

Good

Barbell Wrist Curls

```
(ROOT
(S
(S
(VP (VB Take)
(NP
(NP (NN hold))
(PP (IN of)
(NP
(NP (DT a) (NN barbell))
(PP (IN with)
(NP (DT an) (JJ underhand) (NN grip)))))))
(, ,)
(NP (NNS hands))
(VP (VBP close)
(ADVP (RB together)))
(. .)))

(ROOT
(S
(VP (VB Straddle)
(NP
(NP (DT a) (NN bench))
(PP (IN with)
(NP (PRP$ your) (NNS forearms))))
(PP (RB resting)
(PP (IN on)
(NP (DT the) (NN bench)))
(CC but)
(PP (IN with)
(NP
(NP (PRP$ your) (NNS wrists)
(CC and)
(NNS hands))
(VP (VBG hanging)
(PP (IN over)
(NP
(NP (DT the) (NN end))
(, ,)
(NP
(NP (NNS elbows)
(CC and)
(NNS wrists))
(NP (DT the) (JJ same) (NN distance))))
(ADVP (RB apart))))))
(. .)))

(ROOT
(S
(VP (VB Lock)
(NP (PRP$ your) (NNS knees))
(PP (IN in) (IN against)
(NP (PRP$ your) (NNS elbows)
(S
(VP (TO to)
(VP (VB stabilize)
(NP (PRP them))))))
(. .)))

(ROOT
(S
(VP
(VP (VB Bend)
(NP (PRP$ your) (NNS wrists)))
(CC and)
(VP (VB lower)
(NP
(NP (DT the) (NN weight))
(PP (IN toward)
(NP (DT the) (NN floor))))))
(. .)))

(ROOT
(S
(SBAR
(WHADVP (WRB When))
(S
(NP (PRP you))
(VP (MD ca) (RB n't)
(VP (VB lower)
(NP (DT the) (NN bar))
(ADVP (DT any) (RBR farther))))))
(, ,)
(ADVP (RB carefully))
(VP
(VP (VB open)
(NP
```

Good

```
(NP (PRP$ your) (NNS fingers))
(NP (DT a) (JJ little) (NN bit))))
(CC and)
(VP (VB let)
  (NP (DT the) (NN weight) (NN roll))
  (ADVP (RB down))
  (PRT (RP out))
  (PP (IN of)
    (NP
      (NP (DT the) (NNS palms))
      (PP (IN of)
        (NP (PRP$ your) (NNS hands)))))))
(. .)))

(ROOT
(S
  (VP
    (VP (VB Roll)
      (NP (DT the) (NN weight))
      (ADVP (RB back) (RB up))
      (PP (IN into)
        (NP (PRP$ your) (NNS hands))))
    (, ,)
    (VP (VB contract)
      (NP (DT the) (NNS forearms)))
    (, ,)
    (CC and)
    (VP (VB lift)
      (NP (DT the) (NN weight))
      (ADVP
        (ADVP (RB as) (JJ high))
        (SBAR (IN as)
          (S
            (NP (PRP you))
            (VP (MD can)
              (PP (IN without)
                (S
                  (VP (VBG letting)
                    (NP (PRP$ your) (NNS forearms))))))
            (VP (VBN come)
              (PRT (RP up))
              (PP (IN off)
                (NP (DT the) (NN bench))))))))))
    (. .)))

(ROOT
(S
  (NP (NNS Forearms))
  (, ,)
  (PP (IN like)
    (NP (NNS calves)))
  (, ,)
  (VP (VBP need)
    (S
      (NP
        (NP (DT a) (NN lot))
        (PP (IN of)
          (NP (NN stimulation))))
      (VP (TO to)
        (VP (VB grow)))
      (, ,)
      (SBAR (IN so)
        (S
          (VP (VBP do) (RB n't)
            (VP (VB be)
              (ADJP (JJ afraid)
                (S
                  (VP (TO to)
                    (VP (VB make)
                      (SBAR
                        (S
                          (NP (PRP them))
                          (ADVP (RB really))
                          (VP (VBP burn))))))))))
          (. .)))
    (. .)))
```

Bench Press

```
(ROOT
(NP
  (NP (NN Lie))
  (PP (IN on)
    (NP (DT a) (JJ flat) (NN bench)))
  (, ,)
  (NP
    (NP (PRP$ your) (NNS feet))
    (PP (IN on)
      (NP
```

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```
(NP (DT the) (NN floor))
(P (IN for)
 (NP (NN balance))))))
(. .)))

(ROOT
(S
(NP (PRP$ Your) (NN grip))
(VP (MD should)
(VP (VB be)
(ADJP (JJ medium-wide))
(PRN (-LRB- -LRB-)
(SBAR
(WHNP (WDT which))
(S
(VP (VBZ means)
(SBAR (IN that)
(S
(SBAR (IN as)
(S
(NP (PRP you))
(VP (VB lower)
(NP (DT the) (NN bar))
(P (TO to)
(NP (PRP$ your) (NN chest))))))
(, ,)
(NP (PRP$ your) (NNS hands))
(VP (MD should)
(VP (VB be)
(ADJP (JJ wide))
(SBAR
(ADVP (RB enough) (RB apart) (RB so))
(IN that)
(S
(NP (PRP$ your) (NNS forearms))
(VP (VBP point)
(ADVP (RB straight))
(P (RP up))
(, ,)
(ADJP (JJ perpendicular)
(P (TO to)
(NP (DT the) (NN floor))))))))))
(-RRB- -RRB-)))
(. .)))

(ROOT
(S
(VP
(VP (VB Lift)
(NP (DT the) (NN bar))
(P (IN off)
(NP (DT the) (NN rack))))
(CC and)
(VP (VB hold)
(NP (PRP it))
(P (IN at)
(NP
(NP
(NP (NN arm) (POS 's))
(NN length))
(P (IN above)
(NP (PRP you))))))
(. .)))

(ROOT
(S
(NP
(NP (JJR Lower))
(UCP
(ADVP
(NP (DT the) (NN bar))
(RB slowly))
(CC and)
(P (IN under))))
(VP (VBP control)
(SBAR (IN until)
(S
(NP (PRP it))
(VP (VBD touches)
(ADVP (RB just))
(P (IN below)
(NP (DT the) (JJ pectoral) (NNS muscles))))))
(. .)))

(ROOT
(S
(VP (VB Keep)
(SBAR
```

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```
(S
  (NP (DT the) (NNS elbows))
  (VP (VBD pointed)
    (ADJP (JJ outward))
    (SBAR (IN in) (NN order)
      (S
        (VP (TO to)
          (VP
            (ADVP (RB fully))
            (VB involve)
            (NP (DT the) (NN chest))))))))))
  (. .)))

(ROOT
  (S
    (NP (DT The) (NN bar))
    (VP (MD should)
      (VP (VB come)
        (PP (TO to)
          (NP
            (NP (DT a) (JJ complete) (NN stop))
            (PP (IN at)
              (NP (DT this) (NN point)))))))
    (. .)))

(ROOT
  (S
    (VP (VB Press)
      (NP (DT the) (NN bar))
      (ADVP (RB upward))
      (SBAR
        (ADVP (RB once) (JJR more))
        (IN until)
        (S
          (NP (PRP$ your) (NNS arms))
          (VP (VBP are)
            (ADJP (RB fully) (VBN locked)
              (PRT (RP out))))))
    (. .)))

(ROOT
  (S
    (VP
      (ADVP (RB Always))
      (VB go)
      (PP (IN through)
        (NP
          (NP (DT a) (JJ full) (NN range))
          (PP (IN of)
            (NP (NN motion))))))
      (SBAR (IN unless)
        (S
          (VP (VBD instructed)
            (ADVP (RB specifically))
            (S
              (VP (TO to)
                (VP (VB do)
                  (ADVP (RB otherwise))))))
          (. .)))
    (. .)))
```

Crunches

```
(ROOT
  (NP
    (NP (NN Lie))
    (PP (IN on)
      (NP (PRP$ your) (NN back)))
    (PP (IN on)
      (NP
        (NP (DT the) (NN floor))
        (, ,)
        (NP
          (NP (PRP$ your) (NNS legs))
          (PP (IN across)
            (NP
              (NP (DT a) (NN bench))
              (PP (IN in)
                (NP (NN front))))))
        (PP (IN of)
          (NP (PRP you)))
        (. .)))
  (ROOT
    (S
      (NP (PRP You))
      (VP (MD can)
        (VP
```

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(VP (VB put)
  (NP (PRP$ your) (NNS hands))
  (PP (IN behind)
    (NP (PRP$ your) (NN neck))))
(CC or)
(VP (VB keep)
  (NP (PRP them))
  (PP (IN in)
    (NP
      (NP (NN front))
      (PP (IN of)
        (NP (PRP you))))
      (, ,)
      (SBAR
        (WHNP (WDT whichever))
        (S
          (NP (PRP you))
          (VP (VBP prefer))))))))))
(. .))

(ROOT
(S
  (VP (VB Curl)
    (NP (PRP$ your) (NNS shoulders)
      (CC and)
      (NN trunk))
    (PP
      (ADVP (RB upward))
      (IN toward)
      (NP (PRP$ your) (NNS knees)))
    (, ,)
    (S
      (VP (VBG rounding)
        (NP (PRP$ your) (NN back))))
    (. .))
  )
)

(ROOT
(S
  (VP (VB Do) (RB n't)
    (VP (VB try)
      (S
        (VP (TO to)
          (VP
            (VP (VB lift)
              (NP (PRP$ your) (NN entire))
              (PRT (RP back))
              (PRT (RP up))
              (PRT (RP off))
              (NP (DT the) (NN floor)))
              (, ,)
              (VP
                (ADVP (RB just))
                (VB roll)
                (PRT (RP forward)))
                (CC and)
                (VP (VB crunch)
                  (NP (PRP$ your) (NN rib) (NN cage))
                  (PP (IN toward)
                    (NP (PRP$ your) (NNS pelvis))))))
              (. .))
            )
          )
        )
      )
    )
  )
)

(ROOT
(S
  (PP (IN At)
    (NP
      (NP (DT the) (NN top))
      (PP (IN of)
        (NP (DT the) (NN movement))))
    (, ,)
    (ADVP (RB deliberately))
    (VP
      (VP (VB give)
        (NP
          (NP (DT an) (JJ extra) (NN squeeze))
          (PP (IN of)
            (NP (DT the) (NN abs))
            (S
              (VP (TO to)
                (VP (VB achieve)
                  (NP (JJ total) (NN contraction))))
              )
            )
          )
        )
        (, ,) (RB then)
        (VP (VB release)
          (CC and)
          (VB lower)
          (NP (PRP$ your) (NNS shoulders))
          (ADVP (RB back)
            (PP (TO to)
              (NP (DT the) (JJ starting) (NN position))))
          )
        )
      )
    )
  )
)

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(. .)))

(ROOT
(S
(NP (DT This))
(VP (VBZ is) (RB not)
(NP
(NP (DT a) (NN movement))
(SBAR
(S
(NP (PRP you))
(VP (VBP do)
(ADVP (RB quickly))))))
(. .)))

(ROOT
(S
(VP (VB Do)
(S
(NP (DT each) (NN rep))
(UCP
(ADVP (RB deliberately))
(CC and)
(PP (IN under)
(NP (NN control))))))
(. .)))

(ROOT
(S
(NP (PRP You))
(VP (MD can)
(VP (VB vary)
(NP
(NP (DT the) (NN angle))
(PP (IN of)
(NP
(NP (NN stress))
(PP (IN on)
(NP (PRP$ your) (NNS abdominals))))))
(PP (IN by)
(S
(VP (VBG raising)
(NP (PRP$ your) (NN foot) (NN position))))))
(. .)))

