



**F2T** | **FIT TO THRIVE**

More Fire Fighters. More Active. More Often.

PERFORMANCE **REDEFINED**

---

## Appendix E: Posters

# MAKE YOUR EXERCISE MATTER!

## SQUAT PATTERNS



- 1 BACK SQUAT**  
(Knees, Back, Shoulders)
- The Movement**
- Barbell across back of shoulders, stiffen trunk
  - Center weight over mid-foot
  - Descend by sitting back
- ↑ **Performance**
- Keep back straight (no arch or rounding)
- ↓ **Injury Risk**
- Knees, hips and feet in line (not in or out)
  - Trunk and shins parallel
  - Feet flat, weight on mid-foot
  - Limit depth by low back posture (no rounding)



- 2 FRONT SQUAT**  
(Knees, Back, Shoulders)
- The Movement**
- Create shelf with shoulders, elbows forwards
  - Center weight over mid-foot
  - Descend by sitting back
- ↑ **Performance**
- Keep back straight (no arch or rounding), elbows up
- ↓ **Injury Risk**
- Knees, hips and feet in line (not in or out)
  - Trunk and shins parallel
  - Feet flat, weight on mid-foot
  - Limit depth by low back posture (no rounding)



- 3 OVERHEAD SQUAT**  
(Knees, Back, Shoulders)
- The Movement**
- Barbell pressed overhead, wide grip, arms straight
  - Center weight over mid-foot
  - Descend by sitting back
- ↑ **Performance**
- Keep back straight (no arch or rounding), elbows locked
- ↓ **Injury Risk**
- Knees, hips and feet in line (not in or out)
  - Trunk and shins parallel
  - Feet flat, weight on mid-foot
  - Limit depth by low back posture (no rounding)



- 4 MEDICINE BALL SQUAT**  
(Knees, Back)
- The Movement**
- Hold ball close to body, elbows under hands
  - Center weight over mid-foot
  - Descend by sitting back
- ↑ **Performance**
- Keep back straight (no arch or rounding), elbows up
- ↓ **Injury Risk**
- Knees, hips and feet in line (not in or out)
  - Trunk and shins parallel, ball kept close
  - Feet flat, weight on mid-foot
  - Limit depth by low back posture (no rounding)



- 5 SINGLE LEG SQUAT**  
(Knees, Back, Shoulders)
- The Movement**
- Extend arms out front as counter-balance
  - Feet side by side, weight centered over mid-foot
  - Descend by sitting back
- ↑ **Performance**
- Keep back straight (no arch or rounding), no side lean
- ↓ **Injury Risk**
- Knees, hips and feet in line (not in or out)
  - Trunk and shins parallel
  - Feet flat, weight on mid-foot
  - Limit depth by low back posture (no rounding)



- 6 VERTICAL JUMP**  
(Knees, Back)
- The Movement**
- Bent knees, arms back, slight bend in elbows
  - Keep trunk stiff, extend hips, push through ground
  - Sit back on landing
- ↑ **Performance**
- Keep back straight (no arch or rounding)
- ↓ **Injury Risk**
- Knees, hips and feet in line (not in or out)
  - Trunk and shins parallel
  - Limit motion by vertical direction
  - Limit depth by low back posture (no rounding)

## LUNGE PATTERNS



- 7 SPLIT SQUAT**  
(Knees, Back, Shoulders)
- The Movement**
- Stagger feet (hip width), knees, hips and feet aligned
  - Drop hips straight down, weight over mid-foot (front)
  - Back knee bent, trunk and back thigh parallel
- ↑ **Performance**
- Keep back straight (no arch or rounding)
- ↓ **Injury Risk**
- Knees, hips and feet in line (not in or out)
  - Trunk and back thigh parallel
  - Front foot flat, weight on mid-foot
  - Prevent shoulders from rounding forwards



- 8 ELEVATED SPLIT SQUAT**  
(Knees, Back, Shoulders)
- The Movement**
- Rear foot elevated, knees, hips and feet aligned
  - Drop hips straight down, weight over mid-foot (front)
  - Back knee bent, trunk and back thigh parallel
- ↑ **Performance**
- Keep back straight (no arch or rounding)
- ↓ **Injury Risk**
- Knees, hips and feet in line (not in or out)
  - Trunk and back thigh parallel
  - Front foot flat, weight on mid-foot
  - Prevent shoulders from rounding forwards



