))
        (VP
          (ADVP (RB still))
          (VBN tucked)
          (PP (IN at)
              (NP (PRP$ your) (NNS sides))))))
      (, ,)
      (VP (VB lower)
        (NP (DT the) (NN bar))
        (ADVP (RB back))
        (PP (TO to)
            (NP (PRP$ its) (JJ original) (JJ starting) (NN position))))
      (. .)))
```

Reverse Crunches

```
(ROOT
  (S
    (NP
      (NP (NN Lie))
      (PP (IN on)
        (NP
          (NP (PRP$ your) (NN back))
          (PP (IN on)
              (NP (DT a) (NN bench)))
          (, ,)
          (VP (VBG positioning)
            (NP (PRP$ your) (NNS legs))
            (PRT (RP up))
            (SBAR (IN so)
              (S
                (NP (PRP$ your) (NNS thighs))
                (VP (VBP are)
                  (ADJP (JJ perpendicular)
                      (PP (TO to)
                          (NP
                            (NP (PRP$ your) (NN body))
                            (CC and)
                            (NP (PRP$ your) (JJR lower) (NNS legs)))))))))
              (VP (VBP are) (RB parallel)
                (PP (TO to)
                    (NP (DT the) (NN floor))))
              (. .)))
        (, ,)
        (VP (VBP are) (RB parallel)
          (PP (TO to)
              (NP (DT the) (NN floor))))
        (. .)))
    (S (RB Then)
      (VP (VB let)
        (NP (PRP$ your) (NNS hips) (NN slide))
        (PP (IN off)
          (NP
            (NP (DT the) (NN edge))
            (PP (IN of)
                (NP (DT the) (NN bench))))))
      (. .)))
```

Bad

```
(. .)))  
(ROOT  
  (S  
    (VP (VB Use)  
      (NP  
        (NP (PRP$ your) (JJR lower) (NN abs))  
        (UCP  
          (S  
            (VP (TO to)  
              (VP (VB curl)  
                (NP (PRP$ your) (NNS hips))  
                (PRT (RP up))))))  
            (CC and)  
            (PP (IN over)  
              (NP  
                (NP (DT the) (NN bench))  
                (PP (IN toward)  
                  (NP (PRP$ your) (NN rib) (NN cage)))))))))  
    (. .)))  
(ROOT  
  (S (RB Then)  
    (VP  
      (VP (VB lower)  
        (NP (PRP$ your) (NNS hips))  
        (PP (IN below)  
          (NP (DT the) (NN bench))))  
      (CC and)  
      (VP (VB repeat)))  
    (. .)))
```

Seated Triceps Press

```
(ROOT  
  (S  
    (S  
      (NP (NNP Sit))  
      (VP (VBP upright)  
        (CC and)  
        (VBP hold)  
        (NP  
          (NP (DT a) (NN dumbbell))  
          (PP (IN above)  
            (NP (PRP$ your) (NN head))))  
        (PP (IN with)  
          (NP  
            (NP (DT both) (NNS hands))  
            (, , )  
            (NP  
              (NP (PRP$ your) (NNS arms))  
              (VP (VBN locked)  
                (PRT (RP out)))))))))  
      (, , )  
      (CC and)  
      (S  
        (NP (PRP$ your) (NNS elbows))  
        (VP (VBP close)  
          (PP (TO to)  
            (NP (PRP$ your) (NN head))))  
        (. .)))  
    (ROOT
```

Bad

```
(S
  (S
    (VP (VBG Keeping)
      (NP (PRP$ your) (NN body))
      (ADVP (RB still))))
    (CC and)
    (S
      (NP (NNS elbows))
      (VP (VBD fixed)
        (ADVP
          (ADVP (RB close)
            (PP (TO to)
              (NP (PRP$ your) (NN head))))
          (, ,) (RB slowly)
          (ADVP (RBR lower)))
        (NP
          (NP (PRP$ your) (NNS forearms))
          (CC and)
          (NP (DT the) (NN dumbbell)))
        (ADVP
          (ADVP (RB down) (RB as) (RB far))
          (SBAR (IN as)
            (S
              (NP (PRP you))
              (VP (MD can))))))
        (. .)))
  (ROOT
    (S
      (PP (VBN Come)
        (PP (TO to)
          (NP
            (NP (DT a) (JJ brief) (, ,) (JJ complete) (NN stop))
            (PP (IN before)
              (S
                (VP (VBG returning)
                  (NP (DT the) (NN dumbbell))
                  (PP (TO to)
                    (NP
                      (NP (DT the) (JJ starting) (NN position))
                      (, ,)
                      (NP (DT the) (JJ same) (NN way))))))))
            (NP (PRP you))
            (VP (VBD brought)
              (NP (PRP it))
              (PRT (RP down)))
            (. .)))
    (ROOT
      (S
        (VP
          (VP (VB Keep)
            (NP (PRP$ your) (NNS elbows))
            (PP (IN in)))
          (CC and)
          (VP (VBP do) (RB not)
            (VP (VB use)
              (NP (PRP$ your) (NNS shoulders))))
          (. .)))
```

Bad

Squats