(ROOT
(S
(PP (RB Instead) (IN of)
(S
(VP (VBG putting)
(NP (PRP$ your) (NNS legs))
(PP (IN across)
(NP (DT a) (NN bench))))))
(, , )
(VP (VB try)
(S
(VP
(VP (VBG lying)
(PP (IN on)
(NP (DT the) (NN floor))))
(CC and)
(VP (VBG placing)
(NP
(NP (DT the) (NNS soles))
(PP (IN of)
(NP (PRP$ your) (NNS feet))))
(PP (IN against)
(NP
(NP (DT a) (NN wall))
(SBAR
(WHPP (IN at)
(WHNP (WDT whichever)))
(S
(NP (NN height))
(VP (VBZ feels)
(ADJP (RBS most) (JJ comfortable))))))
(. .)))
```

Deadlift

```
(ROOT
(S
(VP (VB Place)
(NP (DT a) (NN barbell))
(PP (IN on)
(NP
(NP (DT the) (NN floor))
```

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      (PP (IN in)
        (NP
          (NP (NN front))
          (PP (IN of)
            (NP (PRP you)))))))
    (. .))

(ROOT
  (S
    (VP
      (VP (VB Bend)
        (NP (PRP$ your) (NNS knees)))
      (, ,)
      (VP (VB lean)
        (ADVP (RB forward)))
      (, ,)
      (CC and)
      (VP (VB grasp)
        (NP (DT the) (NN bar))
        (PP (IN in)
          (NP
            (NP (DT a) (JJ medium-wide) (NN grip))
            (, ,)
            (NP
              (NP (CD one) (NN hand))
              (PP (IN in)
                (NP (DT an) (JJ overhand) (NN grip))))
            (, ,)
            (NP
              (NP (DT the) (JJ other))
              (PP (IN in)
                (NP (DT an) (JJ underhand) (NN grip))))))
            (, .)))
    (. .))

(ROOT
  (S
    (VP (VB Keep)
      (S
        (NP (PRP$ your) (NN back))
        (ADJP (RB fairly) (JJ straight))
        (S
          (VP (TO to)
            (VP (VB protect)
              (NP (PRP it))
              (PP (IN from)
                (NP (NN strain))))))
          (. .)))
    (. .))

(ROOT
  (S
    (SBAR (IN If)
      (S
        (NP (PRP you))
        (VP (VBZ curve)
          (NP (PRP$ your) (NN back))))
      (NP (PRP you))
      (VP (VBP risk)
        (NP (NN injury)))
      (. .)))
    (. .))

(ROOT
  (S
    (VP (VB Begin)
      (NP (DT the) (NN lift))
      (PP (IN by)
        (S
          (VP (VBG driving)
            (PP (IN with)
              (NP (DT the) (NNS legs))))))
        (. .)))
    (. .))

(ROOT
  (S
    (S
      (VP
        (VP (VB Straighten)
          (PRT (RP up))
          (SBAR (IN until)
            (S
              (NP (PRP you))
              (VP (VBP are)
                (VP (VBG standing)
                  (NP (NN upright))))))
              (, ,) (RB then)
              (VP (VB throw)
                (NP (DT the) (NN chest))
                (PRT (RP out))))
              (CC and)

```

Good

```
(S
  (VP
    (VP (VBG shoulders)
      (ADVP (RB back)))
    (CONJP (RB as) (IN if))
    (VP (VBG coming)
      (PP (TO to)
        (NP (NN attention))))))
  (. .)))

(ROOT
  (S
    (VP (TO To)
      (VP
        (VP (VB lower)
          (NP (DT the) (NN weight)))
        (, ,)
        (VP (VB bend)
          (NP (DT the) (NNS knees)))
        (, ,)
        (VP (VB lean)
          (ADVP (RB forward))
          (PP (IN from)
            (NP (DT the) (NN waist))))
        (, ,)
        (CC and)
        (VP (VB touch)
          (NP (DT the) (NN weight))
          (PP (TO to)
            (NP (DT the) (NN floor)))
          (PP (IN before)
            (S
              (VP (VBG beginning)
                (NP (PRP$ your) (JJ next) (NN repetition)))))))
        (. .)))
    (S
      (VP (VBG beginning)
        (NP (PRP$ your) (JJ next) (NN repetition))))))
    (. .)))
```

Dips

```
(ROOT
  (S
    (S
      (VP (VBG Taking)
        (NP
          (NP (NN hold))
          (PP (IN of)
            (NP (DT the) (NN parallel))))))
      (VP
        (VP (VBZ bars))
        (, ,)
        (VP (VBP raise)
          (NP (PRP yourself))
          (PRT (RP up)))
        (CC and)
        (VP (VBP lock)
          (PRT (RP out))
          (NP (PRP$ your) (NNS arms))))
      (. .)))
    (ROOT
      (S
        (SBAR (IN As)
          (S
            (NP (PRP you))
            (VP
              (VP (VB bend)
                (NP (PRP$ your) (NNS elbows)))
              (CC and)
              (VP (VB lower)
                (NP (PRP yourself))
                (PP (IN between)
                  (NP (DT the) (NNS bars))))
              (, ,)
              (VP (VB try)
                (S
                  (VP (TO to)
                    (VP (VB stay)
                      (PP (IN as)
                        (NP
                          (NP (NN upright))
                          (ADJP (RB as) (JJ possible))))
                    (: --)
                    (SBAR
                      (SBAR
                        (X (DT the) (JJR more))
                        (S
                          (NP (PRP you))
                          (VP (VBP lean))
```


Good

```
(ADVP (RB back))))))
(, ,)
(SBAR
  (X (DT the) (JJR more))
  (S
    (NP (PRP you))
    (VP (VBP work)
      (NP (DT the) (NNS triceps))))))
(: ;)
(SBAR
  (X (DT the) (JJR more))
  (S
    (NP (PRP you))
    (VP (VB bend)
      (ADVP (RB forward))))))
(, ,)
(X (DT the) (JJR more))
(NP (PRP you))
(VP (VBP work)
  (NP (DT the) (NNS pectorals)))
(. .)))

(ROOT
  (S
    (PP (IN From)
      (NP
        (NP (DT the) (NN bottom))
        (PP (IN of)
          (NP (DT the) (NN movement))))))
    (, ,)
    (VP
      (VP (VB press)
        (NP (PRP yourself))
        (ADVP
          (ADVP (RB back) (RB up))
          (SBAR (IN until)
            (S
              (NP (PRP$ your) (NNS arms))
              (VP (VBP are)
                (VP (VBN locked)
                  (PRT (RP out)))))))
          (, ,) (RB then)
          (VP (VB give)
            (NP
              (NP (DT an) (JJ extra) (NN flex))
              (PP (IN of)
                (NP (DT the) (NNS triceps))))
            (S
              (VP (TO to)
                (VP (VB increase)
                  (NP (DT the) (NN contraction))))))
            (. .)))
      (, ,)
      (S
        (NP (PRP You))
        (VP (MD can)
          (ADVP (RB also))
          (VP (VB increase)
            (NP
              (NP (DT the) (NN effort))
              (VP (VBN involved)
                (PP (IN in)
                  (NP (DT this) (NN exercise)))
                (PP
                  (PP (IN by)
                    (S
                      (VP (VBG using)
                        (S
                          (NP (DT a) (NN weight))
                          (VP (JJ hooked)
                            (PP (IN around)
                              (NP (PRP$ your) (NN waist))))))
                        (CC and)
                        (PP (IN by)
                          (S
                            (VP
                              (VP (VBG coming)
                                (PRT (RP up))
                                (NP
                                  (NP
                                    (QP (RB only) (RB about))
                                    (NNS three-quarters))
                                  (PP (IN of)
                                    (NP (DT the) (NN way))))
                                (CONJP (RB rather) (IN than))
                                (VBP
                                  (VP (VBG locking)

```

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```
                (PRT (RP out))
                (NP (DT the) (NN movement)))
        (CC and)
        (VP (VBG taking)
            (NP (DT the) (NN tension))
            (PP (IN off)
                (NP (DT the) (NNS triceps)))))))))
    (. .)))
```

DB Curls

```
(ROOT
  (S
    (VP (VB Stand)
      (NP
        (NP (NN upright))
        (, ,)
        (NP
          (NP (DT a) (NN dumbbell))
          (PP (IN in)
            (NP
              (NP (DT each) (NN hand))
              (VP (VBG hanging)
                (PP (IN at)
                  (NP
                    (NP (NN arm) (POS 's))
                    (NN length))))))))))
      (. .)))

  (S
    (VP (VB Curl)
      (NP (CD one) (NN weight))
      (ADVP (RB forward)
        (CC and)
        (RB up))
      (, ,)
      (S
        (VP
          (VP (VBG holding)
            (NP (PRP$ your) (NN elbow))
            (ADVP (RB steady))
            (PP (IN at)
              (NP (PRP$ your) (NN waist))))
          (CC and)
          (VP (VBG twisting)
            (NP (PRP$ your) (NN wrist))
            (ADVP (RB slightly)))
          (, ,)
          (VP (VBG bringing)
            (ADVP
              (ADVP
                (NP (DT the) (NN thumb))
                (RB down))
              (CC and)
              (ADVP
                (NP (JJ little) (NN finger))
                (RB up)))
            (, ,)
            (S
              (VP (TO to)
                (VP (VB get)
                  (NP (JJ maximum) (NNS biceps))))
              (NP (NN contraction))))
          (. .)))
      (. .)))

  (S
    (VP (VB Curl)
      (NP (DT the) (NN weight))
      (ADVP
        (ADVP (RB as) (JJ high))
        (SBAR (IN as)
          (S
            (NP (PRP you))
            (VP (MD can) (, ,)
              (ADVP (RB then))
              (VP (VB bring)
                (NP (PRP it))
                (ADVP
                  (ADVP (RB back) (RB down))
                  (PP (IN under)
                    (NP (NN control))))
              (PP (IN through)
                (NP (DT the) (JJ same) (NN arc)))
              (, ,)
              (S
```

Good

```
(ADVP (RB simultaneously))
(VP
  (VP (VBG curling)
    (NP (DT the) (JJ other) (NN weight))
    (PRT (RP up))
    (SBAR (RB so) (IN that)
      (S
        (NP (DT both) (NNS dumbbells))
        (VP (VBP are)
          (PP (IN in)
            (NP (NN motion)))))))
    (CC and)
    (VP (VBG twisting)
      (NP
        (NP (DT the) (NN wrist))
        (PP (IN of)
          (NP (DT the) (JJ other) (NN hand))))
      (SBAR (IN as)
        (S
          (NP (PRP you))
          (VP (VBP bring)
            (NP (PRP it))
            (PRT (RP up))))))))))
(. .)))

(ROOT
  (S
    (VP (VB Continue)
      (NP (DT these) (JJ alternate) (NNS Curls))
      (SBAR (IN until)
        (S
          (NP (PRP you))
          (VP (VBP have)
            (VP (VBN done)
              (NP
                (NP (DT the) (VBN required) (NNS repetitions))
                (PP (IN with)
                  (NP (DT both) (NNS arms))))))))))
        (. .)))
    (. .)))

(ROOT
  (S
    (VP (VB Make)
      (ADJP (JJ sure)
        (SBAR
          (S
            (NP (PRP you))
            (VP
              (ADVP (RB fully))
              (VB extend)
              (CC and)
              (VB contract)
              (NP (DT the) (NN arm))
              (S
                (VP (TO to)
                  (VP (VB get)
                    (NP
                      (NP (DT the) (JJS fullest) (JJ possible) (NN range))
                      (PP (IN of)
                        (NP (NN motion))))))))))
                (. .)))
            (. .)))
          (. .)))
    (. .)))
```

DB Kickbacks

```
(ROOT
  (NP
    (NP
      (NP (NNP Stand))
      (PP (IN with)
        (NP (NNS knees))))
    (ADJP (JJ bent))
    (, ,)
    (NP
      (NP (CD one) (NN foot))
      (PP (IN in)
        (NP
          (NP (NN front))
```

Good

```
(PP (IN of)
  (NP (DT the) (JJ other))))))
(, ,)
(VP (VBG putting)
  (NP
    (NP (CD one) (NN hand))
    (PP (IN on)
      (NP (DT a) (JJ low) (NN bench))))))
(PP (IN for)
  (NP (NN balance)))
(. .)))

(ROOT
  (S
    (VP
      (VP (VB Take)
        (NP
          (NP (DT a) (NN dumbbell))
          (PP (IN in)
            (NP (DT the) (JJ opposite) (NN hand))))))
      (, ,)
      (VP (VB bend)
        (NP (PRP$ your) (NN arm)))
      (CC and)
      (VP
        (VP (VB raise)
          (NP (PRP$ your) (NN elbow))
          (ADVP (RB back)))
        (CC and)
        (ADVP (RB up)
          (PP (TO to)
            (NP
              (NP (RB about) (NN shoulder) (NN height))
              (, ,)
              (NP
                (NP (NN elbow))
                (UCP
                  (ADJP (JJ close)
                    (PP (TO to)
                      (NP (PRP$ your) (NN side))))))
                (CC and)
                (VP (VBG letting)
                  (NP (DT the) (NN dumbbell))))))))))
        (VP (VB hang)
          (ADVP (RB straight))
          (ADVP (RB down)
            (PP (IN below)
              (NP (PRP it)))))))
      (. .)))

(ROOT
  (S
    (S
      (VP (VBG Keeping)
        (NP (PRP$ your) (NN elbow) (JJ stationary) (, ,) (NN press))
        (PP
          (ADVP
            (NP (DT the) (NN weight))
            (RB back))
          (IN until)
          (NP (PRP$ your) (NN forearm))))))
      (VP (VBZ is)
        (NP
          (NP (RB about) (JJ parallel))
          (PP (TO to)
            (NP (DT the) (NN floor))))))
      (. .)))

(ROOT
  (S
    (VP
      (VP
        (VP (VB Hold)
          (ADVP (RB here))
          (PP (IN for)
            (NP (DT a) (NN moment))))))
        (CC and)
        (VP (VB give)
          (NP (DT the) (NNS triceps))
          (NP (DT an) (JJ extra) (NN flex))))
      (, ,) (RB then)
      (VP
        (ADVP (RB slowly))
        (VB come)
        (PRT (RP back))
        (PP (TO to)
          (NP (DT the) (JJ starting) (NN position))))))
      (. .)))
```

Good

```
(ROOT
(S
  (PP (IN For)
    (NP (JJ added) (NNS triceps) (NN development)))
  (, ,)
  (VP (VBP twist)
    (NP (PRP$ your) (NN hand))
    (ADVP (RB slightly))
    (SBAR (IN as)
      (S
        (NP (PRP you))
        (VP
          (VP (VBP lift)
            (NP (DT the) (NN weight))
            (, ,)
            (S
              (VP (VBG bringing)
                (NP (DT the) (NN thumb))
                (PRT (RP up))))
              (, ,)
              (CC and)
              (VP (VBP twist)
                (PRT (RP back))
                (NP (DT the) (JJ other) (NN way))))))
          (SBAR (IN as)
            (S
              (NP (PRP you))
              (VP (VBP come)
                (PRT (RP down))))
            (, .)))
        (, .)))
      (, .)))
    (, .)))