- 9 LUNGE**  
(Knees, Back, Shoulders)
- The Movement**
- Step forwards, keep hips and feet aligned
  - Center weight over mid-foot (front), back knee bent
  - Trunk and back thigh parallel, return to standing
- ↑ **Performance**
- Keep back straight (no arch or rounding)
- ↓ **Injury Risk**
- Knees, hips and feet in line (not in or out)
  - Trunk and back thigh parallel
  - Front foot flat, weight on mid-foot
  - Prevent shoulders from rounding forwards



- 10 OVERHEAD LUNGE**  
(Knees, Back, Shoulders)
- The Movement**
- Step forwards, bar overhead, knees, hips and feet in line
  - Center weight over mid-foot (front), back knee bent
  - Trunk and back thigh parallel, return to standing
- ↑ **Performance**
- Keep back straight (no arch or rounding)
- ↓ **Injury Risk**
- Knees, hips and feet in line (not in or out)
  - Trunk and back thigh parallel
  - Front foot flat, weight on mid-foot
  - Prevent shoulders from rounding forwards

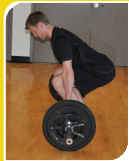


- 11 STEP UP**  
(Knees, Back, Shoulders)
- The Movement**
- Step up by pushing through back/bench with mid-foot
  - Avoid initiating motion with non-stepping foot
  - Reverse motion under control
- ↑ **Performance**
- Keep back straight (no arch or rounding)
- ↓ **Injury Risk**
- Knees, hips and feet in line (not in or out)
  - Stepping foot flat, weight over mid-foot
  - Trunk and front shin parallel
  - Prevent shoulders from rounding forwards



- 12 BOUND**  
(Knees, Back)
- The Movement**
- Stand on one leg, knee, hip and foot aligned
  - Bound in desired direction, land on same/opposite foot
  - Trunk and shin parallel
- ↑ **Performance**
- Keep back straight (no arch or rounding)
- ↓ **Injury Risk**
- Knee, hip and foot in line (not in or out)
  - Trunk and shin parallel
  - Limit depth by low back posture (no rounding)
  - Weight on mid-foot, sit back on landing

## HINGE PATTERNS



- 13 DEADLIFT**  
(Knees, Back, Shoulders)
- The Movement**
- Squat down, hips back, shoulders in front of barbell
  - Maintain same trunk angle until barbell passes knees
  - Center weight over mid-foot
- ↑ **Performance**
- Keep back straight (no arch or rounding)
- ↓ **Injury Risk**
- Knees, hips and feet in line (not in or out)
  - Grip floor with toes, feet flat
  - Keep load close (contact with legs)
  - Keep shoulders in front or in line with hands
  - Limit depth by low back posture (no rounding)

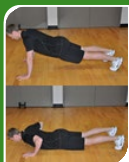


- 14 ROMANIAN DEADLIFT (RDL)**  
(Knees, Back, Shoulders)
- The Movement**
- From standing, grasp barbell with overhead grip
  - Maintain slight bend in knees
  - Bend over with hips (no motion in back)
- ↑ **Performance**
- Keep back straight (no arch or rounding)
- ↓ **Injury Risk**
- Grip floor with toes, feet flat
  - Keep load close (contact with legs)
  - Keep shoulders in front or in line with hands
  - Limit depth by low back posture (no rounding)



- 15 SINGLE LEG RDL**  
(Knees, Back, Shoulders)
- The Movement**
- Stand on one leg, knee, hip and foot aligned
  - With slight bend in knee, bend over with hip
  - Extend back leg and keep in line with upper body
- ↑ **Performance**
- Keep back straight (no arch, rounding, twisting)
- ↓ **Injury Risk**
- Grip floor with toes, feet flat
  - Keep load close
  - Keep shoulders in front or in line with hands
  - Limit depth by low back posture (no rounding)

