

→ Start each workout with the heavy compound lift, along with maybe 1 or 2 other heavy lifts, and then go into hypertrophy accessories

→ BENCH

- ◆ Be sure to warm up your chest and back, and start with the bar for high reps
- ◆ Use wrist wraps to help keep the wrist straight and stable
- ◆ Retract your scapula, and arch your back so that the contact points are the upper back and glutes
- ◆ Line your eyes with the bar; they should be directly under the bar
- ◆ Keep your points of contact as tight as possible during the movement, as well as the muscles you're using
- ◆ Envision bringing your shoulders as close to your heels as possible to reduce stress and place the pressure on your chest
- ◆ On flat bench, bring the bar just below or at the nipple, otherwise your shoulder takes too much stress
- ◆ Use a full range of motion, and bring the bar all the way down to the sternum
- ◆ Push the bar up to above your shoulders, at the original starting point, not above your sternum; envision it going backwards
- ◆ Make the negatives controlled, and focus on the eccentric just as much as the concentric movement
- ◆ Use your feet for drive and stability, keeping them as far back as possible while still being flat on the floor
- ◆ Envision bending the bar towards you so that you tuck your elbows and the movement feels natural
- ◆ Make sure your forearms are perpendicular to the ground; the longer your arms, the lower on your body this position is
- ◆ Do not roll your shoulders at the end of the movement, and do not unlock your shoulderblades
- ◆ Coordinate your breath with the movement to maximize efficiency

→ DEADLIFT

- ◆ Wear flat shoes or lift barefoot, wear a belt, wear knee sleeves around the shins, and wear straps when the weight is too heavy to hold
- ◆ Keep the bar as close to your shins and body as possible to maximize power
- ◆ With conventional, your feet should be at a position where you can generate the most power, typically where you can jump the highest
- ◆ Feet should usually be roughly at shoulder width, and hands should be just outside the shins
- ◆ For sumo, your shins should be at 90 degrees to the ground at the bottom of the movement, and your feet should be angled outward
- ◆ Keep the back straight throughout the lift; do not arch or round the back at all
- ◆ Before the lift, pull all slack out of the bar by engaging your lats; envision bending the bar; do not jerk the bar up
- ◆ Do not lock your knees early; the knees and hips should hinge around the same time, minimizing pressure on the lower back
- ◆ As soon as the bar leaves the ground, squeeze your glutes and drive your hips forward, and squeeze the glutes at the top
- ◆ Your core, back, and glutes should remain tight throughout the whole motion
- ◆ Don't drop the weight, but don't lower the weight slowly; unlock your glutes, and let the bar fall controlled in the same bar path

→ SQUAT

- ◆ Warm up with body-weight squats, leg kicks, the hip abductor machine, and squatting with the bar for high reps
- ◆ Use knee sleeves to keep the joints warm and prevent injury, and a belt to help engage the core and protect the lower back

- ◆ To get the bar off the rack, use squat with both feet under the bar, and then squeeze your glutes forward, not a calf raise
- ◆ Keep your arms as close together as possible while still being comfortable, and keep feet roughly shoulder-width apart
- ◆ Neither arch nor round your back; keep it straight and stable
- ◆ Don't cave your knees at any time during the motion
- ◆ Keep your feet flat on the ground at all times; envision grabbing the floor with your feet
- ◆ Squat with as much depth as possible without letting your butt wink
- ◆ Pull the bar down so that your back and the weight stays tight, and keep the core engaged as well
- ◆ Optimally, keep your elbows underneath the bar, not behind it
- ◆ Try to break at the knees and the hips simultaneously