(Root
(S
  (VP (VB Finish)
    (NP (PRP$ your) (NN set)))
  (, ,) (RB then)
  (VP (VB repeat)
    (NP
      (NP (DT the) (NN movement))
      (VP (VBG using)
        (NP (DT the) (JJ other) (NN arm))))))
  (, .)))

(Root
(S
  (VP (VB Make)
    (ADJP (JJ sure))
    (SBAR (IN that) (RB only)
      (S
        (NP (PRP$ your) (NN forearm))
        (VP (VBZ moves)
          (PP (IN in)
            (NP
              (NP (DT this) (NN exercise))
              (, ,) (RB not)
              (NP (DT the) (JJ upper) (NN arm))))))
          (, .)))
        (, .)))
    (, .)))

(Root
(S
  (NP (DT This) (NN exercise))
  (VP (MD can)
    (ADVP (RB also))
    (VP (VB be)
      (VP (VBN done)
        (PP (IN with)
          (NP (NN cable) (NNS pulleys))))))
    (, .)))
  (, .)))
```

DB Shrugs

```
(ROOT
(S
  (VP (VB Stand)
    (S
      (NP
        (NP (NN upright))
        (, ,)
        (NP
          (NP (NNS arms))
          (PP (IN at)
            (NP (NNS sides))))
        (, ,))
      (NP
        (NP (DT a) (JJ heavy) (NN dumbbell))
```

Good

```

      (PP (IN in)
        (NP (DT each) (NN hand))))))
    (. .)))

(ROOT
  (S
    (VP (VB Raise)
      (NP (PRP$ your) (NNS shoulders))
      (ADVP (RB up) (RB as) (JJ high))
      (SBAR
        (SBAR (IN as)
          (S
            (NP (PRP you))
            (VP (MD can))))
          (, ,) (RB as)
          (SBAR (IN if)
            (S
              (VP (VBG trying)
                (S
                  (VP (TO to)
                    (VP (VB touch)
                      (NP (PRP them))
                      (PP (TO to)
                        (NP (PRP$ your) (NNS ears))))))))))
                (. .)))

(ROOT
  (S
    (VP
      (VP (VB Hold)
        (PP (IN at)
          (NP
            (NP (DT the) (NN top))
            (PP (IN for)
              (NP (DT a) (NN moment))))))
        (, ,) (RB then)
        (VP (VB release)
          (CC and)
          (VP (VB return)
            (PP (TO to)
              (NP (DT the) (JJ starting) (NN position))))
          (. .)))

(ROOT
  (S
    (VP (VBP Try)
      (S (RB not)
        (VP (TO to)
          (VP (VB move)
            (NP
              (NP (NN anything))
              (PP (CC but)
                (NP (PRP$ your) (NNS shoulders))))))
          (. .)))

```

Front DB Raises

```
(ROOT
  (S
    (VP (VB Stand)
      (PP (IN with)
        (NP
          (NP (DT a) (NN dumbbell))
          (PP (IN in)
            (NP (DT each) (NN hand))))))
    (. .)))

(ROOT
  (S
    (VP (VB Lift)
      (NP (CD one) (NN weight))
      (ADVP (IN out)
        (CC and)
        (IN up)
        (PP (IN in)
          (NP (DT a) (JJ wide) (NN arc))))))
    (SBAR (IN until)
      (S
```

Good

```
(NP (PRP it))
(VP (VBZ is)
  (ADJP
    (ADJP (JJR higher))
    (PP (IN than)
      (NP
        (NP (DT the) (NN top))
        (PP (IN of)
          (NP (PRP$ your) (NN head))))))))))
(. .)))

(ROOT
(S
  (NP
    (NP (JJR Lower) (DT the) (NN weight))
    (PP (IN under)
      (NP
        (NP (NN control))
        (SBAR
          (SBAR (IN while)
            (S
              (ADVP (RB simultaneously))
              (VP (VBG lifting)
                (NP (DT the) (JJ other) (NN weight))))))
          (, ,)
          (CC so)
          (SBAR (IN that)
            (S
              (NP (DT both) (NNS arms))
              (VP (VBP are)
                (PP (IN in)
                  (NP (NN motion)))
                (PP (IN at)
                  (NP
                    (NP (DT the) (JJ same) (NN time))
                    (CC and)
                    (NP (DT the) (NNS dumbbells))))))))))
            (VP (VBP pass)
              (NP (DT each) (JJ other))
              (PP (IN at)
                (NP
                  (NP (DT a) (NN point))
                  (PP (IN in)
                    (NP
                      (NP (NN front))
                      (PP (IN of)
                        (NP (PRP$ your) (NN face))))))))))
              (. .)))
          )
        )
      )
    )
  )
  (SBAR (IN In) (NN order)
    (S
      (VP (TO to)
        (VP (VB work)
          (NP
            (NP (DT the) (JJ front) (NN head))
            (PP (IN of)
              (NP (DT the) (NNS deltoids)))
            (ADVP (RB directly))))))
        (, ,)
        (VP (VB make)
          (ADJP (JJ certain))
          (SBAR (IN that)
            (S
              (NP (DT the) (NNS dumbbells))
              (VP (VBP pass)
                (PP
                  (PP (IN in)
                    (NP
                      (NP (NN front))
                      (PP (IN of)
                        (NP (PRP$ your) (NN face))))))
                  (CONJP (RB rather) (IN than))
                  (PP (IN out)
                    (PP (TO to)
                      (NP (DT the) (NN side))))))
                )
              )
            )
          )
        )
      )
    )
  )
  (VP (TO To)
    (VP
      (VP (VB do)
        (NP (DT this) (JJ same) (NN movement))
        (PP (IN with)
          (NP (DT a) (NN barbell))))
    )
  )
)
```

Good

```
(, , )
(VP (VB grasp)
  (NP (DT the) (NN bar))
  (PP (IN with)
    (NP (DT an) (JJ overhand) (NN grip))))
(, , )
(VP (VB let)
  (SBAR
    (SBAR
      (S
        (NP (PRP it))
        (VP (VBP hang)
          (PRT (RP down))
          (PP (IN at)
            (NP
              (NP
                (NP (NN arm) (POS 's))
                (NN length))
              (PP (IN in)
                (NP
                  (NP (NN front))
                  (PP (IN of)
                    (NP (PRP you)))))))))))
        (, , )
        (CC and)
        (SBAR (IN with)
          (S
            (NP (NNS arms))
            (VP (VBD kept)
              (ADJP (VBN locked))))))
        (, , )
        (VP (VB lift)
          (NP (PRP it))
          (PP (TO to)
            (NP
              (NP (DT a) (NN point))
              (ADJP (RB just) (JJR higher))))
          (PP (IN than)
            (NP (PRP$ your) (NN head))))
        (, , )
        (S
          (VP (VBG staying)
            (PP (IN as)
              (NP
                (NP (JJ strict))
                (ADJP (RB as) (JJ possible))))))
          (, , )
          (NP (RB then))
          (VP (VBP lower)
            (NP (PRP it))
            (PP
              (ADVP (RB again))
              (IN under)
              (NP (NN control))))
          (, . )))
```

Front Squats

```
(ROOT
  (S
    (VP
      (VP (VB Step)
        (PRT (RP up))
        (PP (TO to)
          (NP (DT the) (NN rack))))
      (, , )
      (VP (VB bring)
        (NP (PRP$ your) (NNS arms))
        (PRT (RP up))
        (PP (IN under)
          (NP (DT the) (NN bar))))
      (, , )
      (S
        (VP (VBG keeping)
          (S
            (NP (DT the) (NNS elbows))
            (ADJP (JJ high))))
        (, , )
        (VP
          (VP (VB cross)
            (NP (PRP$ your) (NNS arms)))
          (CC and)
          (VP (VB grasp)
            (NP (DT the) (NN bar))
            (PP (IN with)
              (NP (PRP$ your) (NNS hands))
              (S
```


Good

```

                VP (TO to)
                (VP (VB control)
                    (NP (PRP it)))))))))
    (. .))

(ROOT
  (S (RB Then)
    (VP (VB lift)
      (NP (DT the) (NN weight))
      (PP (IN off)
        (NP (DT the) (NN rack))))
    (. .)))

(ROOT
  (S
    (VP
      (VP (VB Step)
        (ADVP (RB back)))
      (CC and)
      (VP (VB separate)
        (NP (PRP$ your) (NNS feet))
        (PP (IN for)
          (NP (NN balance)))
        (PRN (-LRB- -LRB-)
          (S
            (NP (PRP I))
            (VP (VBP find)
              (S
                (NP (DT this) (NN exercise))
                (ADJP (RBR easier))
                (S
                  (VP (TO to)
                    (VP (VB do)
                      (SBAR (IN if)
                        (S
                          (NP (PRP I))
                          (VP (VBP rest)
                            (NP (PRP$ my) (NNS heels))
                            (PP (IN on)
                              (NP (DT a) (JJ low) (NN block)))
                            (S
                              (VP (TO to)
                                (VP (VB improve)
                                  (NP (NN balance)))))))))))))
                        (-RRB- -RRB-))))
              (. .)))
          )
        )
      )
    )

(ROOT
  (S
    (S
      (VP
        (VP (VB Bend)
          (NP (PRP$ your) (NNS knees)))
        (CC and)
        (VP
          (PRN (, ,)
            (S
              (VP
                (VP (VBG keeping)
                  (NP (PRP$ your) (NN head))
                  (PRT (RP up)))
                (CC and)
                (VP
                  (NP (PRP$ your) (NN back))
                  (ADVP (RB straight))))
              (, ,)
              (VB lower)
              (NP (PRP yourself))
              (PP (IN until)
                (NP (PRP$ your) (NNS thighs))))
            )
          )
        (VP (VBP are)
          (PP (IN below)
            (NP (NN parallel)))
          (PP (TO to)
            (NP (DT the) (NN floor)))
          (. .)))
      )
    )

(ROOT
  (S
    (VP (VBP Push)
      (NP (PRP yourself))
      (ADVP
        (ADVP (RB back) (RB up))
        (PP (TO to)
          (NP (DT the) (JJ starting) (NN position))))
      (. .)))

(ROOT

```

Good

```
(S
  (VP (VB Do)
    (NP (DT this) (NN exercise))
    (ADVP (RB slowly)
      (CC and)
      (RB strictly))
    (, ,)
  (S
    (VP (VBG making)
      (ADJP (JJ sure)
        (SBAR
          (S
            (NP (PRP you))
            (VP (VBP keep)
              (NP (PRP$ your) (NN back))
              (ADVP (RB straight))))))))
    (. .)))

(ROOT
  (S
    (SBAR (IN If)
      (S
        (ADJP (JJ possible)))
        (, ,)
        (VP (VBP do)
          (NP (DT all) (NNPS Squats))
          (PP (IN in)
            (NP
              (NP (NN front))
              (PP (IN of)
                (NP (DT a) (NN mirror))))
              (ADVP (RB so))))
          (NP (PRP you))
          (VP (MD can)
            (VP (VB check)
              (SBAR (IN that)
                (S
                  (NP (PRP you))
                  (VP (VBP are)
                    (VP (VBG keeping)
                      (NP (PRP$ your) (NN back))
                      (ADVP (RB straight))))))))
                (. .)))
          (. .)))
```

Good Mornings

```
(ROOT
  (S
    (S
      (VP (VBG Standing)
        (PP (IN with)
          (NP
            (NP (NNS feet))
            (ADVP
              (NP (DT a) (JJ few) (NNS inches))
              (RB apart))))))
      (, ,)
      (VP (VBP hold)
        (NP
          (NP (DT a) (NN barbell))
          (PP (IN across)
            (NP
              (NP (DT the) (NN back))
              (PP (IN of)
                (NP (PRP$ your) (NNS shoulders))))))
          (PP (IN as)
            (PP (IN for)
              (NP (NNP Squats))))
          (. .)))
    (S
      (VP (VBG Keeping)
        (NP (PRP$ your) (NNS legs)))
      (VP
        (VP (VBD locked))
        (CC and)
        (VP
          (NP (PRP$ your) (NN back))
          (ADVP (RB straight)))
        (, ,)
        (VP (VB bend)
          (ADVP (RB forward))
          (PP
            (PP (IN from)
```

Good

```
      (NP (DT the) (NN waist)))
    (, ,)
  (ADVP
    (ADVP (NN head) (IN up))
    (, ,)
    (SBAR (IN until)
      (S
        (NP (PRP$ your) (NN torso))
        (VP (VBZ is)
          (PP (IN about)
            (NP (NN parallel))))))
      (PP (TO to)
        (NP (DT the) (NN floor))))))
    (. .)))