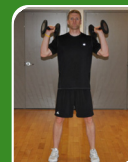
## PUSH PATTERNS



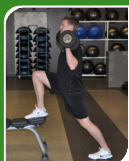
- 16 PUSH-UP**  
(Back, Shoulders)
- The Movement**
- Position hands chest level, approx. shoulder width
  - Descend by "corkscrewing" floor with hands
  - From bottom, push ground away
- ↑ **Performance**
- Keep back straight (no arch, rounding, twisting)
- ↓ **Injury Risk**
- Shoulders down and back (no rounding)
  - Do not reach with chin
  - Limit depth by shoulder posture (no rounding)



- 17 BENCH PRESS**  
(Back, Shoulders)
- The Movement**
- Position body on bench, feet flat on floor
  - Begin with hands above shoulders
  - Hands at chest level at bottom (curved path)
- ↑ **Performance**
- Keep back straight (no arch, rounding, twisting)
- ↓ **Injury Risk**
- Shoulders down and back (no rounding)
  - Chin tucked, no bounce off chest
  - Grip barbell/dumbbell with thumbs wrapped
  - Limit depth by shoulder posture (no rounding)



- 18 OVERHEAD PRESS**  
(Knees, Back, Shoulders)
- The Movement**
- Stand tall, feet approx. shoulder width
  - Hands aligned with shoulders, press overhead
  - Center weight over mid-foot
- ↑ **Performance**
- Keep back straight (no arch, rounding, bending)
- ↓ **Injury Risk**
- Shoulders down and back (no rounding)
  - Grip floor with toes, feet flat
  - Grip barbell/dumbbell with thumbs wrapped
  - Limit depth by shoulder posture (no rounding)



- 19 MOUNTAIN CLIMBER**  
(Knees, Back, Shoulders)
- The Movement**
- Stand tall, one foot elevated, knees, hips, feet aligned
  - Weight evenly distributed, back knee slight bend
  - Hands aligned with shoulders, press overhead
- ↑ **Performance**
- Keep back straight (no arch, rounding, bending)
- ↓ **Injury Risk**
- Shoulders down and back (no rounding)
  - Grip floor with toes
  - Grip barbell/dumbbell with thumbs wrapped
  - Limit depth by shoulder posture (no rounding)



- 20 STANDING PRESS**  
(Knees, Back, Shoulders)
- The Movement**
- Feet slightly wider than shoulders, forward lean
  - Position hands at chest level
  - Press hands forwards
- ↑ **Performance**
- Keep back straight (no arch, rounding, twisting)
- ↓ **Injury Risk**
- Shoulders down and back (no rounding)
  - Grip floor with toes
  - Grip load with thumbs wrapped
  - Limit motion by shoulder posture (no rounding)



- 21 SINGLE ARM PRESS**  
(Knees, Back, Shoulders)
- The Movement**
- Adopt same position as two arm press
  - Variation of push-up, bench press, overhead press, mountain climber and standing press
- ↑ **Performance**
- Keep back straight (no arch, rounding, twisting)
- ↓ **Injury Risk**
- Shoulders down and back (no rounding)
  - Grip load with thumbs wrapped
  - Limit motion by shoulder posture (no rounding)

## PULL PATTERNS



- 22 PULL-UP**  
(Back, Shoulders)
- The Movement**
- Begin from hanging position
  - Pull body up until chin reaches hand height
  - Hands shoulder width, facing into or away from body
- ↑ **Performance**
- Keep back straight (no arch or rounding)
- ↓ **Injury Risk**
- Body stiff
  - Chin tucked, shoulders down and back
  - Grip handles with thumbs wrapped



- 23 PULL-DOWN**  
(Back, Shoulders)
- The Movement**
- From seated/kneeling, pull load to shoulders/chest
  - Pull elbows back and down
  - Rotate thumbs out while pulling
- ↑ **Performance**
- Keep back straight (no arch or rounding)
- ↓ **Injury Risk**
- Body stiff
  - Chin tucked, shoulders down and back
  - Grip handles with thumbs wrapped



