



**UNIT 8:  
MAIN LIFTS -  
BENEFITS AND  
FIXING FLAWS**



## UNIT 8 - MAIN LIFT BENEFITS AND FIXING FLAWS

### Video 45 - Benefits: Back Squat

- A. King of All the Lifts
  - B. Core Stability
  - C. Gaining Muscle Mass
  - D. Power Production
    - a. Jump higher
    - b. Run faster
  - E. Velocity Based Training (VBT) Contributes to All Qualities of Strength
    - a. Absolute Strength
    - b. Accelerated Strength
    - c. Strength Speed
    - d. Speed Strength
    - e. Starting Strength
  - F. Mobility
    - a. Squat low
    - b. Squat deep
  - G. Strengthens Knee Extensors, Hip Extensors, and Spinal Extensors
  - H. Negatives:
    - a. If you don't know how to coach it
    - b. Loading a dysfunctional movement pattern
    - c. Possible injuries can come if only focused on absolute strength
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## Video 46 - Fixing Flaws: Back Squat

### A. Knee Valgus (0:17)

#### a. Regressions

##### i. Paused Squat with Strap (0:50)

1. Ideally, use an adjustable leather strap that is adjusted for exactly where the athlete's knees need to track perfectly over the toes when they press against it
2. Slow down and pause in the bottom

##### ii. Hip Circle Walks/Hip Thrusts w/Hip Circle (1:13)

1. Strengthen the glutes
2. Extension while abducting

### B. Spinal Flexion (1:33)

#### a. Regressions

##### i. Bodyweight Squat (1:52)

1. An individual's anatomy will determine actual foot position, but a good place to start is the following:
  - a. Feet shoulder width apart to allow the hips to sit between the ankles
  - b. Feet pointed straight forward because sports are played with feet in that position
    - i. They should be able to squat to parallel or below, but if not, that is when we will turn the feet out slightly
  - c. Knees track with the first two toes
    - i. Valgus - knees come in
    - ii. Varus - knees go too far out
  - d. Reach Depth (Full Range of Motion)
    - i. Weightlifter - hamstrings sit on the calves
    - ii. Sport (ex. football) - parallel or below
    - iii. Powerlifting - parallel or below
  - e. Vertical Torso
  - f. Neutral Spine



- ii. Goblet Squat (1:58)
  - 1. Slow eccentric with a pause in the bottom taking deep breaths.
  - 2. Holding the kettlebell in the goblet position in the bottom of a squat will automatically cause the spinal extensors to activate.
  - 3. Spinal extension is imperative to squats.
- iii. Back Extension or Good Morning (2:13)
- iv. Frequency (2:16)
- v. Front Rack Carries (2:22)
- vi. Front Squats (2:24)
- b. Cues (2:47)
  - i. Brace
  - ii. Elbows under bar
  - iii. Drive into the bar
  - iv. Sit vertical
- C. Hip Shift (4:37)
  - a. Regressions
    - i. Partner Assisted Band Squats (4:43)
      - 1. Put a band around the waist with partner out to the side of the side that's shifting holding band
      - 2. Partner applies tension while athlete pushes against band
    - ii. Unilateral Carries (5:03)
      - 1. Makes sure the QL is working
      - 2. Helps to awaken both sides
  - b. Refer to a PT or chiropractor
- D. Butt Coming up Before the Shoulders (5:52)
  - a. Regressions
    - i. Goblet Squat (6:13)
      - 1. Slow eccentric with a pause in the bottom taking deep breaths.
      - 2. Holding the kettlebell in the goblet position in the bottom of a squat will automatically cause the spinal extensors to activate.
      - 3. Spinal extension is imperative to squats.



- ii. Using Tempo (6:40)
    - 1. Slowing down makes it easier to re-program a movement pattern
  - iii. Carries (6:47)
  - iv. Back Extension or Good Morning (6:48)
  - b. Cues (6:59)
    - i. Drive into the bar out of the hole
    - ii. Sit vertical
  - E. Trouble Getting Hips Through (7:36)
    - a. Regressions
      - i. Barbell Hip Thrusts (8:00)
        - 1. Strengthening the glutes
      - ii. Belt Squat Work (8:06)
        - 1. Requires you to finish in hip extension
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### **Video 47 - Benefits: Front Squat**