(ROOT
  (S
    (VP
      (VP (VB Hold)
        (PP (IN for)
          (NP (DT a) (NN moment))))
      (, ,) (RB then)
      (VP (VB come)
        (ADVP (RB back) (RB up))
        (PP (TO to)
          (NP (DT the) (JJ starting) (NN position))))
      (. .)))
```

Hanging Leg Raises

```
(ROOT
  (S
    (VP
      (VP (VB Grasp)
        (NP (DT an) (JJ overhead) (NN bar)))
      (CC and)
      (VP (VB hang)
        (PP (IN at)
          (NP
            (NP (NN arm) (POS 's))
            (NN length))))
      (. .)))

  (ROOT
    (S
      (S
        (VP (VBG Keeping)
          (S
            (NP (PRP$ your) (NNS legs))
            (ADJP (RB fairly) (JJ straight))))
        (, ,)
        (S
          (VP (VB raise)
            (S
              (NP (PRP them))
              (ADJP (RB as) (JJ high))
              (SBAR (IN as)
                (S
                  (NP (PRP you))
                  (VP (MD can))))))
            (, ,)
            (VP (VBP hold)
              (PP (IN for)
                (NP
                  (NP (DT a) (NN moment))
                  (, ,)
                  (ADVP (RB then) (JJR lower))
                  (NP
                    (NP (PRP them))
                    (PP (IN under)
                      (NP (NN control))))))
                  (ADVP (RB back)
                    (PP (TO to)
                      (NP (DT the) (VBG starting) (NN position))))
                  (. .)))
            (ROOT
              (S
                (S
                  (VP (VBG Keeping)
                    (NP (PRP$ your) (NNS legs))
                    (ADVP (RB straight))))
                  (VP (VBZ adds)
                    (PP (TO to)
                      (NP
                        (NP (DT the) (NN resistance))
                        (PP (IN in)
```

Good

```
(NP
  (NP (DT this) (NN exercise))
  (, ,)
  (SBAR
    (WHNP (WDT which))
    (S
      (VP (VBZ makes)
        (S
          (NP (DT the) (NN movement))
          (ADJP (RBR more) (JJ difficult))))))))))
(. .)))
```

Hyperextensions

```
(ROOT
  (S
    (NP
      (NP (NN Position))
      (VP
        (NP (PRP yourself))
        (VBN facedown)
        (PP (IN across)
          (NP
            (NP (DT a) (NN hyperextension) (NN bench))
            (, ,)
            (PP (IN with)
              (NP
                (NP (PRP$ your) (NNS heels))
                (VP (VBN hooked)
                  (PP (IN under)
                    (NP (DT the) (NN rear))))))))))
          (VP (VBZ supports))
          (. .)))
```

```
(ROOT
  (S
    (VP
      (VP (VB Clasp)
        (NP (PRP$ your) (NNS hands))
        (PP
          (PP (IN across)
            (NP (PRP$ your) (NN chest)))
          (CC or)
          (PP (IN behind)
            (NP (PRP$ your) (NN head))))))
        (CC and)
        (VP (VB bend)
          (PRT (RP forward)
            (CC and)
            (RP down))
          (ADVP (RB as) (RB far))
          (PP (IN as)
            (ADJP (JJ possible)))
          (, ,)
          (S
            (VP (VBG feeling)
              (NP (DT the)
                (ADJP
                  (ADVP (RBR lower) (RB back))
                  (JJ muscles))
                  (NN stretch))))))
            (. .)))
```

```
(ROOT
  (S
    (PP (IN From)
      (NP (DT this) (NN position)))
    (, ,)
    (VP (VB come)
      (ADVP
        (ADVP (RB back) (RB up))
        (SBAR (IN until)
          (S
            (NP (PRP$ your) (NN torso))
            (VP (VBZ is)
              (ADVP (RB just))
              (PP (IN above)
                (NP (NN parallel)))))))
          (. .)))
```

```
(ROOT
  (S
    (S
      (VP (TO To)
        (VP (VB prevent)
          (NP
            (NP (NN hyperextension))
```

Good

```
(PP (IN of)
  (NP (PRP$ your) (NN spine))))))
(VP (VBP do) (RB n't)
  (VP (VB lift)
    (PRT (RP up))
    (ADVP (DT any) (JJR higher))
    (PP (IN than)
      (NP (DT this))))))
(. .))
```

Good

Incline Bench Press

```
(ROOT
(S
(NP (NN Lie))
(VP (VBP back)
(PP (IN on)
(NP (DT an) (JJ incline) (NN bench))))
(. .)))

(ROOT
(S
(VP
(VP (VB Reach)
(PRT (RP up)))
(CC and)
(VP (VB grasp)
(NP (DT the) (NN bar))
(PP (IN with)
(NP (DT a) (JJ medium-wide) (NN grip))))))
(. .)))

(ROOT
(S
(S
(VP
(VP (VB Lift)
(NP (DT the) (NN bar))
(PP (IN off)
(NP (DT the) (NN rack))))
(CC and)
(VP (VB hold)
(NP (PRP it))
(PP (RB straight) (IN up)
(NP (RB overhead))))))
(, ,)
(NP (NNS arms))
(VP (VBD locked))
(. .)))

(ROOT
(S
(NP
(NP (JJR Lower))
(PP
(ADVP
(NP (DT the) (NN weight))
(RB down))
(TO to)
(NP
(NP (DT the) (JJ upper) (NN chest))
(, ,)
(NP
(NP (NN stop))
(PP (IN for)
(NP (DT a) (NN moment))))
(, ,))))
(RB then)
(VP (VB press)
(NP (PRP it))
(ADVP (RB back) (RB up)
(PP (TO to)
(NP (DT the) (VBG starting) (NN position))))))
(. .)))

(ROOT
(S
(S
(SBAR
(WHADVP (WRB When))
(S
(VP (VBG working)
(PP (IN at)
(NP (DT an) (NN incline))))))
(, ,)
(NP (PRP it))
(VP (VBZ is)
(ADJP (RB extremely) (JJ important))
(S
(VP (TO to)
(VP (VB find)
(S
(NP (DT the) (NN right))
(` ` ` `)
(ADJP (JJ groove))
(' ' ' '))))))
(CC or)
(S
```

Good

```
(NP (PRP you))
(VP (VBP are)
  (ADJP (JJ likely)
    (S
      (VP (TO to)
        (VP (VB find)
          (NP
            (NP (DT the) (NN bar))
            (VP (VBG drifting)
              (ADVP (RB too) (RB far))
              (ADVP (RB forward))))))))))
  (. .)))

(ROOT
  (S
    (NP (PRP It))
    (VP (VBZ is)
      (ADJP (JJ useful)
        (S
          (VP (TO to)
            (VP (VB have)
              (S
                (NP (DT a) (NN training) (NN partner))
                (VP (TO to)
                  (VP (VB spot)
                    (NP (PRP you))
                    (SBAR (IN while)
                      (S
                        (NP (PRP you))
                        (VP (VBP are)
                          (VP (VBG getting)
                            (S
                              (VP (VBN used)
                                (PP (TO to)
                                  (NP (DT this) (NN movement))))))))))))))
                      (. .)))
                ))
          ))
    ))
  )
)
```

Lat Machine Pulldowns

```
(ROOT
  (S
    (S
      (VP (VBG Using)
        (NP (DT a) (JJ long) (NN bar))))
    (, ,)
    (S
      (VP
        (VP (VB grasp)
          (NP (PRP it))
          (PP (IN with)
            (NP (DT a) (JJ wide) (, ,) (JJ overhand) (NN grip))))
        (CC and)
        (VP (VB sit)
          (PP (IN on)
            (NP
              (NP (DT the) (NN seat))
              (PP (IN with)
                (NP (PRP$ your) (NNS knees))))))
          (VP (VBD hooked)
            (PP (IN under)
              (NP (DT the) (NN support))))
          (. .)))
    ))
  )

(ROOT
  (S
    (VP (VB Pull)
      (NP (DT the) (NN bar))
      (ADVP (RB down) (RB smoothly))
      (SBAR (IN until)
        (S
          (NP (PRP it))
          (VP (VBD touches)
            (NP
              (NP (DT the) (NN top))
              (PP (IN of)
                (NP (PRP$ your) (NN chest))))
            (, ,)
            (S
              (VP
                (VP (VBG making)
                  (S
                    (NP (DT the) (JJ upper) (NN back))
                    (VP (VB do)
                      (NP (DT the) (NN work))))
                  (CC and)
                )
              )
            )
          ))
        )
      )
    )
  )
)
```

Good

```
(RB not)
(VP (VBG swaying)
  (PRT (RP back))
  (S
    (VP (TO to)
      (VP (VB involve)
        (NP (DT the) (JJR lower) (NN back))))))))))
(. .)))

(ROOT
  (S
    (VP
      (VP (VB Release))
      (, ,)
      (VP (VB extend)
        (NP (DT the) (NNS arms))
        (ADVP (RB again)))
      (, ,)
      (CC and)
      (VP (VB feel)
        (NP (DT the)
          (ADJP (JJ lats) (RB fully))
          (NN stretch))))
    (. .)))
```

Leg Curls

```
(ROOT
  (S
    (NP (NN Lie))
    (VP
      (VP (VBN facedown)
        (PP (IN on)
          (NP (DT a) (NNP Leg) (NNP Curl) (NN machine))))
      (CC and)
      (VP (JJ hook)
        (NP (PRP$ your) (NNS heels))
        (PP (IN under)
          (NP (DT the) (NN level) (NN mechanism))))
    (. .)))

(ROOT
  (S
    (NP (PRP$ Your) (NNS legs))
    (VP (MD should)
      (VP (VB be)
        (VP (VBN stretched)
          (PRT (RP out))
          (ADVP (RB straight))))
    (. .)))

(ROOT
  (S
    (S
      (VP (VBG Keeping)
        (ADJP (JJ flat))
        (PP (IN on)
          (NP (DT the) (NN bench))))
      (, ,)
      (S
        (VP (VB curl)
          (NP (PRP$ your) (NNS legs))
          (ADVP
            (ADVP (RB up) (RB as) (RB far))
            (PP (IN as)
              (ADJP (JJ possible))))
          (, ,)
          (PP (IN until)
            (NP (DT the) (NN leg) (NNS biceps))))
        (VP (VBP are)
          (ADJP (RB fully) (VBN contracted)))
        (. .)))
    (. .)))

(ROOT
  (S
    (VP
      (VP (VB Release))
      (CC and)
      (VP (VB lower)
        (NP (DT the) (NN weight))
        (ADVP (RB slowly) (RB back)
          (PP (TO to)
            (NP (DT the) (VBG starting) (NN position))))
    (. .)))

(ROOT
  (S
    (VP (VB Hold)
```


Good

```
(PRT (RP on))
(PP (TO to)
  (NP
    (NP (DT the) (NN handles))
    (CC or)
    (NP (DT the) (NN bench))))
(SBAR
  (S
    (NP (PRP itself))
    (VP (TO to)
      (VP (VB keep)
        (NP (PRP yourself))
        (PP (IN from)
          (S
            (VP (VBG lifting)
              (PRT (RP up))
              (PP (IN off)
                (NP (DT the) (NN bench))))))))))
    (. .)))

(ROOT
  (S
    (NP (DT This) (NN exercise))
    (VP (MD should)
      (VP (VB be)
        (VP (VBN done)
          (S
            (UCP
              (ADVP (RB strictly))
              (CC and)
              (PP (IN through)
                (NP
                  (NP (DT the) (JJS fullest) (NN range))
                  (PP (IN of)
                    (NP (NN motion)))))))
            (ADJP (JJ possible))))))
    (. .)))

(ROOT
  (S
    (NP (PRP I))
    (VP (VBP have)
      (VP (VBN found)
        (SBAR (IN that)
          (S
            (S
              (VP (VBG supporting)
                (NP (PRP myself))
                (PP (IN on)
                  (NP (PRP$ my) (NNS elbows))))))
              (VP (VBZ helps)
                (VP (VB keep)
                  (S
                    (NP
                      (NP (DT the) (JJR lower) (NN part))
                      (PP (IN of)
                        (NP (PRP$ my) (NN body))))
                    (ADJP (RBR more) (RB firmly)))
                    (PP (IN on)
                      (NP (DT the) (NN bench))))))))
            (. .)))
    (. .)))
```

Leg Extensions

```
(ROOT
  (SINV
    (S
      (VP (VBG Using)
        (NP
          (NP (CD one))
          (PP (IN of)
            (NP (DT the) (JJ various) (NNP Leg) (NNP Extension) (NNS machines))))))
      (, ,)
      (VP (VBP sit)
        (PP (IN in)
          (NP (DT the) (NN seat)
            (CC and)
            (NN hook))))
      (NP
        (NP (PRP$ your) (NNS feet))
        (PP (IN under)
          (NP (DT the) (JJ padded) (NN bar))))
      (. .)))