- 24 INVERTED ROW**  
(Back, Shoulders)
- The Movement**
- From hanging position under barbell pull body up
  - Position feet so chest touches barbell
  - Feet approx. shoulder width, knees bent or straight
- ↑ **Performance**
- Keep back straight (no arch or rounding)
- ↓ **Injury Risk**
- Load with chest, avoid reaching with chin
  - Shoulders down and back
  - Grip barbell with thumbs wrapped
  - Keep hips extended



- 25 BENTOVER ROW**  
(Knees, Back, Shoulders)
- The Movement**
- Hands positioned behind shoulders
  - Knees slightly bent, lean forwards from hips
  - Pull barbell in vertical direction to navel
- ↑ **Performance**
- Keep back straight (no arch or rounding)
- ↓ **Injury Risk**
- Feet flat, weight centered over mid-foot
  - Chin tucked, shoulders down and back
  - Grip load with thumbs wrapped
  - Elbows tucked into sides



- 26 STANDING ROW**  
(Knees, Back, Shoulders)
- The Movement**
- Feet slightly wider than shoulders
  - Position hands at chest level (or slightly below)
  - Pull hands towards chest (or slightly below)
- ↑ **Performance**
- Keep back straight (no arch or rounding)
- ↓ **Injury Risk**
- Feet flat, weight centered over mid-foot
  - Chin tucked, shoulders down and back
  - Grip load with thumbs wrapped
  - Elbows tucked into sides

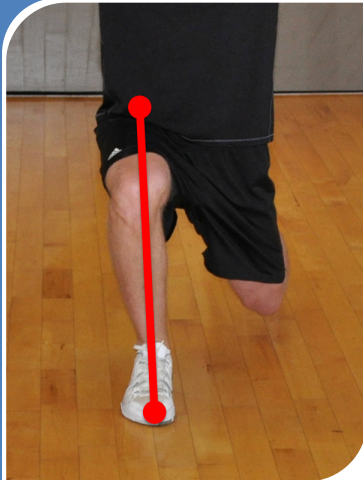


- 27 SINGLE ARM ROW**  
(Knees, Back, Shoulders)
- The Movement**
- Adopt same position as two arm pull
  - Variation of pull-up, pull down, inverted row, bentover row, standing row
- ↑ **Performance**
- Keep back straight (no arch or rounding)
- ↓ **Injury Risk**
- Feet flat, weight centered over mid-foot
  - Chin tucked, shoulders down and back
  - Grip load with thumbs wrapped
  - Elbows tucked into sides

# MOVEMENT MATTERS!

## - THE 7 KEY FEATURES -

### KNEES



#### 1 IN LINE

(Knee in line with hip/foot)

##### What to Look For

1. Body from the front
2. Line from hip to toes
3. Position of knee in relation to line
  - Medial to the line
  - **On the line**
  - Lateral to the line

##### Coaching Tips

- Grip the floor with the toes
- Push the knees out
- Point knees in direction of toes



#### 2 MID-FOOT

(Bodyweight over mid-foot)

##### What to Look For

1. Body from the side
2. Line through middle of foot
3. Position of weight in relation to line
  - In front of the line (toes)
  - **On the line (arch)**
  - Behind the line (heel)

##### Coaching Tips

- Push through the floor
- Grip the floor with the toes
- Hinge at hips, lean forwards

### LOWER BACK



#### 3/4 STRAIGHT

(Normal low back curve)

##### What to Look For

1. Body from the front, back or side
2. Two lines through hips/upper back
3. Distance between the two lines
  - Closer than standing
  - **Same as standing**
  - Farther apart than standing

##### Coaching Tips

- Stiffen trunk
- Let trunk move with hips
- Dowel touches head, back, hips



#### 5 ALIGNED

(Hips and shoulders aligned)

##### What to Look For

1. Body from the front, back or side
2. Two lines through hips/upper back
3. Alignment of the two lines
  - Shoulders rotate more than hips
  - **Shoulders in line with hips**
  - Hips rotate more than shoulders

##### Coaching Tips

- Use upper/lower body together
- Rotate with hips
- Practice with one hand

### SHOULDERS



#### 6 DOWN

(Shoulders away from ears)

##### What to Look For

1. Body from the front, back or side
2. Two lines through ears/shoulders
3. Distance between the two lines
  - Closer than standing
  - **Same as standing**
  - Farther apart than standing