- A. Self Spotting
  - B. Strengthens Knee, Hip, and Spinal Extensors
  - C. Absolute Strength
  - D. Can use VBT
  - E. Contributes to Power Production
  - F. Contributes to Vertical Leap
  - G. Contributes to Sprinting
  - H. Core Stabilization
  - I. Mobility
  - J. Possible Limitations
    - a. Mobility of the athlete
    - b. Uncomfortable
    - c. Not quite as beneficial for quads and hips as back squat
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## Video 48 - Fixing Flaws: Front Squat

- A. Knee Valgus (0:11)
  - a. Regressions
    - i. Paused Squat with Strap (0:50)
      1. Ideally, use an adjustable leather strap that is adjusted for exactly where the athlete's knees need to track perfectly over the toes when they press against it
      2. Slow down and pause in the bottom
    - ii. Hip Circle Walks/Hip Thrusts w/Hip Circle (1:13)
      1. Strengthen the glutes
      2. Extension while abducting
  - b. Cues (0:41)
    - i. Spread the floor
    - ii. Screw the feet to the floor
- B. Spinal Flexion (1:42)
  - a. Regressions
    - i. Bodyweight Squat (1:50)
      1. An individual's anatomy will determine actual foot position, but a good place to start is the following:
        - a. Feet shoulder width apart to allow the hips to sit between the ankles
        - b. Feet pointed straight forward ***because sports are played with feet in that position***
        - c. They should be able to squat to parallel or below, but if not, that is when we will turn the feet out slightly
      2. Knees track with the first two toes
        - a. Valgus - knees come in
        - b. Varus - knees go too far out
      3. Reach Depth (Full Range of Motion)
        - a. Weightlifter - hamstrings sit on the calves
        - b. Sport (ex. football) - parallel or below
        - c. Powerlifting - parallel or below
      4. Vertical Torso
      5. Neutral Spine



- ii. Goblet Squat (1:52)
    - 1. Slow eccentric with a pause in the bottom taking deep breaths.
    - 2. Holding the kettlebell in the goblet position in the bottom of a squat will automatically cause the spinal extensors to activate.
    - 3. Spinal extension is imperative to squats.
  - iii. Back Extensions or Good Mornings (1:54)
  - iv. Frequency (1:59)
  - v. Carries (2:01)
  - b. Cues (2:02)
    - i. Brace
    - ii. Pack the shoulders back and down
    - iii. Elbows under bar
    - iv. Drive into the bar with the elbows up and into the bar
    - v. Chest up
    - vi. Sit vertical
  - C. Hip Shift (2:55)
    - a. Regressions
      - i. Partner Assisted Band Squats (4:43)
        - 1. Put a band around the waist with partner out to the side of the side that's shifting holding band
        - 2. Partner applies tension while athlete pushes against band
      - ii. Unilateral Carries (5:03)
        - 1. Makes sure the QL is working
        - 2. Helps to awaken both sides
    - b. Refer to a PT or chiropractor
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### **Video 49 - Benefits: Bench Press**

- A. Great Upper Body Exercise
  - B. Strengthens Elbow and Shoulder Joints
  - C. Great for Hypermobility Athletes
  - D. Contributes to Upper Body Power Production
  - E. Possible Limitations
    - a. Not as functional as a push press
    - b. Can cause internal rotation of humerus causing mobility issues in the shoulder
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### **Video 50 - Fixing Flaws: Bench Press**

- A. Bar Drifting Forward (0:08)
  - a. Cues (0:10)
    - i. Drive back off the chest and flare
    - ii. Push back with the feet versus down
    - iii. Forearms under the barbell or slightly to hip side
- B. Losing Arch During Lift Off (1:48)
  - a. Cues (2:01)
    - i. Keep shoulders driven into the bench
    - ii. Work on perfect lift off
    - iii. Start with the bar over the nose
- C. Loose Torso (2:22)
  - a. Cues (2:29)
    - i. Deep breath and brace
    - ii. Stay tight





- D. No Leg Drive (3:31)
    - a. Practice with a long pause
    - b. Learn to initiate with the legs
  - E. Bad Lockout (3:58)
    - a. Cues (4:00)
      - i. Squeeze the bar
      - ii. Pull the bar apart
      - iii. Bend the bar to engage the triceps sooner
      - iv. Push away from the bar at the lockout
    - b. Exercises (5:09)
      - i. Accommodating resistance with bands or chains
      - ii. Floor Presses
      - iii. Board Presses
      - iv. Pauses
      - v. Pin Presses
  - F. Slow Off the Chest (5:55)
    - a. Cues (5:57)
      - i. Practice pauses and leg drive
      - ii. Proper bracing
      - iii. Bending the bar
      - iv. Use a belt
    - b. Exercises (6:28)
      - i. Accommodating Resistance with bands or chains
      - ii. Dynamic Effort
      - iii. Upper body plyometrics
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## Video 51 - Conventional Deadlift