(ROOT
  (S
    (VP (VB Extend)
```

Good

```
(NP (PRP$ your) (NNS legs))
(ADVP (IN out)
  (PP (TO to)
    (NP (DT the) (NN maximum))))
(, , )
(S
  (VP (VBG making)
    (ADJP (JJ sure)
      (SBAR
        (S
          (NP (PRP you))
          (VP (VBP remain)
            (S
              (VP (VBG sitting)
                (ADJP (JJ flat)
                  (PP (IN on)
                    (NP
                      (NP (DT the) (NN machine))
                      (PRN (-LRB- -LRB-)
                        (VP (VBP do) (RB n't)
                          (VP
                            (VP (VB let)
                              (S
                                (NP (PRP yourself))
                                (VP (VB lift)
                                  (PRT (RP off)))))))
                              (CC and)
                              (VP (VB cheat)
                                (PRT (RP up))
                                (NP (DT the) (NN weight))))))
                            (-RRB- -RRB-))))))))))
                      ))
                ))
            ))
          ))
        ))
      ))
    ))
  ))
(. . )))

(ROOT
  (S
    (VP
      (VP (VB Extend)
        (NP (PRP$ your) (NNS legs))
        (ADVP
          (ADVP (RB as) (RB far))
          (PP (IN as)
            (ADJP (JJ possible))))
        (SBAR (IN until)
          (S
            (NP (PRP they))
            (VP (VBP are)
              (VP (VBN locked)
                (PRT (RP out))
                (S
                  (VP (TO to)
                    (VP (VB achieve)
                      (NP
                        (NP (JJ maximum) (NN contraction))
                        (PP (IN of)
                          (NP (DT the) (NNS quadriceps))))))))))
                  ))
                ))
              ))
            ))
          ))
        ))
      ))
    (, , ) (RB then)
    (VP (VB lower)
      (NP (DT the) (NN weight))
      (ADVP (RB slowly))
      (SBAR (IN until)
        (S
          (NP (PRP$ your) (NNS feet))
          (VP (VBP are)
            (ADVP
              (ADVP (RB no) (RBR farther) (RB back))
              (SBAR (IN than)
                (S
                  (NP
                    (NP (DT the) (NNS knees))
                    (CC and)
                    (NP (DT the) (NNS thighs)))
                  (VP (VBP are)
                    (ADJP (RB fully) (VBN stretched)
                      (PRT (RP out))))))))))
                ))
              ))
            ))
          ))
        ))
      ))
    (. . )))

(ROOT
  (S
    (S
      (VP (TO To)
        (VP (VB make)
          (ADJP (JJ sure))))
      (PRN
        (S
          (NP (PRP you))
          (VP
            (ADVP (RB always))
            (VBP extend)
          )
        )
      )
    )
  )
)
```

Good

```
(NP (PRP$ your) (NNS legs))
(ADVP (RB fully) (RB enough))))
(, ,))
(VP (VBP have)
(S
(NP (PRP$ your) (NN training) (NN partner))
(VP (VB hold)
(PRT (RP out))
(NP
(NP (DT a) (NN hand))
(PP (IN on)
(NP
(NP (DT a) (NN level))
(SBAR
(WHADVP (WRB where))
(S
(NP (PRP$ your) (NNS feet))
(VP (MD will)
(VP (VB kick)
(NP (PRP it))
(PP (IN at)
(NP
(NP (DT the) (NN top))
(PP (IN of)
(NP (DT the) (NN extension))))))))))))))
(. .)))
```

Leg Press

```
(ROOT
(S
(S
(VP (VBG Using)
(NP (DT a) (NNP Leg) (NNP Press) (NN machine))))
(, ,)
(NP (NN position))
(VP
(VP (VBD yourself)
(PP (IN under)
(NP (DT the) (NN machine))))
(CC and)
(VP (VBP place)
(NP (PRP$ your) (NNS feet))
(ADVP (RB together))
(PP (IN against)
(NP (DT the) (NN crosspiece))))
(. .)))
```

```
(ROOT
(S
(VP
(VP (VB Bend)
(NP (PRP$ your) (NNS knees)))
(CC and)
(VP (VB lower)
(NP (DT the) (NN weight))
(ADVP (RB as) (RB far))
(SBAR (IN as)
(FRAG
(ADJP (JJ possible))))
(, ,)
(S
(VP (VBG bringing)
(NP (PRP$ your) (NNS knees))
(PP (IN toward)
(NP (PRP$ your) (NNS shoulders))))))
(. .)))
```

```
(ROOT
(S
(VP (VB Press)
(NP (DT the) (NN weight))
(ADVP
(ADVP (RB back) (RB up) (RB again))
(SBAR (IN until)
(S
(NP (PRP$ your) (NNS legs))
(VP (VBP are)
(ADVP (RB fully))
(VP (VBN extended))))))
(. .)))
```

```
(ROOT
(S
(VP (VB Do) (RB n't)
(VP (VB get)
(PP (IN in)
```

Good

```
(NP
  (NP (DT the) (NN habit))
  (PP (IN of)
    (S
      (VP
        (VP (VBG pushing)
          (PP
            (PP (IN on)
              (NP (PRP$ your) (NNS knees)
                (S
                  (VP (TO to)
                    (VP (VB help)
                      (NP (PRP$ your) (NNS legs) (NN press))
                      (ADVP (RB upward)))))))
                (, ,)
              (CC or)
              (PP (IN of)
                (S
                  (VP (VBG crossing)
                    (NP (PRP$ your) (NNS arms))
                    (PP (IN across)
                      (NP (PRP$ your) (NN chest)))))))
                (CC and)
                (VP (VBG limiting)
                  (NP
                    (NP (PRP$ your) (NN range))
                    (PP (IN of)
                      (NP (NN motion))))))))))
    )
  )
)
```

Lunges

```
(ROOT
(S
(S
(VP (VBG Holding)
(NP (DT a) (NN barbell))
(PP (IN across)
(NP
(NP (DT the) (NN back))
(PP (IN of)
(NP (PRP$ your) (NNS shoulders)))))))
(, ,)
(NP (NN stand))
(VP (VBP upright)
(PP (IN with)
(NP (PRP$ your) (NNS feet)))
(ADVP (RB together)))
(. .)))

(ROOT
(S
(S
(VP (VBG Keeping)
(S
(S
(NP (PRP$ your) (NN head))
(ADVP (RB up)))
(, ,)
(S
(ADVP (RB back))
(ADJP (RB straight))))))
(, ,)
(CC and)
(S
(NP (NN chest))
(VP (VBD thrust)
(PRT (RP out))
(, ,)
(S
(VP
(VP (VB take)
(NP (DT a) (NN step))
(ADVP (RB forward)))
(, ,)
(VP (VB bend)
(NP (PRP$ your) (NNS knees)))
(, ,)
(CC and)
(VP (VB bring)
(NP (PRP$ your) (JJ trailing) (NN knee))
(ADVP (RB almost)
(PP (TO to)
(NP (DT the) (NN floor)))))))))
(. .)))

(ROOT
```

Good

```
(S
  (NP (DT The) (NN step))
  (VP (MD should)
    (VP (VB be)
      (ADVP
        (ADVP (RB long) (RB enough) (RB so))
        (SBAR (IN that)
          (S
            (NP (DT the) (JJ trailing) (NN leg))
            (VP (VBZ is)
              (ADJP (RB almost) (JJ straight))))))))
  (. .)))

(ROOT
  (S
    (VP
      (VP (VB Push)
        (NP (PRP yourself))
        (ADVP (RB back) (RB up)
          (PP (TO to)
            (NP
              (NP (DT the) (JJ starting) (NN position))
              (PP (IN with)
                (NP
                  (NP (CD one)
                    (ADJP (JJ strong)
                      (CC and)
                      (JJ decisive))
                    (NN movement))
                  (, ,)
                  (VP (VBG bringing)
                    (NP (PRP$ your) (NNS feet))
                    (ADVP (RB together))))))))
          (, ,)
          (VP
            (ADVP (RB then))
            (VB step)
            (ADVP (RB forward))
            (PP (IN with)
              (NP (DT the) (JJ other) (NN foot)))
            (CC and)
            (VP (VB repeat)
              (NP (DT the) (NN movement))))
          (. .)))
      (, ,)
      (VP
        (VP (VB do)
          (NP (PDT all) (PRP$ your) (NNS repetitions))
          (PP (IN with)
            (NP (CD one) (NN leg))))
          (, ,)
          (VP
            (ADVP (RB then))
            (VB switch)
            (CC and)
            (VP (VB repeat)
              (PP (IN with)
                (NP (DT the) (JJ other))))))
          (, ,)
          (CC or)
          (S
            (NP (PRP you))
            (VP (MD can)
              (VP (VB alternate)
                (NP (NNS legs))
                (PP (IN throughout)
                  (NP (DT the) (NN set))))))
            (. .)))
      (. .)))
```

Good

Lying Triceps Extensions

```
(ROOT
(NP
(NP
(NP (NN Lie))
(PP (IN along)
(NP
(NP (DT a) (NN bench))
(, , )
(NP
(NP (PRP$ your) (NN head) (RB just))
(PP (IN off)
(NP
(NP (DT the) (NN end))
(PP (IN with)
(NP (NNS knees) (NN bent))))))
(CC and)
(NP (NNS feet))))))
(ADJP (JJ flat)
(PP (IN on)
(NP (DT the) (NN bench))))
(. .)))

(ROOT
(S
(VP (VB Take)
(NP
(NP (NN hold))
(PP (IN of)
(NP
(NP
(NP (DT a) (NN barbell))
(-LRB- -LRB-)
(NP (RB preferably) (DT an) (JJ E-Z) (JJ curl) (NN bar))
(-RRB- -RRB-))
(PP (IN with)
(NP (DT an) (JJ overhand) (NN grip))))))
(, , )
(NP (NNS hands))
(PP (IN about)
(ADVP
(NP (CD 10) (NNS inches)
(RB apart))))
(. .)))

(ROOT
(S
(VP (VB Press)
(NP (DT the) (NN weight))
(PRT (RP up))
(SBAR (IN until)
(S
(NP (PRP$ your) (NNS arms))
(VP (VBP are)
(VP
(VP (VBN locked)
(PRT (RP out)))
(, , )
(CC but)
(VP
(PP (RB not) (RB straight) (RB up) (IN over)
(NP (PRP$ your) (NN face))))))))))
(. .)))

(ROOT
(S
(ADVP (RB Instead))
(, , )
(NP (DT the) (NN weight))
(VP (MD should)
(VP (VB be)
(VP
(ADVP (RB back)
(PP (IN behind)
(NP
(NP (DT the) (NN top))
(PP (IN of)
(NP (PRP$ your) (NN head))))
(, , )
(PP (IN with)
(NP (PRP$ your) (NNS triceps))))))
(VBG doing)
(NP
(NP (DT the) (NN work))
(PP (IN of)
(S
(VP (VBG holding)
```

Good

```
(S
(NP (PRP it))
(NP (EX there)))))))))

(. .)))

(ROOT
(S
(NP
(S
(VP (VBG Keeping)
(NP (PRP$ your) (NNS elbows) (NN stationary))))
(, , )
(RRC
(ADJP (JJR lower))
(PP
(ADVP
(NP (DT the) (NN weight))
(RB down))
(RB past)
(NP (PRP$ your) (NN forehead))))
(, , ))
(ADV (RB then))
(VP (VBP press)
(NP (PRP it))
(ADV (ADVP
(ADVP (RB back) (RB up))
(PP (TO to)
(NP (DT the) (JJ starting) (NN position))))
(, , )
(S
(VP (VBG stopping)
(NP
(NP (JJ short))
(PP (IN of)
(NP (DT the) (NN vertical)
(S
(VP (TO to)
(VP (VB keep)
(NP (DT the) (NNS triceps))
(PP (IN under)
(NP (JJ constant) (NN tension))))))))))
(. .)))

(ROOT
(S
(VP (VB Keep)
(NP
(NP (NN control))
(PP (IN of)
(NP
(NP (DT the) (NN weight))
(PP (IN at)
(NP
(NP (DT all) (NNS times))
(PP (IN in)
(NP (DT this) (NN movement)
(S
(VP (TO to)
(VP (VB avoid)
(S
(VP (VBG banging)
(NP (PRP yourself))
(PP (IN on)
(NP
(NP (DT the) (NN head))
(PP (IN with)
(NP (DT the) (NN bar))))))))))))))
(. .)))