##### Coaching Tips

- Elbows down/close to body
- Treat motions as push and pull
- Hold shoulders back



#### 7 BACK

(Elbow and shoulder together)

##### What to Look For

1. Body from the front, back or side
2. Line from shoulder to elbow
3. Movement at both ends of the line
  - Move in opposite direction
  - **Move in same direction**
  - Only one end moves

##### Coaching Tips

- Rotate thumbs out when pulling
- Pull shoulder blades together
- Limit how far elbows pulled back

# SQUAT PATTERNS

Knees, Low Back, Shoulders



## KEY FEATURES

### Knees

1. In line with hips and feet (IN-LINE)
2. Bodyweight centered over mid-foot (MID-FOOT)

### Low Back

3. Normal low back curve (STRAIGHT)
4. Hips and shoulders aligned (ALIGNED)

### Shoulders

5. Shoulders away from ears (DOWN)
6. Elbows and shoulders move together (BACK)



## COACHING TIPS

- Grip the floor with toes and keep the feet flat
- Push the knees out
- Hinge at the hips and sit back
- Stiffen the trunk and lean forwards
- Push through the floor on the way up

## SQUAT PATTERN VARIATIONS



- 1 BACK SQUAT**  
(Knees, Back, Shoulders)
- To perform • Bar on back of shoulders  
• Bar over mid-foot  
• Bodyweight over mid-foot
- Exercise • Bar position (high/low)
- Variations • Stance width  
• Depth
- Coaching • Grip the floor with your toes  
Cue and prop up your arch



- 2 FRONT SQUAT**  
(Knees, Back, Shoulders)
- To perform • Bar on front of shoulders  
• Bar over mid-foot  
• Bodyweight over mid-foot
- Exercise • Grip (clean/crossed arm)
- Variations • Dumbbells  
• Depth
- Coaching • Initiate movement from the bottom by lifting your elbows up



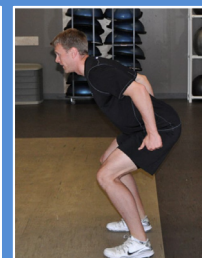
- 3 OVERHEAD SQUAT**  
(Knees, Back, Shoulders)
- To perform • Wide grip, arms straight  
• Bar over mid-foot  
• Bodyweight over mid-foot
- Exercise • Grip width
- Variations • Stance width  
• Depth
- Coaching • Squeeze the bar and try to spread your hands apart (without actually moving)



- 4 MEDICINE BALL SQUAT**  
(Knees, Back, Shoulders)
- To perform • Ball close to body  
• Elbows under hands  
• Bodyweight over mid-foot
- Exercise • Load position (close/far)
- Variations • Squat to press  
• Depth
- Coaching • Grip the floor and push your knees out



- 5 SINGLE LEG SQUAT**  
(Knees, Back, Shoulders)
- To perform • Stand on one leg  
• Hold arms out front  
• Bodyweight over mid-foot
- Exercise • Elevated foot position
- Variations • Position of load  
• Depth
- Coaching • Reach forwards with your arms  
Cue and back with your hips while squatting down



- 6 VERTICAL JUMP**  
(Knees, Back)
- To perform • Bodyweight over mid-foot  
• Slight bend in elbows  
• Arms and legs together
- Exercise • Countermovement jump
- Variations • Drop off box and jump  
• Broad jump
- Coaching • Swing your arms as fast as possible to initiate motion