### A. Benefits (0:23)

- a. Absolute strength
- b. Strengthens back extensors, hips, grip, and quads
- c. Contributes to power production
- d. VBT as it relates to all qualities of strength
  - i. Absolute Strength
  - ii. Accelerated Strength
  - iii. Strength Speed
  - iv. Speed Strength
  - v. Starting Strength
- e. Relative to vertical leap and sprinting
- f. Core stabilization
- g. Functional
- h. Angle is more specific to running and jumping

### B. Possible Limitations (2:22)

- a. An athlete can get hurt is loading a dysfunctional movement pattern
- b. Harder to recover from

### C. Common Flaws (2:46)

- a. Bar drifts forward off the floor (2:52)
  - i. Cues
    - 1. Pressing feet through the floor
    - 2. Squeeze the bar in
  - ii. Exercises (3:10)
    - 1. Lift off pauses
    - 2. Isometric pulls to rack
    - 3. Horizontal pull of a band against the bar



- b. Trouble breaking the bar loose (4:11)
  - i. Cues
    - 1. Proper bracing
    - 2. Drive with the feet
    - 3. Squeeze versus yanking
  - ii. Exercises (4:30)
    - 1. Pulls from a deficit
    - 2. Accommodating resistance
    - 3. Dynamic effort
    - 4. Pulls against pins
- c. Butt flies up before the shoulders (4:58)
  - i. Cues
    - 1. Proper bracing
    - 2. Drive with the feet
    - 3. Squeeze versus yanking
    - 4. Hips through
  - ii. Exercises (6:05)
    - 1. Back extensions
    - 2. Good mornings
    - 3. Pauses at different heights
    - 4. Pulls against pins at different heights
- d. Spinal flexion (6:35)
  - i. Thoracic versus lumbar flexion
  - ii. Cues (7:28)
    - 1. Proper bracing
    - 2. Drive with the feet
    - 3. Sweeping in
  - iii. Exercises (7:36)
    - 1. Good mornings
    - 2. Carries
    - 3. Reverse hypers
    - 4. RDLs (bands or no bands)



- e. Using too much arms (8:55)
    - i. Cues
      - 1. Press the shoulders down before starting
      - 2. Brace properly
  - f. Trouble locking out (9:26)
    - i. Cues
      - 1. Hips through
      - 2. Relax the upper body
    - ii. Exercises (9:57)
      - 1. RDLs (bands or no bands)
      - 2. Accommodating resistance
      - 3. Hip thrusts
      - 4. Glute Ham Raises
      - 5. Good mornings
      - 6. Banded box squats
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## **Video 52 - Sumo Deadlift**

- A. Benefits (0:47)
  - a. More quad involvement
  - b. Hip health
  - c. Hip mobility
  - d. Symmetry
- B. Possible Limitations
  - a. If athlete lacks range of motion
  - b. Not specific to the field versus conventional
  - c. Butt comes up before the shoulders



### C. Flaws

- a. Butt coming up first (2:05)
  - i. Cues (2:07)
    1. Proper bracing
    2. Drive with the feet down *and out*
    3. Squeeze versus yanking
    4. Shoulders behind the bar
  - ii. Exercises (2:44)
    1. Back extensions
    2. Wide good mornings
    3. Pauses at different angles
    4. Pull to pins at different heights
- b. Spinal flexion (2:58)
  - i. Cues (3:00)
    1. Brace properly
    2. Drive with feet down *and out*
    3. Sweep it in close
    4. Set up with vertical torso
  - ii. Exercises (3:48)
    1. Good mornings
    2. Carries
    3. Back extensions
    4. Reverse hypers
- c. Bar drifting forward (4:32)
  - i. Cues (4:38)
    1. Drive with feet down *and out*
    2. Sweep the bar in close
  - ii. Exercises (5:00)
    1. Lift offs to 2" off floor and then complete the lift
    2. Isometric pulls into a rack
    3. Horizontal pull of a band against the bar