(ROOT
(S
(SBAR
(WHADVP (WRB When))
(S
(NP (PRP you))
(VP (MD ca) (RB n't)
(VP (VB do)
(NP (DT another) (NN rep))))
(, , )
(NP (PRP you))
(VP (MD can)
(ADV (RB still))
(VP (VB force)
(S
(NP (DT the) (NNS triceps))
(VP (TO to)
(VP (VB keep)
(S
```

Good

```
(VP (VBG working)
  (PP (IN by)
    (S
      (VP (VBG repping)
        (PRT (RP out))
        (PP (IN with)
          (NP (DT some) (NNP Close-Grip) (NNPS Presses))))))))))
(. .)))
```


Good

Military Press

```
(ROOT
(S
  (PP (IN From)
    (NP (DT a) (VBG sitting)
      (CC or)
      (VBG standing) (NN position)))
    (, ,)
  (VP (VB grasp)
    (NP (DT a) (NN barbell))
    (PP (IN with)
      (NP (DT an) (JJ overhand) (NN grip))))
    (CC and)
    (VP (VB hold)
      (NP (PRP it))
      (PP (IN at)
        (NP
          (NP (NN shoulder) (NN level))
          (, ,)
          (NP (NNS palms))))
        (PP (IN underneath) (IN for)
          (NP
            (NP (NN support))
            (, ,)
            (NP
              (NP (NNS hands))
              (PP (IN outside)
                (NP
                  (NP (PRP$ your) (NNS shoulders))
                  (, ,)
                  (NP
                    (NP (NNS elbows))
                    (VP (VBN tucked)
                      (ADVP (IN in)
                        (CC and)
                        (IN under))))))))))))
          (, .)))
    (. .)))
```

```
(ROOT
(S
  (PP (IN From)
    (NP
      (NP (DT a) (NN position))
      (RB about) (RB even) (IN with)
      (NP (DT the) (NN collarbone)))
    (, ,)
  (VP (VB lift)
    (NP (DT the) (NN bar))
    (PP (RB straight) (IN up)
      (NP (RB overhead)))
    (SBAR (IN until)
      (S
        (NP (PRP$ your) (NNS arms))
        (VP (VBP are)
          (VP (VBN locked)
            (PRT (RP out))))))
      (, ,)
    (S
      (VP (VBG being)
        (ADJP (JJ careful)
          (S
            (VP (TO to)
              (VP (VB keep)
                (NP (DT the) (NN weight))
                (UCP
                  (VP (VBN balanced))
                  (CC and)
                  (PP (IN under)
                    (NP (NN control))))))))
            (. .)))
        (. .)))
    (. .)))
```

```
(ROOT
(S
  (NP (JJR Lower)
    (NX (DT the) (NN weight)))
  (VP (VBP back)
    (PP (TO to)
      (NP (DT the) (JJ starting) (NN position)))
    (. .)))
```

Preacher Curls

```
(ROOT
(S
  (NP (NNP Preacher) (NNP Curls))
  (VP (VBP are)
```

Good

```
(NP
  (NP (DT an) (RB even) (JJR stricter) (NN movement))
  (PP (IN than)
    (NP (JJ regular) (NNP Barbell) (NNPS Curls))))
(. .)))

(ROOT
  (S
    (VP (VB Position)
      (NP (PRP yourself)
        (PP (IN with)
          (NP
            (NP (PRP$ your) (NN chest))
            (PP (IN against)
              (NP (DT the) (NN bench))))))
      (, ,)
      (NP
        (NP (PRP$ your) (NNS arms))
        (VP (VBG extending)
          (PRT (RP over))
          (NP (PRP it))))
      (. .)))

    (ROOT
      (S
        (NP (DT This))
        (VP (VBZ puts)
          (NP (DT the) (NNS arms))
          (PP (IN at)
            (NP
              (NP (DT an) (NN angle))
              (, ,)
              (SBAR
                (WHNP (WDT which))
                (S
                  (VP (VBZ transfers)
                    (NP (JJ additional) (NN stress))
                    (PP (TO to)
                      (NP
                        (NP (DT the) (JJR lower) (NN area))
                        (PP (IN of)
                          (NP (DT the) (NN muscle))))))))))
                  (. .)))

                (ROOT
                  (S
                    (VP (VB Take)
                      (NP
                        (NP (NN hold))
                        (PP (IN of)
                          (NP
                            (NP (DT a) (NN barbell))
                            (PP (IN with)
                              (NP (DT an) (JJ underhand) (NN grip))))))
                      (. .)))

                    (ROOT
                      (NP
                        (NP
                          (NP (NNP Holding))
                          (NP (PRP$ your) (NN body)))
                        (ADJP (RB steady))
                        (, ,)
                        (S
                          (S
                            (VP (VB curl)
                              (NP (DT the) (NN bar))
                              (ADVP
                                (NP (PDT all) (DT the) (NN way))
                                (RB up))))
                            (CC and)
                            (ADVP (RB then))
                            (S
                              (VP (VB lower)
                                (NP (PRP it))
                                (ADVP (RB again))
                                (PP (TO to)
                                  (NP (JJ full) (NN extension))))))
                              (, ,)
                              (VP (VBG resisting)
                                (NP (DT the) (NN weight)))
                              (PP (IN on)
                                (NP (DT the) (NN way) (RP down)))
                              (. .)))

                            (ROOT
                              (S
                                (NP (PRP You))
```

Good

```
(VP (MD can)
  (VP
    (VP (VB use)
      (NP (DT an) (JJ E-Z) (JJ curl) (NN bar))
      (PP (IN for)
        (NP (DT this) (NN movement))))
    (, ,)
    (CC or)
    (ADVP (RB even))
    (VP (VB use)
      (NP
        (NP (DT the) (NN bench))
        (PP (IN for)
          (NP (NNP One-Arm) (NNP Dumbbell) (NNP Curls))))))
  (. .)))

(ROOT
  (S
    (VP (VB Do) (RB n't)
      (VP
        (VP (VB lean)
          (PRT (RP back))
          (SBAR (IN as)
            (S
              (NP (PRP you))
              (VP (VBP lift)
                (NP (DT the) (NN bar))))))
          (, ,)
          (CC and)
          (ADVP (RB deliberately))
          (VP (VB flex)
            (NP
              (NP (DT the) (NN muscle))
              (ADJP (JJ extra) (JJ hard)))
            (SBAR (IN as)
              (S
                (NP (PRP you))
                (VP (VBP come)
                  (PP (TO to)
                    (NP
                      (NP (DT the) (NN top))
                      (PP (IN of)
                        (NP (DT the) (NN movement))))))
                  (, ,)
                  (SBAR
                    (WHADVP (WRB where))
                    (S
                      (NP (EX there))
                      (VP (VBZ is)
                        (NP
                          (NP (JJ little) (JJ actual) (NN stress))
                          (PP (IN on)
                            (NP (DT the) (JJ biceps) (NNS muscles))))))))))
                (. .)))
            (. .)))
          (. .)))
    (. .)))
```

Reverse BB Curls

```
(ROOT
  (S
    (S
      (VP (VBG Standing)
        (PP (IN with)
          (NP (PRP$ your) (NNS feet))))
      (VP
        (VP (VBD shoulder-width)
          (ADVP (RB apart)))
        (, ,)
        (VP (VBP grasp)
          (NP (DT a) (NN barbell))
          (PP (IN with)
            (NP (DT an) (JJ overhand) (NN grip))))
        (CC and)
        (VP (VBP hold)
          (NP (PRP it))
          (PRT (RP down))
          (PP (IN in)
            (NP
              (NP (NN front))
              (PP (IN of)
                (NP (PRP you))))))
          (PP (IN at)
            (NP
              (NP (NN arm) (POS 's))
              (NN length))))
          (. .)))
    (. .)))

(ROOT
```

Good

```
(SINV
(S
  (VP (VBG Keeping)
    (S
      (NP (PRP$ your) (NNS elbows))
      (ADJP (RB steady))))))
(, ,)
(VP (VBZ curl)
  (NP (DT the) (NN weight))
  (PRT (RP out)
    (CC and)
    (RP up))
  (PP (TO to)
    (NP (DT a) (NN position))))
(NP
  (NP (RB about) (RB even))
  (PP (IN with)
    (NP (PRP$ your) (NN chin))))
(. .)))

(ROOT
(S
  (NP
    (NP (JJR Lower) (DT the) (NN weight))
    (PP (IN through)
      (NP (DT the) (JJ same) (NN arc))))
  (, ,)
  (VP (VBG resisting)
    (NP (PDT all) (DT the) (NN way))
    (PRT (RP down)))
  (. .)))

(ROOT
(S
  (S
    (VP (VBG Gripping)
      (NP
        (NP (DT the) (NN bar))
        (NP (DT this) (NN way))))
    (, ,)
    (NP (PRP you))
    (VP (VBD put)
      (NP (DT the) (NNS biceps))
      (PP (IN in)
        (NP
          (NP (DT a) (NN position))
          (PP (IN of)
            (NP (JJ mechanical) (NN disadvantage))))))
    (, ,)
    (SBAR (IN so)
      (S
        (NP (PRP you))
        (VP (MD will) (RB not)
          (VP (VB be)
            (ADJP (JJ able)
              (S
                (VP (TO to)
                  (VP (VB curl)
                    (PP (IN as)
                      (NP (JJ much) (NN weight))))))))))
        (. .)))
    (. .)))

(ROOT
(S
  (NP (DT The) (JJ reverse) (NN grip))
  (VP (VBZ makes)
    (S
      (NP
        (NP (DT the) (NN top))
        (PP (IN of)
          (NP (DT the) (NN forearm) (NN work))))
      (ADJP (RB very) (JJ hard)))
    (. .)))

(ROOT
(S
  (NP
    (NP (NNP Reverse) (NNP Curls))
    (PP (IN for)
      (NP
        (NP (DT the) (NNS biceps))
        (CONJP (RB rather) (IN than))
        (NP (DT the) (NNS forearms))))
    (VP (VBP do) (RB not)
      (VP (VB begin)
        (PP (IN with)
          (NP
            (NP (DT any) (NN kind))
```

Good

```
(PP (IN of)
  (NP (NNP Reverse) (NNP Wrist) (NNP Curl))))))
(. .)))

(ROOT
  (S
    (VP (VB Keep)
      (S
        (NP (DT the) (NNS wrists))
        (ADJP (RB steady)))
      (SBAR (IN as)
        (S
          (NP (PRP you))
          (VP (VB curl)
            (NP (DT the) (NN weight))
            (PRT (RP up))))))
        (. .)))

(ROOT
  (S
    (VP (VB Notice)
      (SBAR (IN that)
        (S
          (NP (DT the) (NN thumb))
          (VP (VBZ is)
            (VP (VEN kept)
              (PP (IN on)
                (NP
                  (NP (NN top))
                  (PP (IN of)
                    (NP (DT the) (NN bar))))))))))
          (. .)))
```

Reverse Crunches

```
(ROOT
  (S
    (NP (DT This) (NN exercise))
    (VP (VBZ is)
      (ADVP (RBS best))
      (VP (VBN done)
        (PP (IN by)
          (S
            (VP (VBG lying)
              (PP (IN on)
                (NP
                  (NP (DT a) (NNP Bench) (NNP Press) (NN bench))
                  (SBAR
                    (WHNP (WDT that))
                    (S
                      (VP (VBZ has)
                        (NP
                          (NP (DT a) (NN rack))
                          (PP (IN at)
                            (NP (CD one) (NN end))))))))))
            (. .)))

(ROOT
  (S
    (VP
      (VP (VB Lie)
        (PP (IN on)
          (NP
            (NP (PRP$ your) (NN back))
            (PP (IN on)
              (NP (DT the) (NN bench))))))
      (CC and)
      (VP (VB reach)
        (PRT (RP up))
        (PP (IN behind)
          (NP (PRP you)))
        (S
          (VP (TO to)
            (VP (VB hold)
              (NP
                (NP (DT the) (NN rack))
                (PP (IN for)
                  (NP (NN support))))))
          (. .)))

(ROOT
  (S
    (VP
      (VP (VB Bend)
        (NP (PRP$ your) (NNS knees)))
      (CC and)
      (VP (VB bring)
```

Good

```
(NP (PRP them))
(ADVP (RB up) (RB as) (RB far))
(PP (IN toward)
  (NP
    (NP (PRP$ your) (NN face))
    (SBAR (IN as)
      (S
        (NP (PRP you))
        (VP (MD can))))))
  (PP (IN without)
    (S
      (VP (VBG lifting)
        (NP (PRP$ your) (NNS pelvis))
        (PP (IN off)
          (NP (DT the) (NN bench)))))))
  (. .)))

(ROOT
  (S
    (PP (IN From)
      (NP (DT this) (JJ starting) (NN position)))
    (, ,)
    (VP (VB bring)
      (NP (PRP$ your) (NNS knees))
      (ADVP (RB up) (RB as))
      (S
        (VP (VB close)
          (PP (TO to)
            (NP (PRP$ your) (NN face)))
          (SBAR (IN as)
            (S
              (NP (PRP you))
              (VP (MD can))))
          (, ,)
          (S
            (VP (VBG rounding)
              (NP (PRP$ your) (NN back))))))
        (, ,)
        (PP (IN with)
          (S
            (NP (DT the) (NNS glutes))
            (VP
              (VP (VBG coming)
                (PRT (RP up))
                (PP (IN off)
                  (NP (DT the) (NN bench))))
              (CC and)
              (VP (VBG crunching)
                (PRT (RP up))
                (PP (IN toward)
                  (NP (DT the) (NN rib) (NN cage))))))
            (. .)))
          (. .)))

    (ROOT
      (S
        (VP
          (VP (VB Hold)
            (PP (IN for)
              (NP
                (NP (DT a) (NN moment))
                (PP (IN at)
                  (NP (DT the) (NN top))))))
            (CC and)
            (VP
              (ADVP (RB deliberately))
              (VB squeeze)
              (NP
                (NP (DT the) (NN ab) (NNS muscles))
                (PP (IN for)
                  (NP (JJ full) (NN contraction))))))
              (. .)))
          (. .)))