```
(ROOT
(S
  (VP (VB Stand)
    (NP
      (NP
        (NP (NN upright))
        (PP (IN with)
          (NP
            (NP (PRP$ your) (NNS feet) (NN shoulder-width))
            (ADVP (RB apart))))))
      (CC and)
      (NP
        (NP (DT a) (JJ barbell) (NN resting))
        (PP (IN behind)
          (NP
            (NP (PRP$ your) (NN neck))
            (PP (IN on)
              (NP
                (NP (PRP$ your) (NNS traps))
                (PP (IN with)
                  (NP (PRP$ your) (NNS hands)))))))
        (ADJP (RB slightly) (JJR wider))
        (PP (IN than)
          (NP (NN shoulder-width))))
      (ADVP (RB apart))
      (, ,)
    )
  )
  (S
    (VP (VBG using)
      (NP (DT an) (JJ overhand) (NN grip))))
    (. .)))

(ROOT
(S
  (VP (VB Keep)
    (NP
      (NP (PRP$ your) (JJ back) (JJ straight))
      (CC and)
      (NP
        (NP (PRP$ your) (NN head))
        (VP (VBN tilted)
          (PRT (RP up))))))
    (. .)))

(ROOT
(S
  (PP (IN With)
    (NP
      (NP (PRP$ your) (JJ back) (VBG remaining) (NN straight))
      (CC and)
      (NP
        (NP (PRP$ your) (NN head))
        (VP (VBN tilted)
          (PRT (RP up))))))
    (, ,)
    (ADVP (RB slowly))
    (VP (VB lower)
      (NP (DT the) (NN weight))
      (PP (IN by)
        (S
          (VP (VBG bending)
            (NP (PRP$ your) (NNS knees))))
          (SBAR (IN until)
```

Bad

```
(S
  (NP
    (NP (DT the) (JJ upper) (NN part))
    (PP (IN of)
      (NP (PRP$ your) (NNS legs))))
  (VP (VBZ is) (RB parallel)
    (PP (IN with)
      (NP (DT the) (NN floor))))))
(. .)))

(ROOT
  (S
    (NP (NNP Explode))
    (ADVP (RB upward))
    (VP (VBP back)
      (PP (TO to)
        (NP (DT the) (JJ starting) (NN position))))
    (. .)))

(ROOT
  (S
    (NP (DT The) (JJ entire) (NN lift))
    (VP (MD should)
      (VP (VB be)
        (PP (IN in)
          (NP
            (NP (CD one) (NNS smooth))
            (, ,)
            (NP (JJ fluid) (NN motion))))))
    (. .)))
```

Standing Barbell Curls

```
(ROOT
  (S
    (VP (VB Stand)
      (NP (NN upright))
      (PP (IN with)
        (NP (PRP$ your) (NNS feet))
        (ADVP
          (NP (RB roughly) (NNS shoulder-width))
          (RB apart))))
    (. .)))

(ROOT
  (S
    (VP (VB Hold)
      (NP
        (NP (DT a) (NN barbell))
        (PP (IN with)
          (NP (PRP$ your) (NNS palms))))
      (S
        (VP (VBG facing)
          (PRT (RP away))
          (PP (IN from)
            (NP
              (NP (PRP$ your) (NN body))
              (CC and)
              (NNS elbows))
            (VP (VBN tucked)
              (PP (IN into)
                (NP (PRP$ your) (NNS sides))))))
        (. .)))
```

Bad

```
(ROOT
(S
(S
(VP (VBG Keeping)
(NP (PRP$ your) (NNS elbows))))
(VP (VBD tucked)
(PP (IN at)
(NP (PRP$ your) (NNS sides)))
(PP (IN at)
(NP (DT all) (NNS times)))
(, ,)
(S
(VP (VB use)
(NP (PRP$ your) (NNS biceps))
(S
(VP (TO to)
(VP (VB curl)
(NP (DT the) (NN bar))
(PP
(ADVP (RB upward))
(RB as)
(ADJP (JJ high)))
(SBAR (IN as)
(S
(NP (PRP you))
(VP (MD can)
(SBAR (IN until)
(S
(NP (PRP it))
(VP (VBZ is)
(ADVP (RB just))
(PP (IN below)
(NP (PRP$ your) (NN chin)))))))))))))
(. .)))