# LUNGE PATTERNS

## Knees, Low Back, Shoulders

## KEY FEATURES

### Knees

1. In line with hips and feet (IN-LINE)
2. Bodyweight centered over mid-foot (MID-FOOT)

### Low Back

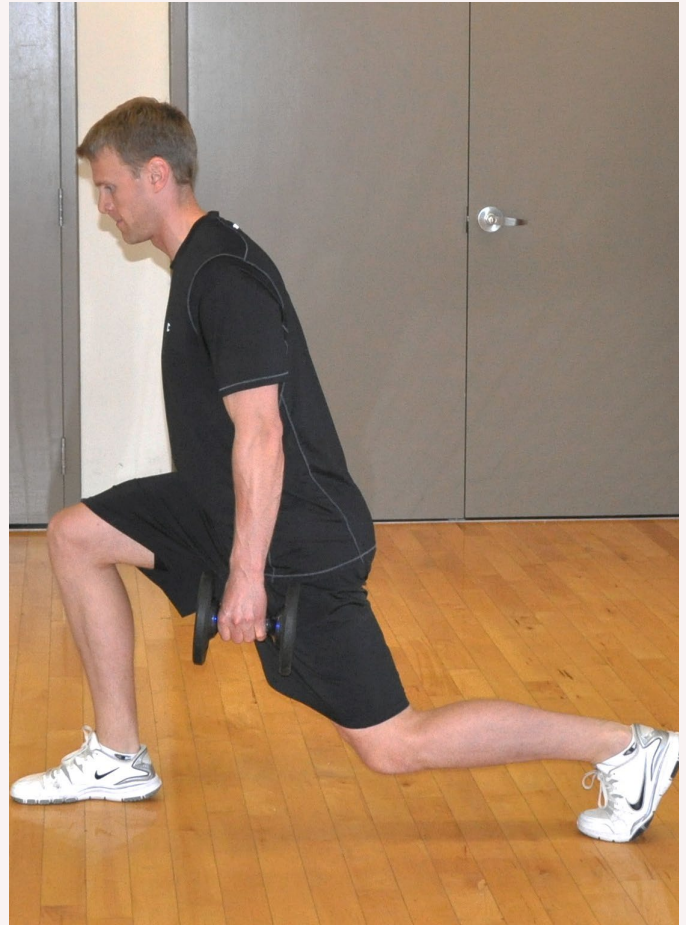
3. Normal low back curve (STRAIGHT)
4. Hips and shoulders aligned (ALIGNED)

### Shoulders

5. Shoulders away from ears (DOWN)
6. Elbows and shoulders move together (BACK)

## COACHING TIPS

- Grip the floor with the toes of the lead foot
- Push the knee out and adopt a wide stance
- Align the trunk with the rear thigh
- Stiffen the trunk and lean forwards
- Push through the floor on the way up



## LUNGE PATTERN VARIATIONS



### 1 SPLIT SQUAT (Knees, Back, Shoulders)

To perform • Stagger feet (hip width)  
• Bodyweight over mid-foot  
• Trunk in line with rear thigh

Exercise • Barbell  
Variations • Trunk angle  
• Depth

Coaching • Lean slightly forwards so that  
Cue your trunk is in line with your rear thigh



### 2 ELEVATED SPLIT SQUAT (Knees, Back, Shoulders)

To perform • Elevate rear foot  
• Bodyweight over mid-foot  
• Trunk in line with rear thigh

Exercise • Stride length  
Variations • Trunk angle  
• Rear foot height

Coaching • Grip the floor with the toes  
Cue of your front foot and push your knee out



### 3 LUNGE (Knees, Back, Shoulders)

To perform • Step forwards/backwards  
• Bodyweight over mid-foot  
• Trunk in line with rear thigh

Exercise • Back lunge  
Variations • Walking lunge  
• Sideways (lateral)

Coaching • Keep your bodyweight  
Cue centered over the middle of your front foot (back lunge)



### 4 OVERHEAD LUNGE (Knees, Back, Shoulders)

To perform • Wide grip, arms straight  
• Bar overhead  
• Step forwards/backwards

Exercise • Grip width  
Variations • Split squat  
• Walking lunge

Coaching • Keep the feet about hip  
Cue width apart when stepping forwards



### 5 STEP UP (Knees, Back, Shoulders)

To perform • Lean forwards, sit back  
• Push through mid-foot  
• Step up and down

Exercise • Barbell  
Variations • Step height  
• Trunk angle

Coaching • Lean slightly forwards and  
Cue keep your weight over the middle of the front foot



### 6 BOUND (Knees, Back)

To perform • Stand on one leg  
• Bound in desired direction  
• Land on same/opposite foot