      (ROOT
        (S
          (ADVP (RB Slowly))
          (VP (VB lower)
            (NP (PRP$ your) (NNS knees))
            (SBAR (IN until)
              (S
                (NP (PRP$ your) (JJ rear) (NN end))
                (VP (VBZ comes)
                  (S
                    (VP (TO to)
                      (VP (VB rest)
                        (PP (IN on)
                          (NP (DT the) (NN bench)))
                        (ADVP (RB again))))))
                    (. .)))
                  (. .)))
                (. .)))
          (. .)))
        (. .)))
      (. .)))
    (. .)))
  (. .)))
```

Good

```
(ROOT
  (S (-LRB- -LRB-)
    (NP (NNP Do))
    (ADVP (RB n't))
    (VP (VB lower)
      (NP (PRP$ your) (NNS legs))
      (ADVP (DT any) (RBR farther))
      (PP (IN than)
        (NP (DT this))))
    (. .)))

(ROOT
  (S
    (NP (PRP You))
    (VP (VBP are) (RB n't)
      (VP (VBG doing)
        (NP (NNP Leg) (NNP Raises))))
    (. .) (-RRB- -RRB-)))

(ROOT
  (SINV
    (ADVP (RB Again))
    (, ,)
    (VP (VBP do)
      (NP
        (NP (DT this) (NN movement))
        (UCP
          (ADVP (RB deliberately))
          (CC and)
          (PP (IN under)
            (NP (NN control))))))
      (PP (RB rather) (IN than)
        (S
          (S
            (VP (VBG doing))))))
      (NP
        (NP (DT a) (NN lot))
        (PP (IN of)
          (NP (JJ quick) (NN reps))))))
    (. .)))
```

Seated Triceps Press

```
(ROOT
  (S
    (S
      (VP (VB Grasp)
        (NP (DT a) (NN barbell))
        (PP (IN with)
          (NP (DT an) (JJ overhand) (NN grip))))
      (, ,)
      (NP (NNS hands))
      (VP (VBP close)
        (ADVP (RB together)))
      (. .)))

    (ROOT
      (S
        (S
          (VP
            (VP (VB Sit)
              (PP (IN on)
                (NP (DT a) (NN bench))))
            (CC and)
            (VP (VB raise)
              (NP (DT the) (NN bar))
              (PP (RB straight) (IN up)
                (NP (RB overhead))))))
          (, ,)
          (NP (NNS arms))
          (VP (VBD locked)
            (PRT (RP out)))
          (. .)))

        (ROOT
          (S
            (S
              (VP (VBG Keeping)
                (NP (PRP$ your) (NNS elbows)))
              (VP
                (VP (VBZ stationary))
                (CC and)
                (VP (VB close)
                  (PP (TO to)
                    (NP (PRP$ your) (NN head))))
                (, ,)
                (VP
                  (VP (VBZ stationary))
                  (CC and)
                  (VP (VB close)
                    (PP (TO to)
                      (NP (PRP$ your) (NN head))))
                  (. .)))
                (VP (VBZ stationary))
                (CC and)
                (VP (VB close)
                  (PP (TO to)
                    (NP (PRP$ your) (NN head))))
                (. .)))
            (. .)))
```

Good

```
(ADJP (JJR lower))
(PP
  (ADVP
    (NP (DT the) (NN weight))
    (RB down))
  (IN in)
  (NP
    (NP (DT an) (NN arc))
    (PP (IN behind)
      (NP (PRP$ your) (NN head))))))
(SBAR (IN until)
  (S
    (NP (PRP$ your) (NNS triceps))
    (VP (VBP are)
      (ADJP (RB as) (VBN stretched)
        (PP (IN as)
          (ADJP (JJ possible)))))))
(. .)))

(ROOT
  (S
    (NP (RB Only) (DT the) (NNS forearms))
    (VP (MD should)
      (VP (VB move)
        (PP (IN in)
          (NP (DT this) (NN exercise))))))
    (. .)))

(ROOT
  (S
    (PP (IN From)
      (NP (DT this) (NN position)))
    (, ,)
    (S
      (VP (VBG using)
        (ADVP (RB only))
        (NP (PRP$ your) (NNS triceps)))
      (, ,)
      (VP (VBP press)
        (S
          (NP (DT the) (NN weight))
          (VP (VB back)
            (PRT (RP up))
            (NP (RB overhead))
            (PP (TO to)
              (NP (JJ full) (NN extension))))))
          (. .)))
    (. .)))

(ROOT
  (S
    (VP
      (VP (VB Lock)
        (NP (PRP$ your) (NNS arms))
        (PRT (RP out)))
      (CC and)
      (VP (VB flex)
        (NP (PRP$ your) (NNS triceps))))
    (. .)))

(ROOT
  (S
    (NP (PRP You))
    (VP (MD might)
      (VP (VB prefer)
        (UCP
          (S
            (VP (VBG doing)
              (NP
                (NP (DT this) (NN exercise))
                (VP (VBG using)
                  (NP (DT an) (JJ E-2) (JJ curl) (NN bar))))))
            (CC or)
            (PP (IN on)
              (NP (DT an) (JJ incline) (NN bench))))))
          (. .)))
    (. .)))
```


Good

Squats

```
(ROOT
(S
  (PP (IN With)
    (NP
      (NP (DT the) (NN barbell))
      (PP (IN on)
        (NP (DT a) (NN rack))))))
    (, ,)
  (VP
    (VP (VB step)
      (PP (IN under)
        (NP (PRP it)))
      (SBAR (RB so) (IN that)
        (S
          (NP (PRP it))
          (VP (VBZ rests)
            (PP (IN across)
              (NP
                (NP (DT the) (NN back))
                (PP (IN of)
                  (NP (PRP$ your) (NNS shoulders))))))))))
          (, ,)
        (VP (VB hold)
          (PRT (RP on))
          (PP (TO to)
            (NP (DT the) (NN bar)
              (S
                (VP (TO to)
                  (VP (VB balance)
                    (NP (PRP it))))))))))
          (, ,)
        (VP (VB raise)
          (PRT (RP up))
          (S
            (VP (TO to)
              (VP
                (VP (VB lift)
                  (NP (PRP it))
                  (PP (IN off)
                    (NP (DT the) (NN rack))))
                (, ,)
                (CC and)
                (VP (VB step)
                  (PRT (RP away))))))))
            (, .)))
          (, . .)))
    (ROOT
      (S
        (NP (DT The) (NN movement))
        (VP (MD can)
          (VP (VB be)
            (VP (VBN done)
              (PP (IN with)
                (NP
                  (NP (PRP$ your) (NNS feet))
                  (ADJP (JJ flat)
                    (PP (IN on)
                      (NP
                        (NP (DT the) (NN floor))
                        (CC or)
                        (NP
                          (NP (PRP$ your) (NNS heels))
                          (VP (VBN resting)
                            (PP (IN on)
                              (NP
                                (NP (DT a) (JJ low) (NN block))
                                (PP (IN for)
                                  (NP (NN support))))))))))))))
                          (, . .)))
                        (ROOT
                          (S
                            (S
                              (VP (VBG Keeping)
                                (NP (PRP$ your) (NN head))
                                (ADVP (RB up)
                                  (CC and)
                                  (RB back))
                                (ADVP (RB straight))
                                (, ,)
                                (S
                                  (VP
                                    (VP (VB bend)
                                      (NP (PRP$ your) (NNS knees)))
                                    (CC and)
                                    (VP (VB lower)
```

Good

```
        (NP (PRP yourself))
        (PP (IN until)
          (NP (PRP$ your) (NNS thighs)))))))))
(VP (VBP are)
  (ADJP
    (ADJP (RB just) (JJR lower)
      (PP (IN than)
        (NP (NN parallel))))
    (PP (TO to)
      (NP (DT the) (NN floor))))
  (. .)))

(ROOT
  (S
    (PP (IN From)
      (NP (DT this) (NN point)))
    (, ,)
    (VP (VB push)
      (NP (PRP yourself))
      (ADVP (RB back) (RB up)
        (PP (TO to)
          (NP (DT the) (VBG starting) (NN position))))
      (. .)))
```

Standing Barbell Curls

```
(ROOT
  (S
    (VP
      (VP (VB Stand)
        (PP (IN with)
          (NP (NNS feet) (NN shoulder-width)))
        (ADVP (RB apart)))
      (CC and)
      (VP (VB grasp)
        (NP (DT the) (NN bar))
        (PP (IN with)
          (NP
            (NP (DT an) (JJ underhand) (NN grip))
            (, ,)
            (NP
              (NP (NNS hands))
              (PP (IN about)
                (NP (NN shoulder) (NN width))))))
          (ADVP (RB apart)))
        (. .)))

    (ROOT
      (S
        (VP (VB Let)
          (S
            (NP (DT the) (NN bar))
            (VP (VB hang)
              (PRT (RP down))
              (PP (IN at)
                (NP
                  (NP
                    (NP (NN arm) (POS 's))
                    (NN length))
                  (PP (IN in)
                    (NP
                      (NP (NN front))
                      (PP (IN of)
                        (NP (PRP you)))))))))
                (. .)))

        (ROOT
          (S
            (VP
              (VP (VB Curl)
                (NP (DT the) (NN bar))
                (PRT (RP out)
                  (CC and)
                  (RP up))
                (PP (IN in)
                  (NP (DT a) (JJ wide) (NN arc))))
              (CC and)
              (VP (VB bring)
                (NP (PRP it))
                (PRT (RP up))
                (ADVP
                  (ADVP (RB as) (JJ high))
                  (SBAR (IN as)
                    (S
                      (NP (PRP you))
                      (VP (MD can) (, ,)
                        (PP (IN with)
                          (NP (PRP$ your) (NNS elbows))))
                    )
                  )
                )
```

Good

```
(VP (VB close)
  (PP (TO to)
    (NP
      (NP (DT the) (NN body))
      (CC and)
      (NP (JJ stationary)))))))))
(. .)))

(ROOT
(S
  (VP (VB Keep)
    (NP (DT the) (NN arc))
    (ADVP (JJ wide)
      (CC and)
      (JJ long))
    (, ,)
    (PP (RB rather) (IN than)
      (S
        (VP
          (VP (VBG bringing)
            (NP (DT the) (NN bar))
            (ADVP (RB straight))
            (ADVP (RB up)))
          (CC and)
          (VP (VBG making)
            (NP
              (NP (DT the) (NN movement))
              (ADJP (RB too) (JJ easy)))))))
        (. .)))
    )
  )
  (NP
    (NP
      (QP (RB Fully) (CD flex)))
    (PP (IN at)
      (NP (DT the) (NN top)))
    (. .)))

(ROOT
(S
  (S
    (VP
      (VP (VBG Lower)
        (NP (DT the) (NN weight))
        (ADVP (RB again)))
      (, ,)
      (VP (VBG following)
        (NP (DT the) (JJ same) (NN arc)))
      (CC and)
      (VP (VBG resisting)
        (NP (DT the) (NN weight))
        (PP
          (ADVP
            (NP (PDT all) (DT the) (NN way))
            (RB down))
          (IN until)
          (NP (PRP$ your) (NNS arms))))))
      (VP (VBP are)
        (ADVP (RB fully))
        (VP (VBN extended)))
      (. .)))
    )
  )
  (NP
    (NP (DT A) (JJ small) (NN amount))
    (PP (IN of)
      (NP
        (NP (NN body) (NN movement))
        (PP (IN in)
          (NP (DT this) (NN exercise))))))
    (VP (VBZ is)
      (ADJP (JJ acceptable))
      (SBAR (IN because)
        (S
          (NP (PRP it))
          (VP (VBZ is)
            (NP (DT a) (JJ mass-building) (NN movement))))))
      (, ,)
      (CC but)
      (S
        (NP (DT this))
        (VP (VBZ is)
          (S
            (VP (TO to)
              (VP (VB be)
                (VP (VBN kept)

```

Good

```
(PP (TO to)
  (NP (DT a) (NN minimum)))
(SBAR (IN unless)
  (S
    (NP (PRP you))
    (VP (VBP are)
      (VP (VBG doing)
        (NP
          (ADJP (JJ deliberate))
          (NNP Cheat) (NNPS Curls))))))))))
(. .)))