(ROOT
(S
(PP (IN With)
(NP
(NP (PRP$ your) (NNS elbows))
(VP
(ADVP (RB still))
(VBN tucked)
(PP (IN at)
(NP (PRP$ your) (NNS sides))))))
(, ,)
(ADVP (RB slowly))
(VP (VB lower)
(NP (DT the) (NN bar))
(ADVP (RB back))
(PP (TO to)
(NP (PRP$ its) (JJ original) (JJ starting) (NN position))))
(. .)))
```

Bad

Standing Calf Raises

```
(ROOT
(S
(S
(VP (VB Stand)
  (PP (IN with)
    (NP (PRP$ your) (NNS shoulders)))
  (PP (IN under)
    (NP
      (NP (DT the) (NNS supports))
      (PP (IN of)
        (NP (DT a) (NN standing) (NN calf) (NN raise) (NN machine)))))))
(CC and)
(S
(NP
  (NP (PRP$ your) (NNS toes))
  (PP (IN on)
    (NP (DT the) (JJ elevated) (NN stand))))
(VP (VBD provided)
  (SBAR (RB so) (IN that)
    (S
      (NP (PRP$ your) (NNS heels))
      (VP (VBP are)
        (VP (VBG hanging)
          (PRT (RP off))
          (NP (DT the) (NN end)))))))
(. .)))

(ROOT
(S
(VP (VB Keep)
  (NP (PRP$ your) (JJ back) (JJ straight)
    (CC and)
    (NNS hands) (NN gripping))
  (NP (DT the) (NNS handlebars)))
(. .)))

(ROOT
(S
  (PP (IN With)
    (NP
      (NP (NN everything))
      (VP (VBG remaining)
        (ADVP (RB still))))))
  (, ,)
  (VP (VB stand)
    (PRT (RP up))
    (PP (IN on)
      (NP (PRP$ your) (NNS toes)))
    (ADVP (RB as) (JJ high))
    (SBAR (IN as)
      (S
        (NP (PRP you))
        (VP (MD can))))))
  (. .)))

(ROOT
(S
(VP (VB Hold)
  (NP
    (NP (DT the) (NN position))
    (PP (IN for)
      (NP (DT a) (JJ brief) (NN moment))))))
```

Bad

```
(S
  (VP (TO to)
    (VP (VB maximize)
      (NP (DT the) (NN work))
      (PP (IN on)
        (NP (PRP$ your) (NNS calves))))))
(. .)))

(ROOT
  (SINV
    (ADVP (RB Slowly))
    (VP (VBP lower)
      (NP (PRP$ your) (NNS heels))
      (ADVP (RB back) (RB down))
      (PP (IN towards)
        (NP (DT the) (JJ starting) (NN position))))
    (NP
      (NP (DT the) (JJ same) (NN way))
      (SBAR
        (S
          (NP (PRP you))
          (VP (VBD brought)
            (NP (PRP them))
            (PRT (RP up))))))
    (. .)))
```

Straight-Leg Deadlifts

```
(ROOT
  (S
    (VP (VB Stand)
      (VP (VB erect)
        (PP (IN with)
          (NP (PRP$ your) (NNS feet)))
        (PP
          (ADVP (RB just))
          (IN under)
          (NP (DT the) (NN barbell))))))
    (. .)))

(ROOT
  (S
    (ADVP (RB Then))
    (, ,)
    (PP (IN by)
      (S
        (VP (VBG bending)
          (NP (PRP$ your) (NNS knees))))
      (, ,)
      (VP (VBP grasp)
        (NP (DT the) (NN barbell))
        (, ,)
        (PP (IN with)
          (NP
            (NP (PRP$ your) (NNS hands))
            (ADJP
              (NP (DT a) (RB little))
              (JJR wider))))
          (ADVP (RB apart))
          (PP (IN than)
            (NP
              (NP (NN shoulder) (NN width))
              (CC and)
              (NP
```


Bad

```
(NP (PRP$ your) (NN knuckles))
(VP (VBG facing)
  (NP (NN front))))))
(. .)))