Exercise • Lateral  
Variations • Ninety degree turn  
• Depth

Coaching • Land softly by bending your  
Cue knee and sitting back

# HINGE PATTERNS

Knees, Low Back, Shoulders

## KEY FEATURES

### Knees

1. In line with hips and feet (IN-LINE)
2. Bodyweight centered over mid-foot (MID-FOOT)

### Low Back

3. Normal low back curve (STRAIGHT)
4. Hips and shoulders aligned (ALIGNED)

### Shoulders

5. Shoulders away from ears (DOWN)
6. Elbows and shoulders move together (BACK)



## COACHING TIPS

- Grip the floor with toes and keep the feet flat
- Keep the load in contact with the legs
- Maintain trunk angle until load passes knees
- Push through the floor on the way up
- Reverse the lifting motion to lower

## HINGE PATTERN VARIATIONS



- 1 DEADLIFT**  
(Knees, Back, Shoulders)
- To perform • Bodyweight over mid-foot  
• Shoulders in front of hands  
• Lean forwards, squat down
- Exercise • Grip width  
Variations • Stance width  
• Depth
- Coaching • Lean forwards and maintain the same trunk angle until the load crosses your knees  
Cue



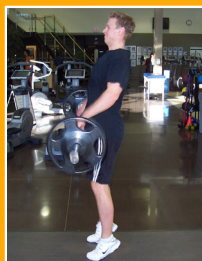
- 2 ROMANIAN DEADLIFT**  
(Knees, Back, Shoulders)
- To perform • Bodyweight over mid-foot  
• Shoulders in front of hands  
• Bend over from hips
- Exercise • Dumbbells  
Variations • Stance width  
• Depth
- Coaching • Only go down as far as your  
Cue can while keeping your back straight



- 3 SINGLE LEG RDL**  
(Knees, Back, Shoulders)
- To perform • Stand on one leg  
• Bodyweight over mid-foot  
• Bend over from hip
- Exercise • One arm  
Variations • Same/opposite arm/leg  
• Depth
- Coaching • Push the raised heel away from  
Cue your head, making yourself as long as possible



- 4 KETTLEBELL SWING**  
(Knees, Back, Shoulders)
- To perform • Bodyweight over mid-foot  
• Bend over from hips  
• Swing in arc motion
- Exercise • One arm  
Variations • Depth  
• Swing to snatch/clean
- Coaching • Lean forwards and bend from the hips, keeping the load close to your body  
Cue



- 5 CLEAN**  
(Knees, Back, Shoulders)
- To perform • Narrow grip, arms straight  
• Shoulders in front of hands  
• Catch at shoulder height
- Exercise • Catch in squat position  
Variations • High pull only  
• Starting height (hang)
- Coaching • Create momentum with your legs before pulling with your arms  
Cue



- 6 SNATCH**  
(Knees, Back, Shoulders)
- To perform • Wide grip, arms straight  
• Shoulders in front of hands  
• Catch overhead
- Exercise • Grip width  
Variations • One arm  
• Starting height (hang)
- Coaching • Keep the bar in contact with  
Cue your legs as long as possible

# PUSH PATTERNS

Knees, Low Back, Shoulders

## KEY FEATURES

### Knees

1. In line with hips and feet (IN-LINE)
2. Bodyweight centered over mid-foot (MID-FOOT)

### Low Back

3. Normal low back curve (STRAIGHT)
4. Hips and shoulders aligned (ALIGNED)

### Shoulders

5. Shoulders away from ears (DOWN)
6. Elbows and shoulders move together (BACK)

## COACHING TIPS

- Treat activities as push and pull
- Rotate thumbs out when pulling to body
- Keep the elbows close to the body
- Stiffen trunk to prevent low back motion
- Use the lower body to increase momentum/stiffness



## PUSH PATTERN VARIATIONS



### 1 PUSH-UP (Back, Shoulders)

To perform • Hands at chest level  
• Elbows close to body  
• Body moves as one unit

Exercise • Hand position  
Variations • Trunk angle  
• Depth

Coaching • Stiffen your trunk and reach for the floor with your chest  
Cue instead of your chin

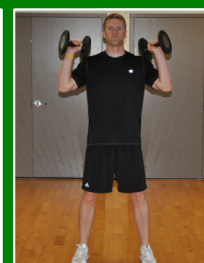


### 2 BENCH PRESS (Back, Shoulders)

To perform • Back on bench, feet flat on floor  
• Hands above shoulders (top)  
• Hands at chest (bottom)