(ROOT
  (S
    (S
      (VP
        (VP (VBG Bending)
          (ADVP (RB forward)))
        (CC and)
        (VP (VBG leaning)
          (ADVP (RB back))))))
      (VP (VBD cut)
        (PRT (RP down))
        (PP (IN on)
          (NP
            (NP (PRP$ your) (NN range))
            (PP (IN of)
              (NP (NN motion)))))))
      (. .)))
```

Standing Calf Raises

```
(ROOT
  (S
    (S
      (VP (VB Stand)
        (PP (IN with)
          (NP (PRP$ your) (NNS toes)))
        (PP (IN on)
          (NP
            (NP (DT the) (NN block))
            (PP (IN of)
              (NP (DT a) (JJ standing) (NNP Calf) (NNP Raise) (NN machine))))))
        (, ,)
        (NP (PRP$ your) (NNS heels))
        (VP (VBD extended)
          (PRT (RP out))
          (PP (IN into)
            (NP (NN space))))
        (. .)))
      (, ,)
      (NP (PRP$ your) (NNS heels))
      (VP (VBD extended)
        (PRT (RP out))
        (PP (IN into)
          (NP (NN space))))
      (. .)))
```

```
(ROOT
  (S
    (VP
      (VP (VB Hook)
        (NP (PRP$ your) (NNS shoulders))
        (PP (IN under)
          (NP (DT the) (NNS pads))))
      (CC and)
      (VP (VB straighten)
        (NP (PRP$ your) (NNS legs))
        (, ,)
        (S
          (VP (VBG lifting)
            (S
              (NP (DT the) (NN weight))
              (ADJP (JJ clear)
                (PP (IN of)
                  (NP (DT the) (NN support))))))))
          (. .)))
```

```
(ROOT
  (S
    (S
      (VP
        (VP (VBG Lower)
          (NP (PRP$ your) (NNS heels))
          (ADVP
            (ADVP (RB as) (RB far))
            (PP (IN as)
              (ADJP (JJ possible))))
          (PP (IN toward)
            (NP (DT the) (NN floor))))
        (, ,)
        (VP (VBG keeping)
          (S
            (NP (PRP$ your) (NNS knees))
```

Good

```
(ADJP (RB slightly) (JJ bent)
  (PP (IN throughout)
    (NP (DT the) (NN movement))))))
(SBAR (IN in) (NN order)
  (S
    (VP (TO to)
      (VP (VB work)
        (NP
          (NP
            (NP (DT the) (JJR lower) (NN area))
            (PP (IN of)
              (NP (DT the) (NNS calves))))
            (CONJP (RB as) (RB well) (IN as))
            (NP (DT the) (JJ upper)))))))
    (, ,)
    (CC and)
    (VP (VBG feeling)
      (NP (DT the) (NN calf) (NNS muscles))))
  (VP (VBP stretch)
    (PP (TO to)
      (NP (DT the) (NN maximum))))
  (. .)))

(ROOT
  (S
    (NP (PRP I))
    (VP (VBP like)
      (NP
        (NP (DT a) (NN block))
        (SBAR
          (WHNP (WDT that))
          (S
            (VP (VBZ is)
              (ADJP (JJ high))
              (ADV
                (ADV (RB enough) (RB so))
                (SBAR (IN that)
                  (S
                    (NP (PRP I))
                    (VP (VBP get)
                      (NP (DT a) (JJ full) (NN stretch))
                      (PP (TO to)
                        (NP (DT the) (NN maximum))))))))))
            (. .)))
          (. .)))
      (. .)))

(ROOT
  (S
    (NP (PRP I))
    (VP (VBP like)
      (NP
        (NP (DT a) (NN block))
        (SBAR
          (WHNP (WDT that))
          (S
            (VP (VBZ is)
              (ADJP (JJ high))
              (ADV
                (ADV (RB enough) (RB so))
                (SBAR (IN that)
                  (S
                    (NP (PRP I))
                    (VP (VBP get)
                      (NP (DT a) (JJ full) (NN stretch))
                      (SBAR
                        (WHADV (WRB when))
                        (S
                          (NP (PRP I))
                          (VP (VB lower)
                            (NP (PRP$ my) (NNS heels))))))))))
                    (. .)))
                  (. .)))
            (. .)))
          (. .)))
      (. .)))

(ROOT
  (S
    (PP (IN From)
      (NP
        (NP (DT the) (NN bottom))
        (PP (IN of)
          (NP (DT the) (NN movement))))
      (, ,)
      (VP (VBN come)
        (PRT (RP up))
        (PP (IN on)
          (NP (PRP$ your) (NNS toes)))
        (ADV
          (ADV (RB as) (RB far))
          (PP (IN as)
            (ADJP (JJ possible))))
        (. .)))
    (. .)))
```

Good

```
(ROOT
(S
(NP (DT The) (NN weight))
(VP (MD should)
(VP (VB be)
(ADJP
(ADJP (JJ heavy) (RB enough)
(S
(VP (TO to)
(VP (VB exercise)
(NP (DT the) (NNS calves))))))
(, ,)
(CC but)
(RB not)
(ADJP
(ADJP (RB so) (JJ heavy))
(SBAR (IN that)
(S
(NP (PRP you))
(VP (MD can) (RB not)
(VP (VB come)
(NP (PDT all) (DT the) (NN way))
(PRT (RP up))
(PP (IN for)
(NP
(NP (JJS most))
(PP (IN of)
(NP (PRP$ your) (NNS repetitions))))))))))
(. .)))

(ROOT
(S
(SBAR
(WHADVP (WRB When))
(S
(NP (PRP you))
(VP (VBP are)
(ADJP (RB too) (JJ tired)
(S
(VP (TO to)
(VP (VB do)
(NP (JJ complete) (NNS repetitions))))))
(, ,)
(VP (VB finish)
(PRT (RP off))
(NP
(NP (DT the) (NN set))
(PP (IN with)
(NP
(NP (DT a) (NN series))
(PP (IN of)
(NP (JJ partial) (NNS movements))))
(S
(VP (TO to)
(VP (VB increase)
(NP
(NP (DT the) (NN intensity))
(PP (IN of)
(NP (DT the) (NN exercise))))))
(. .)))
```

Good

Straight-Leg Deadlifts

```
(ROOT
(S
  (VP
    (VP (VB Take)
      (NP
        (NP (NN hold))
        (PP (IN of)
          (NP (DT a) (NN barbell))))
      (PP (IN as)
        (PP (IN for)
          (NP (NNP Deadlifts)))))
    (CC and)
    (VP (VB come)
      (PRT (RP up))
      (PP (TO to)
        (NP (DT a) (NN standing) (NN position)))))
    (. .)))

(ROOT
(S
  (VP
    (VP (VB Keep)
      (NP
        (NP (PRP$ your) (NNS legs))
        (ADJP (RB nearly) (VBN locked))))
    (CC and)
    (VP (VB bend)
      (PRT (RP forward))
      (PP (IN from)
        (NP
          (NP (DT the) (NN waist))
          (, ,)
          (NP (PRP$ your) (JJ back) (JJ straight))
          (, ,)))
      (SBAR (IN until)
        (S
          (NP (PRP$ your) (NN torso))
          (VP (VBZ is)
            (NP
              (NP (RB about) (JJ parallel))
              (PP (TO to)
                (NP
                  (NP (DT the) (NN floor))
                  (, ,)
                  (NP
                    (NP (DT the) (NN bar))
                    (VP (VBG hanging)
                      (PP (IN at)
                        (NP
                          (NP (NN arm) (POS 's))
                          (NN length)))
                      (PP (IN below)
                        (NP (PRP you))))))))))))
          (. .)))
      (. .)))

(ROOT
(S
  (ADVP
    (NP (CD Straighten))
    (RB up))
  (ADVP (RB again))
  (, ,)
  (VP
    (VP (VBP pull)
      (NP (PRP$ your) (NNS shoulders))
      (PRT (RP back)))
    (, ,)
    (CC and)
    (VP (VBP arch)
      (NP (PRP$ your) (NN spine))
      (S
        (VP (TO to)
          (VP (VB get)
            (NP
              (NP (DT the) (JJ spinal) (NNS erectors))
              (PP (IN of)
                (NP
                  (NP (DT the) (JJR lower) (NN back))
                  (PP (TO to)
                    (NP (NN contract))))))
              (ADVP (RB completely))))))
        (. .)))
    (. .)))

(ROOT
(S
  (PP (IN Without)
```

Good

```

(NP (PRP$ your) (NNS legs)
(S
  (VP (TO to)
    (VP (VB help)
      (NP (PRP you))
      (PP (IN as)
        (PP (IN in)
          (NP (JJ regular) (NNS Deadlifts))))))))
(, ,)
(NP (PRP you))
(VP (MD will)
  (VP (VB use)
    (NP
      (ADJP (RB much) (JJR less))
      (NN weight)))
(S
  (VP (VBG doing)
    (NP (DT this) (NN exercise))))))
(. .)))

(ROOT
(S
  (SBAR (IN If)
    (S
      (NP (PRP you))
      (VP (VBP use)
        (NP (JJ Olympic) (NNS weights))))))
(, ,)
(NP (PRP it))
(VP (VBZ is)
  (ADJP (JJS best))
  (S
    (VP (TO to)
      (VP (VB stand)
        (PP (IN on)
          (NP
            (NP (DT a) (NN block))
            (CC or)
            (NP (DT a) (NN bench))))
        (SBAR (RB so) (IN that))
        (S
          (NP (PRP you))
          (VP (MD can)
            (VP (VB lower)
              (NP (DT the) (NN weight))
              (PP (TO to)
                (NP (DT the) (JJ maximum) (NN extent))))
            (PP (IN without)
              (NP
                (NP (DT the) (JJ large) (NN end) (NNS plates))
                (VP (VBG touching)
                  (NP (DT the) (NN floor))
                  (ADVP (RB as) (RB long))))))))))
    (SBAR (IN as)
      (S
        (NP (PRP$ your) (NN back))
        (VP (VBZ does) (RB n't)
          (VP (VB begin)
            (S
              (VP (TO to)
                (VP (VB round))))))))))
  (. .)))

```

Triceps Cable Pressdowns

```
(ROOT
(S
  (VP
    (VP (VB Hook)
      (NP (DT a) (JJ short) (NN bar))
      (PP (TO to)
        (NP
          (NP (DT an) (JJ overhead) (NN cable))
          (CC and)
          (NP (NN pulley))))))
    (, ,)
    (VP (VB stand)
      (ADVP (RB close)
        (PP (TO to)
          (NP (DT the) (NN bar))))))
    (CC and)
    (VP (VB grasp)
      (NP (PRP it))
      (PP (IN with)
```


Good

```
(NP
  (NP (DT an) (JJ overhand) (NN grip))
  (, ,)
  (NP (NNS hands))))
(ADVP
  (NP
    (QP (RB about) (CD 10))
    (NNS inches)
    (RB apart))))
(. .)))

(ROOT
  (S
    (VP (VB Keep)
      (NP
        (NP (PRP$ your) (NNS elbows))
        (VP (VBN locked)
          (PP (IN in)
            (NP (NN close)))
          (PP (TO to)
            (NP (PRP$ your) (NN body)
              (CC and)
              (NN stationary))))))
        (. .)))

(ROOT
  (S
    (S
      (VP (VB Keep)
        (S
          (NP (PRP$ your) (JJ whole) (NN body))
          (ADJP (RB steady))))
        (: --))
      (VP (VBP do) (RB n't)
        (VP (VB lean)
          (PRT (RP forward))
          (S
            (VP (TO to)
              (VP (VB press)
                (PRT (RP down))
                (PP (IN with)
                  (NP (PRP$ your) (NN body) (NN weight))))))
            (. .)))

(ROOT
  (S
    (VP (VB Press)
      (NP (DT the) (NN bar))
      (ADVP
        (ADVP (RB down) (RB as) (RB far))
        (PP (IN as)
          (ADJP (JJ possible))))
      (, ,)
      (S
        (VP
          (VP (VBG locking)
            (PRT (RP out))
            (NP (PRP$ your) (NNS arms)))
          (CC and)
          (VP (VBG feeling)
            (NP (DT the) (JJ triceps) (NN contract))
            (ADVP (RB fully))))
        (. .)))

(ROOT
  (S
    (VP
      (VP (VB Release))
      (CC and)
      (VP (VB let)
        (NP
          (NP (DT the) (NN bar))
          (VP (VBN come)
            (PRT (RP up))
            (PP (IN as)
              (ADJP
```

Good

```

(ADJP (RB far) (RB as) (JJ possible))
(PP (IN without)
  (S
    (VP (VBG moving)
      (NP (PRP$ your) (NNS elbows)))))))))
(. .)))

T

(PP (IN For)
  (NP (NN variety)))
(PRN (, ,)
  (S
    (NP (PRP you))
    (VP (MD can)
      (VP (VB vary)
        (NP (PRP$ your) (NN grip))))))
  (, ,))
(S
  (NP
    (NP (DT the) (NN type))
    (PP (IN of)
      (NP (NN bar))))
    (NP (PRP you))
    (VP (VBP use)))
  (, ,)
  (CC or)
  (S
    (NP (PRP you))
    (VP (MD can)
      (VP (VB do)
        (NP
          (NP (DT a) (JJ three-quarter) (NN movement))
          (, ,)
          (VP (VBG going)
            (PP (IN from)
              (NP (PDT all) (DT the) (NN way)))
            (ADVP (RB up)
              (PP (TO to)
                (NP
                  (NP (NNS three-quarters))
                  (PP (IN of)
                    (NP (DT the) (NN way))))))
            (ADVP (RB down)
              (PP (IN in)
                (NP (NN order)
                  (S
                    (VP (TO to)
                      (VP (VB work)
                        (S
                          (NP (DT the) (JJR lower) (NNS triceps))
                          (ADJP (RBR more) (RB directly))))))))))
                    (, .))))))

```