(ROOT
(SINV
  (ADVP (RB Now))
  (ADVP (RB slowly))
  (VP (VBP begin)
    (S
      (VP (TO to)
        (VP (VB stand))))))
  (NP (NNP erect))
  (, ,)
  (S
    (VP (VBG straightening)
      (NP (PRP$ your) (NNS legs))
      (SBAR (IN as)
        (S
          (NP (PRP you))
          (VP (VBP do)
            (ADVP (RB so)))))))
    (. .)))

(ROOT
(S
  (VP (VB Keep)
    (S
      (VP (VBG lifting)
        (NP (DT the) (NN resistance))))
    (SBAR (IN until)
      (S
        (S
          (NP (PRP you))
          (VP (VBP 're)
            (ADJP (RB completely) (JJ erect))))
        (CC and)
        (S
          (NP (DT the) (NN bar))
          (VP (VBZ is)
            (PP (IN in)
              (NP
                (NP (NN front))
                (PP (IN of)
                  (NP (PRP$ your) (NNS thighs))))))))
          (. .)))

(ROOT
(S
  (ADVP (RB Now))
  (VP
    (VP
      (ADVP (RB slowly))
      (VB lower)
      (NP (DT the) (NN resistance))
      (SBAR (IN until)
        (S
          (NP (PRP it))
          (VP (VBZ is)
            (ADVP (RB back))
            (PP (IN on)
              (NP (DT the) (NN floor))))))
    )
  )
)
```

Bad

```
(, ,)
(CC and)
(VP (VB repeat)
  (NP
    (NP (DT the) (NN movement))
    (PP (IN for)
      (NP (PRP$ your) (JJ individual) (JJ specific) (NNS repetitions))))))
(. .))
```

Triceps Cable Pressdowns

```
(ROOT
  (S
    (VP (VB Stand)
      (CC or)
      (VB kneel)
      (PP (IN with)
        (NP (PRP$ your) (NN back)))
      (PP (RB straight) (IN in)
        (NP
          (NP (NN front))
          (PP (IN of)
            (NP (DT a) (NN cable) (NN machine))))))
    (. .)))
```

```
(ROOT
  (S
    (VP (VB Grab)
      (NP (DT the) (NN bar))
      (PP (IN with)
        (NP (DT an) (JJ overhand) (NN grip))))
    (. .)))
```

```
(ROOT
  (S
    (VP
      (VP (VB Keep)
        (NP
          (NP (PRP$ your) (NNS elbows))
          (VP (VBN tucked)
            (PP (IN in)
              (PP (IN at)
                (NP (PRP$ your) (NNS sides))))))
        (CC and)
        (VP (VB hold)
          (NP (DT the) (NN bar))
          (PRT (RP up))
          (PP (IN by)
            (NP (PRP$ your) (NN chin))))
      (. .)))
```

```
(ROOT
  (S
    (S
      (VP (VBG Keeping)
        (NP (PRP$ your) (NN body))
        (ADVP (RB still))))
    (CC and)
    (S
      (NP (NNS elbows))
      (VP (VBD tucked)
        (PP (IN at)
          (NP (PRP$ your) (NNS sides))))
```

Bad

```
(, ,)
(S
  (VP (VB push)
    (S
      (NP (DT the) (NN bar))
      (ADJP (RB straight))
      (ADVP (RB down)))
    (SBAR (IN until)
      (S
        (NP (PRP$ your) (NNS arms))
        (VP (VBP are)
          (ADVP (RB fully))
          (VP (VBN extended))))))))
(. .)))

(ROOT
(S
  (PP (VBN Come)
    (PP (TO to)
      (NP (DT a) (NN brief))))
    (, ,)
    (VP (VB complete)
      (ADJP (VB stop)
        (PP (IN before)
          (S
            (ADVP (RB slowly))
            (VP (VBG allowing)
              (NP (DT the) (NN bar)
                (S
                  (VP (TO to)
                    (VP (VB rise)
                      (ADVP (RB back) (RB up))
                      (PP (TO to)
                        (NP (DT the) (JJ starting) (NN position)))
                      (, ,)
                      (PP (IN with)
                        (NP
                          (NP (PRP$ your) (NN elbows) (VBG remaining))
                          (VP (VBN tucked)
                            (PP (IN at)
                              (NP (PRP$ your) (NNS sides)))
                            (PP (IN at)
                              (NP (DT all) (NN time))))))))))))
            (. .)))
          )
    )
  )
)
```