

# THE ULTIMATE ATHLETE PROJECT

by Ultimate Results



## Preparation Phase

## Strength Day 1, Coaching Cues

### A. DB Split Squat

- Keep your chest tall and shoulders back.
- As you descend, shoulders and hips should stay in a line (don't lean forward).
- Hips should go straight down and straight up.
- You should have an approximately 90 degree angle for both knees.
- Back knee should come close, but not touch, the ground.

### A2. Cook Hip Lift

- Start with knees bent, both feet on the floor.
- Pull one leg in tightly toward the chest.
- Push through the heel of the foot on the ground and squeeze your glute to lift your hip off the ground.
- You may not be able to get far off the ground when you first start doing these. This is normal.
- Hip, knee, and ankle should be aligned.

### A3. Cable Pull Through

- Feet are slightly wider than shoulder width. Knees are bent about 10 degrees.
- Reach back between your legs with the rope attachment.
- Use your glutes to push your hips forward and stand up.

### B1. Barbell Bench Press

- Retract your shoulders so that they are flat on the bench.
- Grip should be slightly wider than shoulder width.

### B2. Semi Supinated Chin Up

- "Semi supinated" means that your palms are facing one another. If you do not have a bar that allows for this, use a supinated grip (palms toward you).
- Keep your chest up. Squeeze shoulder blades together at the top of the movement.
- If you do not have an assisted chin-up machine, you can use a lat pulldown instead.

### C1. 1/2 Cubans

- Keep your shoulders retracted.
- Avoid shrugging the weight.
- Elbows should be stationary while rotating the weight.

### C2. Bow and Arrow

- If you imagine an archer, you will naturally do this exercise correctly.
- Stand up tall.
- Keep the elbow of the pulling arm up.
- Squeeze the shoulder blades together during the iso hold.