- d. Trouble breaking loose (5:28)
    - i. Cues (5:38)
      1. Brace properly
      2. Drive with the feet down *and out*
      3. Squeeze the bar in close rather than yanking
      4. Lift the chest
    - ii. Exercises (6:18)
      1. Pulls from deficit
      2. Accommodating resistance
      3. Dynamic effort
      4. Pulls against pins
  - e. Slow off the floor (7:08)
    - i. Cues (7:11)
      1. Proper bracing
      2. Proper start mechanics
    - ii. Exercises (7:25)
      1. Accommodating resistance
      2. Break away pauses 2" off the floor
      3. Pulls against pins
      4. Post activation waves
  - f. Trouble extending the hip (8:33)
    - i. Cues (8:34)
      1. Hips through
      2. Relax upper body
    - ii. Exercises (8:50)
      1. RDLs (with or without bands)
      2. Accommodating resistance
      3. Hip thrusts
      4. Glute ham raises
      5. Reverse hypers
      6. Good mornings
      7. Banded box squats
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## Video 53 - Push Press and Strict Press

- A. Benefits of the Push Press (0:13)
  - a. Upper body strength
  - b. Used to stabilize heavy weights overhead
  - c. More sport specific
  - d. Power production
  - e. Getting stronger
  - f. Triple joint extension
  - g. Strengthens hips, triceps, and shoulders
  - h. Synchronization
  - i. Great for teaching the dip and drive for weightlifting
- B. Possible Limitations of the Push Press (1:35)
  - a. Potential for injury without proper mobility
  - b. Requires more coaching than a bench press
- C. Flaws of the Push Press (1:58)
  - a. Dipping forward (2:00)
    - i. Cues (2:32)
      - 1. Weight back toward heels
      - 2. Dip like against a wall
      - 3. Get back and stay back
      - 4. Straight down
      - 5. Push whole foot through the floor
      - 6. Relax hands and keep them quiet
    - ii. Drills (3:21)
      - 1. Pausing in the dip
      - 2. Jerk dip squats (up to 120% of best push press)
      - 3. Behind the neck push presses
    - iii. Exercises (4:03)
      - 1. Heavy carries
      - 2. Safety squat bar good mornings
      - 3. Barbell hyperextensions
      - 4. Jerk dip squats
      - 5. Front squats



- b. Pushing the bar forward (4:34)
    - i. Cues (5:18)
      - 1. Ribs down
      - 2. Proper bracing
      - 3. Stack everything
    - ii. Exercises (5:48)
      - 1. Heavy carries
      - 2. Holds while being cued ribs down
      - 3. Jerk dip squats done properly
  - c. Weak launch or shortening of drive (6:17)
    - i. Cues (8:03)
      - 1. Get tall
      - 2. Get vertical
      - 3. Big drive
    - ii. Exercises (8:14)
      - 1. Jerk dip squats
  - d. Weak lockout (8:37)
    - i. Cues (8:41)
      - 1. Engage hips more
      - 2. Brace properly
      - 3. Extend violently at the hips
    - ii. Exercises (9:16)
      - 1. Dips
      - 2. Dumbbell tricep extensions
      - 3. Plate lateral raises
      - 4. Plate front raises
- D. Benefits of the Strict Press (9:46)
- a. Core stability
  - b. More functional than bench press
  - c. Strengthens shoulders, triceps, and pics
  - d. Overhead stability





- E. Possible Limitations of the Strict Press (10:19)
  - a. If lack range of motion, risk of injury
- F. Flaws of the Strict Press (11:03)
  - a. Pushing the bar forward (11:07)
    - i. Cues (11:11)
      1. Tuck chin
      2. Ribs down
      3. Proper bracing
      4. Stack everything
      5. Push straight up and back
    - ii. Too much lumbar extension (11:40)
      1. Cues (11:44)
        - a. Ribs down
        - b. Proper bracing
        - c. Strong glutes
      2. Exercises (11:50)
        - a. Carries
        - b. Holds with ribs down
  - b. Weak start off the chest (12:15)
    - i. Cues (12:16)
      1. Proper bracing
      2. Elbows under the bar
      3. Squeeze the glutes
  - c. Hard lockout (12:36)
    - i. Cues (12:39)
      1. Straight bar path
    - ii. Exercises (12:43)
      1. Dips
      2. Close grip bench press
      3. Dumbbell tricep extensions