Exercise • Grip width  
Variations • Trunk angle  
• Depth

Coaching • When pressing, push yourself into the bench and away from the load  
Cue



### 3 OVERHEAD PRESS (Knees, Back, Shoulders)

To perform • Feet shoulder width  
• Hands above elbows  
• Bodyweight over mid-foot

Exercise • Grip type (facing/neutral)  
Variations • Use of lower body  
• Depth

Coaching • Pull your elbows in close to your sides as you lower the load  
Cue



### 4 MOUNTAIN CLIMBER (Knees, Back, Shoulders)

To perform • One foot elevated  
• Bodyweight over mid-foot  
• Hands above elbows

Exercise • Grip type (facing/neutral)  
Variations • Foot height (split squat)  
• Pressing angle

Coaching • Push your rear hip forwards  
Cue and stiffen your trunk



### 5 STANDING PRESS (Knees, Back, Shoulders)

To perform • Bend knees, lean forwards  
• Hands at chest height  
• Elbows behind hands

Exercise • Split stance  
Variations • Pressing angle  
• Hand width

Coaching • Grip the ground with your toes,  
Cue bend your knees and lean forwards



### 6 SINGLE ARM PRESS (Knees, Back, Shoulders)

To perform • Same position as two arms  
• Elbows close to body  
• Hands in line with elbows

Exercise • Hand position  
Variations • Foot width  
• Trunk/body angle

Coaching • Widen your feet to increase your base of support and make you more stable  
Cue

# PULL PATTERNS

Knees, Low Back, Shoulders



## KEY FEATURES

### Knees

1. In line with hips and feet (IN-LINE)
2. Bodyweight centered over mid-foot (MID-FOOT)

### Low Back

3. Normal low back curve (STRAIGHT)
4. Hips and shoulders aligned (ALIGNED)

### Shoulders

5. Shoulders away from ears (DOWN)
6. Elbows and shoulders move together (BACK)



## COACHING TIPS

- Treat activities as push and pull
- Squeeze the shoulder blades together
- Keep the elbows close to the body
- Stiffen trunk to prevent low back motion
- Use the lower body to increase momentum/stiffness

## PULL PATTERN VARIATIONS



### 1 PULL-UP (Back, Shoulders)

To perform • Hang from two hands  
• Pull body up to hand height  
• Elbows close to body

Exercise • Grip width  
Variations • Overhand/underhand grip  
• Assisted

Coaching • Squeeze the handle/bar as hard as possible while pulling yourself up



### 2 PULL-DOWN (Back, Shoulders)

To perform • Hands above head  
• Pull hands to shoulder level  
• Elbows close to body

Exercise • Seated/kneeling  
Variations • Grip type (facing/neutral)  
• Trunk angle

Coaching • Tuck your elbows into your sides and squeeze your shoulder blades together



### 3 INVERTED ROW (Knees, Back, Shoulders)

To perform • Hang from two hands  
• Pull body up to hand height  
• Elbows close to body

Exercise • Overhand/underhand grip  
Variations • Knees bent  
• Trunk angle

Coaching • Keep your hips up and pull the bar to chest level



### 4 BENTOVER ROW (Knees, Back, Shoulders)

To perform • Bend over at hips  
• Bodyweight over mid-foot  
• Pull bar in vertical direction

Exercise • Overhand/underhand grip  
Variations • Trunk angle  
• Split stance

Coaching • Grip the ground with your toes, bend your knees and lean forwards



### 5 STANDING ROW (Knees, Back, Shoulders)

To perform • Bend knees and sit back  
• Hands at chest height  
• Elbows close to body

Exercise • Seated row  
Variations • Split stance  
• Pulling angle

Coaching • Rotate your thumbs out as you pull the load towards your body



### 6 SINGLE ARM ROW (Knees, Back, Shoulders)

To perform • Same position as two arms  
• Elbows close to body  
• Hands in line with elbows

Exercise • Hand position  
Variations • Foot width  
• Trunk/body angle

Coaching • Pull your elbow and shoulder back at the same time